

**Intended for Grades:** 6-8 **Est. Time:** Lesson=30-45 min.  
(Additional 60 min. est. for activity)

**Lesson Title: THERE! FISH! Remaining Calm in the Face of Difficulty**

**Lesson Purpose:** Students will:

- \* Understand how the Hawaiian people of old observed things in nature to teach them valuable lessons about themselves
- \* Learn how they can use nature to influence positive values & behaviors

**Materials & Preparation:**

- \* Ability to project and share lesson PowerPoint presentation ('*Opihi* story)
- \* Journal, notebook, or sheet of paper and pencil for each student to write a reflection
- \* For Activity: '*Opihi* shells -1 per student; file, sandpaper, drill, spray varnish or Brasso, old cotton t-shirts, cordage. (NOTE: Activity is beneficial and will help reinforce lesson, but it is not mandatory if materials are not available. There may be folks in your school community who can provide shells.)

**Background Information:**

This lesson allows students to learn about dealing with adversity. Creating an '*opih*i to wear helps students remember to stand fast when the going gets rough. You can preview the '*Opihi* Story PowerPoint to consider the *kaona* (hidden meaning) of this story.

**Steps:**

1. Introduce *Ōlelo No'eau* (poetical saying); have students write and repeat pronunciation. (Lesson PPT slide #1 - 5-7 min.)

*He po`i na kai uli, kai ko`o,  
`a`ohe hina pūko`a.  
Though the sea be deep and rough,  
the coral rock remains standing.  
**Remaining calm in the face of difficulty.***

2. Ask and discuss a thinking question:  
*How might the sea and the coral be compared to difficulty and calmness?*
3. Read the '*Opihi* story (PPT. Slides 2 – 5 - 5 min.) Have students take turns reading.
4. The teacher or students can then read background information about '*Opihi*. Students can share their own experiences picking and/or *eating* '*opih*i (PPT. Slide #6 - 5 min.).
5. Have students complete a reflection - see questions on PPT. slide #7 - 5-10 min.)
6. '*Opihi* Activity: See slide #8 for easy to follow directions on how to make an '*opih*i necklace. (90 minutes)

**Reflection Questions:**

- \* How might the sea and the coral be compared to difficulty and calmness? (Slide #1)
- \* Do you feel having a solid foundation in your life is important? (Slide #7)  
(*Examples of foundation can be: Family, school, friends, a relationship with a boy or girl friend, etc.*)
- \* When things get rough, do you persevere and *not* give up easily? (Slide #7)
- \* Do you like things that challenge your spirit? (Slide #7)
- \* How has this story & activity helped you in understanding how we can learn through nature? (*Follow-up question at the completion of lesson & activity*)

**Resources:**

'Ōlelo No'eau: *Hawaiian Proverbs & Poetical Sayings* by Mary Kawena Pukui #890

# *He po`i na kai uli, kai ko`o, `a`ohe hina pūko`a.*

Though the sea be deep and rough,  
the coral rock remains standing.



*Remaining calm in the face of difficulty.*

The story takes place at Waimaea Bay, O'ahu. The people were having problems catching the fish in the bay area. No matter what they did, the fish always got away. Everyday, more and more fish came into the bay, but no catch. The people complained to the chief, and so he asked his *kahuna*, his spiritual advisor, for help. The *kahuna* brought from the *heiau*, or temple, a huge basket of shells.

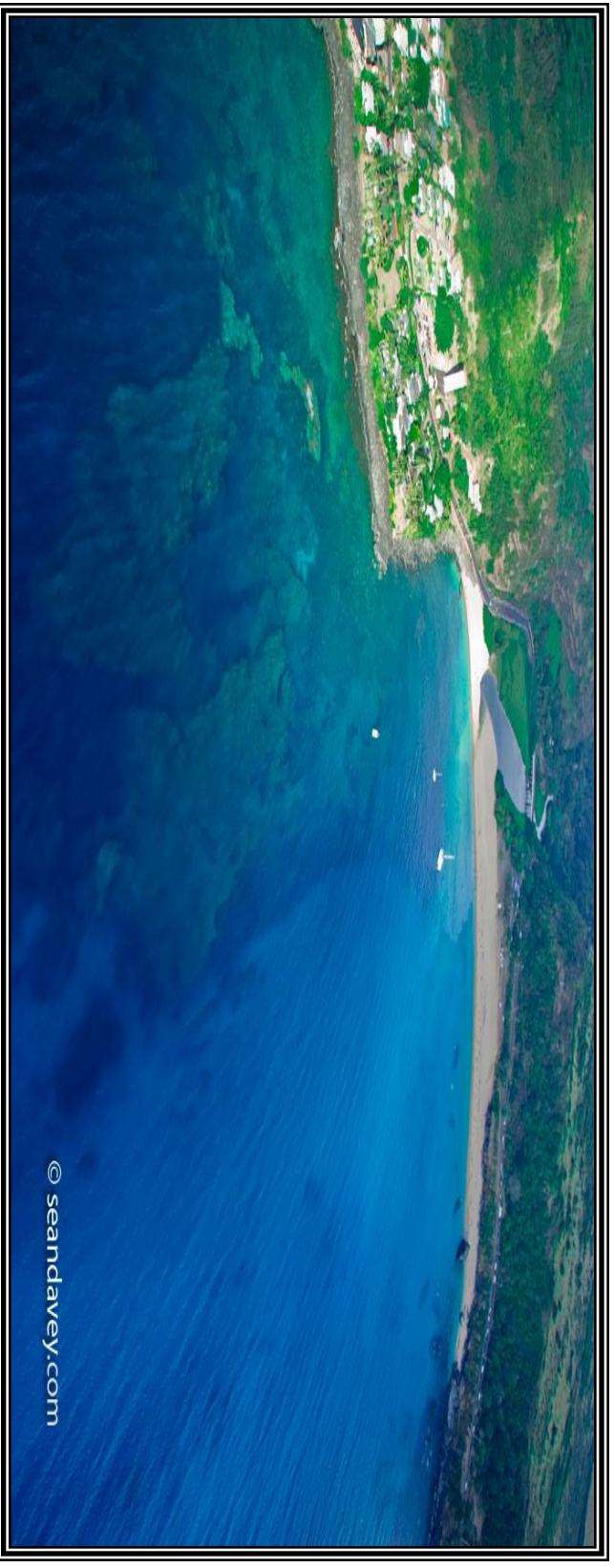


He told the people to place the shells on the bottom of the sea in the bay, and to wait patiently. The people waited and waited; they saw the huge school of fish come into the bay. All of a sudden, they noticed the bay was empty, thinking the fish got away again.





It was noon that day and the people grew anxious. The *kahuna* returned to the bay to hear the people complaining the fish are gone. The *kahuna* told the people to retrieve the shells from the bottom of the sea, saying “*There. Fish.*”. The sun’s reflection shined into the shell attracting, and catching the fish. Today we know “*There. Fish.*” as





'Opihi

*Mo`olelo shared by John Kaimikaua*

`*Opihi* are considered to be a delicacy from the sea. Collecting this `*opih*i takes much caution because this creature lives in an area where the waves are rough. As an `*opih*i picker travels on the rocky terrain near the ocean's edge, so he must be ready to encounter the waves when picking the `*opih*i. He needs to be quick when slipping his knife under the shell of the `*opih*i because the `*opih*i will stick to its rocky home, making it hard to retrieve.



The `*opih*i symbolizes being steadfast and determined  
when facing challenges & obstacles in your life.



# Do you have the qualities of an 'Opihī?

Ask yourself these 3 questions...

1. Do you feel having a solid foundation in your life is important?

[Examples of foundation can be: Family, school, friends, relationship with a boy or girl friend.]

2. When things get rough, **you do not** give up easily?
3. Do you like things that challenge your spirit?



If you answered YES to all 3,  
you may possess the qualities and strength of an 'opihī.

# *`Opihi Activity*

1. Drill hole to fit cordage.
2. File & sand *`opih*i until smooth.
3. Polish w/varnish, or Brasso w /old cotton t-shirt until shiny.
4. Attach to cordage or necklace.

