

HULAPALOOZA

UMCAbundantHealth.org



RABBIT HOLE

THIS GAME WILL GET YOUR GROUP ON THEIR FEET!

1.



You will need a hula-hoop and three or four cones or other objects of equal height that will elevate your hoop off the ground.

2.



Balance the hoop on top of the cones. Tell the players they are all rabbits who must run to their rabbit hole before the fox finds them.

3.

They must step over the hula-hoop with each foot to arrive in the hole without knocking the hoop off of the cones.



5.

Want to add a challenge? Tell the players they must jump into and out of the rabbit hole. You can also make this a game of tag. Choose one player as the fox. The fox chases the other players into the hoop. If a player knocks down the hoop, she/he joins the fox. Continue the game until all rabbits have been caught.

4.

One by one, each player enters the hoop until as many players are inside as possible! When everyone is in, ask the group to leave the hoop, one by one, being careful not to knock it over.

