

Dance a Hula about Volcanoes

Definitions of volcanoes

https://www.volcanodiscovery.com/volcanoes/faq/active_erupting.html

Active – has erupted once in the last 10,000 years. There are two types:

Erupting – volcano is currently erupting

Dormant – not currently erupting but is predicted to erupt one day

Extinct – has not erupted in 10,000 years and isn't predicted to erupt

Volcanoes on the Big Island of Hawai'i

Below is an image of the volcanoes that make up the Big Island in Hawai'i.



<https://www.lovebigisland.com/hawaii-blog/hawaii-volcano-history/>

Mauna Kea is the tallest sea mountain in the world. Starting from the ocean floor up to its peak, it measures about 33,000ft which is taller than Mt. Everest. Mauna Kea is sacred to Native Hawaiians.

Kilauea is still erupting today and has been for 35 years ago (since 1983).

Movement Exercise Suggestions

-Have students experiment with ways to embody or dance a volcano. Start with everyone lying down and prompt them with how slowly can they stand up (like lava slowly building up), how quickly can they jump up (like an eruption).

-Play "Duck, Duck, Goose" but instead "Sleep, Sleep, Wake Volcano" to teach students the differences between dormant and erupting volcanoes.

-Have students squat in a circle facing each other, play with different configurations such as everyone jumps up at the same time, starting with one person then the other in a progression, every other person, only people wearing the color red etc.