



**Burnaby Children's Charter**  
**Resources and Book List**  
**September- The Right to people who care about me**

Book List:

**The Wooden Treasure**, by Fredric Marais

**Grandpa Across the Ocean**, by Hyewon Yum

**My papi has a motorcycle**, by Isabel Quintero

**Eyes that kiss in the corners**, by Joanna Ho

**I really want to see you, Grandma**, by Taro Gomi

**Hair Twins**, by Raakhee Mirchandani

**Mommy's khimar** by Jamilah Thompkins-Bigelow

# 01 Around the world with a hula hoop

*Right to be yourself (CRC articles 2, 6, 7, 12, 13, 30) and responsibility to accept others as they are*

<b>Age</b>	6+
<b>Time</b>	15 minutes
<b>Materials</b>	A large hula hoop (can be played with 2 or 3 hoops)
<b>Values</b>	Inclusion, acceptance
<b>Life skills</b>	Empathy, interpersonal relationships

## About this activity

Group members pass a hula hoop around in a circle stating their names and other things about themselves. Then, in the group discussion, they think about why it is fun to learn things about each other and identify ways to get to know each other better.

## Instructions

1. Ask everyone to stand in a circle holding hands.
2. Ask two members of the group to let go of their hands and place a hula hoop between them before joining their hands again. The hoop is now suspended between them.
3. Everyone, in turn, passes their body through the hoop so that the hoop makes its way around the circle until it gets back to where it started. To succeed, the group must work together.
4. Ask each member of the group to say their name as they move through the hoop and ask the others around the circle to repeat their name. Do the activity several times asking the group members to name their favourite colours, games, etc.
5. Once the group has learned several things about each other, move to the group discussion.

## Variation

To make this activity more accessible try replacing the hula hoop with a ball and pass it around the circle asking group members their names, favourite colours, etc.

## Group discussion



### FEEL

- How did you like the activity?
  - How did it feel to share something about yourself?
- .....



### THINK

- What did you learn about other members of the group? What do you have in common?
  - Why is it fun to be able to be yourself?
  - Why is it fun to meet new people and learn new things about each other?
- .....



### ACT

- What other activities can we play to get to know each other?
- What else can we do to make sure everyone feels comfortable sharing things about themselves with the group?



## Challenge

Have each group member make a personalized name tag with their name and something they like.