

BMYC's Youth Zone - Hawaii

KUMU HULA (5):

Materials: A group of wonderful 5 year olds

Aim of game: To follow the correct commands and not get "out".

How to play: Kumu Hula plays identically to the game "Simon Says", where the leader (who is from BMYC) is giving instructions to the group. The instructions should start with "Kuma Hula says..." followed by one of the actions below:

- **Huli:** rotate while swaying hips
- **Hela:** point right foot forward and sway to the left, then point left foot forward, and sway to the right
- **Ha'a:** stand with knees bent
- **Ami:** rotate hips counterclockwise without moving shoulders
- **Imua:** go forward
- **Iluna:** go up
- **Ilalo:** go down
- **Ihope:** go back
- **Kaholo:** two steps to the left, two steps to the right
- **Lava:** stop

If the leader gives directions without saying "Kuma Hula says...", anyone in the group who does the action is out. Continue playing until there is one person left, who is then the winner!

Historical background: The origin of this game is unknown, but it is still played in luaus throughout Hawaii. It's a fun game to keep children involved that only requires one adult, so the others could go have fun. It is played all around the world as well, more commonly known as "Simon Says".

'ULU MAIKA (7-12)

Materials: 2 wooden stake/sticks, 10-15 hockey pucks, a group of wonderful 7-12 year olds

Aim of game: To have the most points by the end of the game. You get 1 point if your hockey puck rolls between the two wooden stake/sticks.

How to play:

- Draw a start line
- Walk fifteen feet forward from the start line (may be shorter/longer depending on the room size) and set up the two wooden stakes/sticks. The two stakes should be around 4 inches apart.
- Have your group line up before the start line and roll their hockey pucks towards the wooden stakes. If the person's hockey puck clearly rolls between the two stakes, they are awarded one point.

- Have the group go one by one. Once everyone has gone once, the *first* round has ended. Ideally, you should be able to play three rounds, but make the appropriate judgement for the amount of time you have and the size of your group.

Historical background: 'Ulu Maika is a traditional Hawaiian luau game. In the olden days, it used to be played with stone carved from lava rock (as Hawaii has many volcanoes) that were shaped for rolling. Wooden sticks would be easy to find throughout the island and the game was very simple to set up, making it fun for children. 'Ulu Maika doesn't have a clean translation to English, but according to Google Translate, it means "growth benefits".

HULA HOOP CHALLENGE (12+)

Materials: 10-15 Hula-hoops, a timer/stop-watch, a music-playing device, peppy music (preferably Hawaiian) and a group of wonderful 12+ year olds

Aim of the game: To Hula-hoop for the longest amount of time.

How to play:

- Give each participant a Hula-hoop
- Start playing the music and have them all Hula-hoop for as long as they can. Last person Hula-hooping wins!
- If you see that some participants have been Hula-hooping for over a minute continuously (you can see this by checking your timer), give them another Hula-hoop.

Historical background: Hula is an original form of dancing that originated from Hawaii. It is known for being an incredibly "smooth" and "fluid" type of dance, replicating the movement of trees blowing on the island. The swinging of the hips when using a hula-hoop is similar to swinging of the hips in many traditional hula dances, hence the name.