



# HULA HOOP LAB

## *Enrichment Session*

Hula Hoop Lab is a fun, hands-on workshop where students learn beginner hula hoop tricks through guided instruction. Unlike the assembly, this session focuses on individual participation, practice, and skill building in a small-group setting.

### **Skills Students Learn**

- Step-by-step instruction in beginner-friendly hula hoop skills
- Fun Hula Hoop Games that encourage team building
- Individual coaching and guided practice time
- A supportive learning environment where every student gets to participate
- Students leave with new skills they can confidently practice and build on

## **Workshop Details**

**Class Size:** Up to 25 students (small group for individualized coaching)

**Recommended Ages:** 7+ (best for grades 1-5)

**Workshop Duration:** 30 minutes or 1 hour

**Required Utilities:** Gym or Outdoor Area

### **Additional Details:**

- Hula hoops will be provided.
- Best booked alongside a same-day assembly. Limited standalone availability in the Austin area.
- Multiple workshops can be held in a day.