

Intended for Grades: 4-6 Estimated Time: 40 minutes

Lesson Title: ALOHA TREE

Lesson Purpose: Students will be reinforced for doing daily acts of kindness, which are “baby steps” to community service.

Materials & Preparation:

- * Aloha song: SPREAD A LITTLE ALOHA (lyrics handout below)
- * Song Audio: <https://soundcloud.com/hawaiian-culture-club/spread-a-little-aloha-manao>
- * Chart Paper
- * Ink pads (various colors)
- * Teacher Prep: Draw picture of a bare tree on a large chart paper. (Example below)
- * Aloha Tree Resource - Tree Example PPT

Background Information:

Visit this site to find out simple information on the meaning of aloha, including words to the Aloha Chant: <http://ealoha.com/livaloha.htm>

Steps:

1. Write on board or chart paper “What is aloha?” and discuss what this means. (5-7 min.)
2. Group students and have each small group list acts of kindness on a sheet of paper. Have groups share their lists. (10 min.)
3. Play or read the song, “Spread a Little Aloha.” (5 min.)
4. Have students choose from their list and write different acts of kindness on the “Aloha Tree” branches. (I.e.: help the elderly; watch baby sister/ brother; take out trash without being told, etc. Add more at any time.) (10 min)
5. Using the ink pads, call up students one by one to add their thumbprint “leaf” on the tree and share their act of kindness (they do or plan to do). Continue this activity during the school year as long as appropriate to celebrate and reinforce acts of kindness that are observed or that students share they have done. (15 min.)
6. Thumbprint Alternative: Draw leaves on a page to create a template; run off, cut up, and write acts of kindness of them. Laminate the poster to reuse.

Resources:

Google: Images of drawing tree limbs for various pictures of trees
See website above

Reflection Questions: (5 min.)

- * Is it hard to “live aloha”? Why or why not?
- * How much time does it have to take to “live aloha”?
- * What are the benefits of “living aloha”?

Spread a Little Aloha

By Mana`o Company

People are you listenin' to what we're about to say?
We are on a mission, tryin' to find a way.
If you and me make a guarantee to spread a little aloha around the world.
And I know we, we can work it out,
and make this world a better place. (For you and for me.)

A-L-O-H-A, a little aloha in our day —
spread a little aloha around the world.
A-L-O-H-A, a little aloha in our day —
spread a little aloha around the world.

Could you imagine all around the world,
A little aloha in every boy and girl?
Could you imagine how simple life could be,
with a little aloha in you and me?

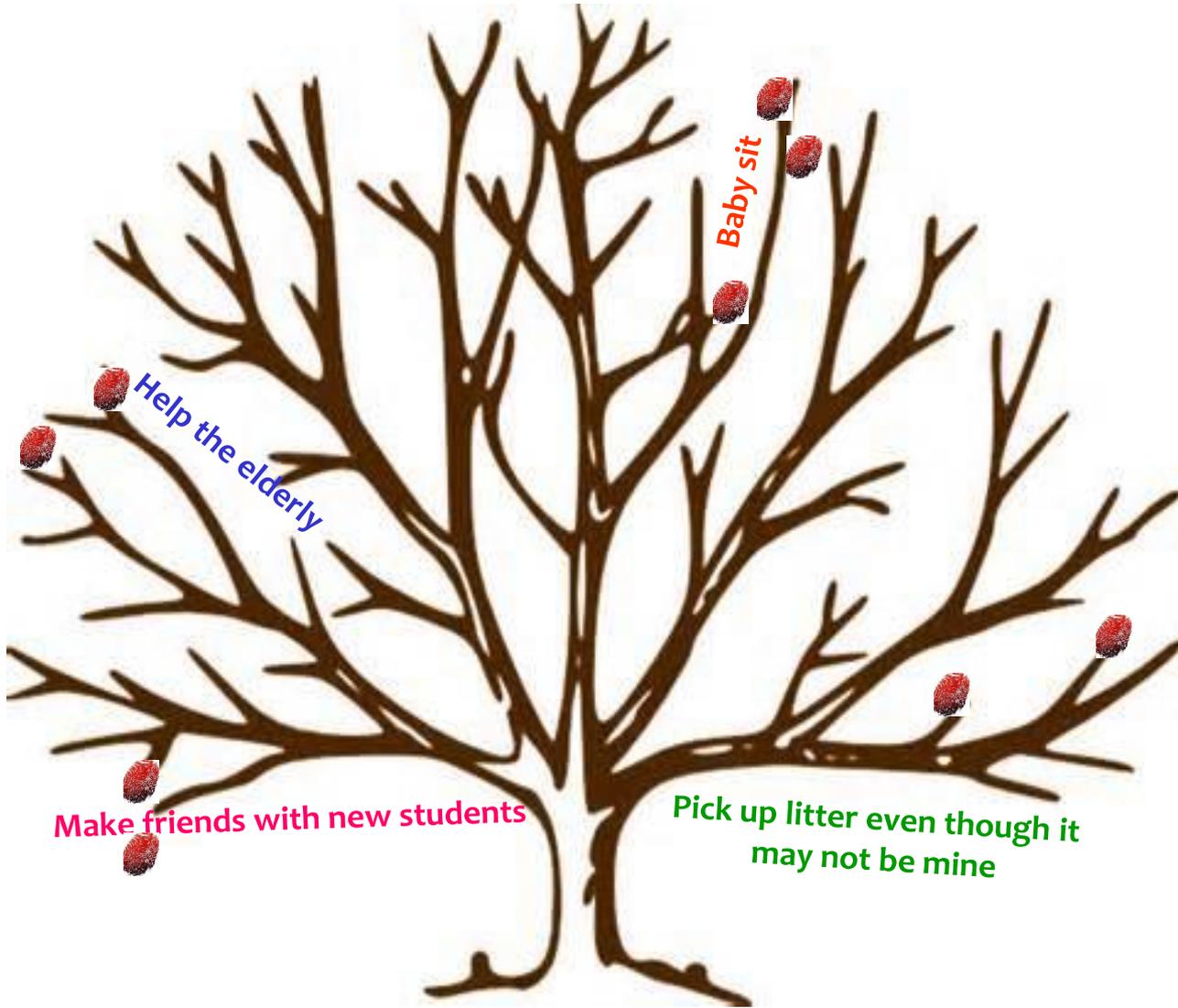
Let's spread a little bit of aloha,
put a little love in your heart,
take a little dip in the ocean.
Ah yeah (ah yeah), uh-huh (uh-huh).

(Sing it.) A-L-O-H-A, a little aloha in our day —
spread a little aloha around the world.
A-L-O-H-A, a little aloha in our day —
spread a little aloha around the world.

Aloha means hello, and aloha means goodbye,
and aloha means I love you, and I want to take it higher.
(I want to get high) With a little aloha...
(I can touch the sky) With a little aloha... aloha.

Let's spread a little bit of aloha,
put a little love in your heart,
take a little dip in the ocean.
Ah yeah (ah yeah), uh-huh (uh-huh).

(Sing it.) A-L-O-H-A, a little aloha in our day —
spread a little aloha around the world.
A-L-O-H-A, a little aloha in our day —
spread a little aloha around the world.



Help the elderly

Baby sit

Make friends with new students

Pick up litter even though it may not be mine

ALOHA TREE