

#PONOPassItOn! CARDS

Upper Elementary Level

For more information and culture-based lessons, or to download or print the #PonoPassItOn! reflection cards:

www.growingponoschools.com

email: growpono@hawaii.edu

**These cards can support
a movement of POSITIVITY
while building pilina (connections)
and opening hearts and minds.**

***Numbered Hawaiian sayings from
*'Ōlelo No'eau Proverbs and
Poetical Sayings* by Mary Kawena Pukui**

Lesson Suggestions

****Begin each lesson with the Hanu-Ha breathing exercise (card included).**

1) Pull a card for students to focus on as a "theme for the day/week." Have students (and teacher) share their reflections during a circle "po`ai" time. (Allow "pass" or "return later.") Select a new card daily or weekly.

2) Using a Pono Card, reflections may be shared as a journal entry, writing, or art assignment.

3) Use the card themes to create posters to display on campus, at home, or elsewhere.

4) Allow groups of 2 to 4 students to pull a card and create a video of a short positive skit, song, poem or dance (like TikTok©). Take every opportunity to share videos on campus, with friends, family, and on social media.

#PonoPassItOn!

**Recommendation: To create a deeper connection, use lesson suggestions as a sequence for the week, using the same card.

Hanu Ha



**Hanu Ha can calm
any storm within me.**

**Hanu- Inhale deep belly breaths
for three seconds.**

Ha- Exhale very slowly.

Repeat three times. How do you feel?

Ka lama kū o ka no'eau.



THE STANDING TORCH OF WISDOM.

1430

**This speaks of a person you respect
and look up to.**

**Share about someone
that you respect and look up to.**

Na ka pupuka ka lili.

2233



Jealousy belongs to the ugly.

**Jealousy can make us unhappy
and ruin friendships.**

**How can focusing on my own strengths
help me overcome jealousy?**

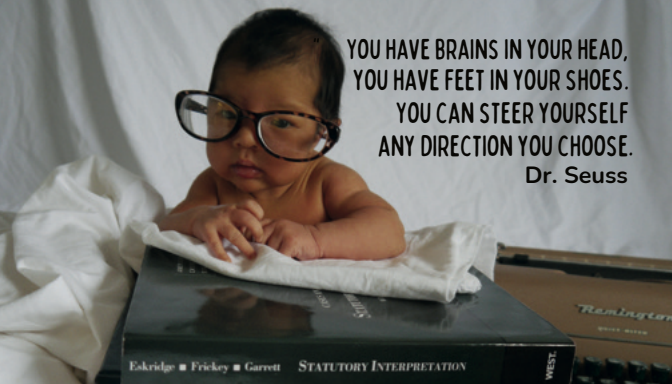
Kūlia i ka nu'u

Queen Kapi'olani 1913



Strive to reach your highest.

**What is something in my life
that I can do better?**

A baby with dark hair and large, black-rimmed glasses is sitting at a desk. The baby is looking slightly to the left. The desk is covered with a white cloth. In the background, there is a vintage typewriter with the brand name 'Remington' visible. In the foreground, there is a black book with white text. The text on the book includes 'Eskridge ■ Frickey ■ Garrett STATUTORY INTERPRETATION WEST'.

YOU HAVE BRAINS IN YOUR HEAD,
YOU HAVE FEET IN YOUR SHOES.
YOU CAN STEER YOURSELF
ANY DIRECTION YOU CHOOSE.
Dr. Seuss

Eskridge ■ Frickey ■ Garrett STATUTORY INTERPRETATION

WEST

**Work hard, be kind,
and amazing things will happen.**

**What do you dream of doing
when you grow up?**

E 'Onipa'a i ka 'imi na'auao.

-Queen Lili'uokalani

Be steadfast in the seeking of knowledge.

Seeking knowledge is powerful.

**What is something new
I want to learn today?**

BE YOURSELF. Everybody else is already taken.
Oscar Wilde



**To be an outstanding gift to the world,
start with being you.**

What makes you special?



OFTEN WHEN YOU
THINK YOU'RE AT
THE END OF
SOMETHING...

...YOU'RE AT THE
BEGINNING OF
SOMETHING ELSE.

Mr. Rogers

In life, we all experience changes that help us learn and grow.

Share a time when a disappointment turned out to be good.

*"You must never cease to act
because you fear you may fail."*

Queen Lili'uokalani



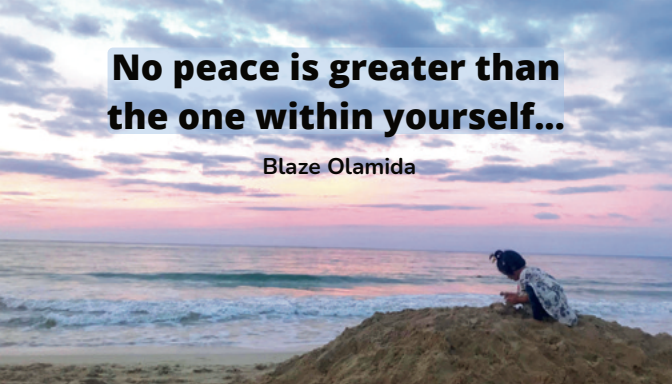
**"Be willing to take the first step
no matter how small it is."**

Louise Hay

**Share about a time when fear
stopped you from accomplishing a goal.
How might you overcome fear?**

**No peace is greater than
the one within yourself...**

Blaze Olamida



**If I am peaceful, I am happy,
and everyone around me feels better.**

**What are some ways
you find peace for yourself?**

Ho'omau **Persevere**



**"Follow your dreams,
believe in yourself,
and don't give up."**

Rachel Corrie

**Share a goal that you are
determined to reach.**

Lōkahi



**Lōkahi: Unity; harmony and peace
with others, the land, and the sea.**

**Why is it important to have unity
and peace with one another?**

A close-up photograph of two young boys with dark hair, hugging each other. They are looking at each other with gentle expressions. The boy on the left is wearing a yellow and black striped shirt, and the boy on the right is wearing a pink shirt. The background is a soft, out-of-focus green, suggesting an outdoor setting. A semi-transparent grey banner is overlaid at the bottom of the image, containing the text "Forgiveness starts with me." in a bold, black, sans-serif font.

Forgiveness starts with me.

Forgiveness is a gift to me, so I can start to heal, leaving hurt or hate behind.

Share about a time when you chose to forgive someone else.

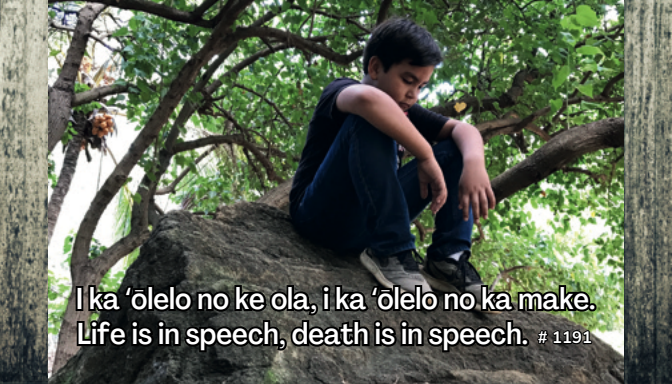
'A'ohē lolena i ka wai 'ōpae.

178



**Do not slack when you gather shrimp...
Excuses will get you nowhere.**

**Share about a time that being
lazy or distracted got you in trouble.**

A young boy with dark hair, wearing a black t-shirt and blue jeans, is sitting on a large, dark grey rock. He is looking down and to his left with a thoughtful or somber expression. The background is filled with the branches and green leaves of a tree, creating a natural, outdoor setting. The lighting is soft, suggesting an overcast day or shade from the tree.

I ka 'ōlelo no ke ola, i ka 'ōlelo no ka make.
Life is in speech, death is in speech. # 1191

Words can have the power to lift people up, or tear people down.

Share about a time when you experienced the power of words.

A top-down view of several people's hands and arms as they work together to plant a young tree. The ground is covered in a thick layer of brown mulch. A single, vibrant green sapling is the central focus, with its roots being positioned in a hole. The hands are of various skin tones, and some are wearing jewelry like a white beaded bracelet. The scene is outdoors, and the overall atmosphere is one of collaborative effort and environmental care.

Aia ke ola i ka hana.
Life is in labor. # 57

**Big rewards come when you dream big,
stay focused and work hard!**

**Share a time when you worked hard at
something that was important to you.**

Patience is bitter
but it's fruit is sweet!

Aristotle




**Patience is the ability to count down
before you blast off.**

How do you show being patient?

What does it look like when you're not?

Which do you want to be?




Ua ola loko
i ke aloha.

Love gives life
within.

2836

**Aloha is like a river that
flows to us and through us.**

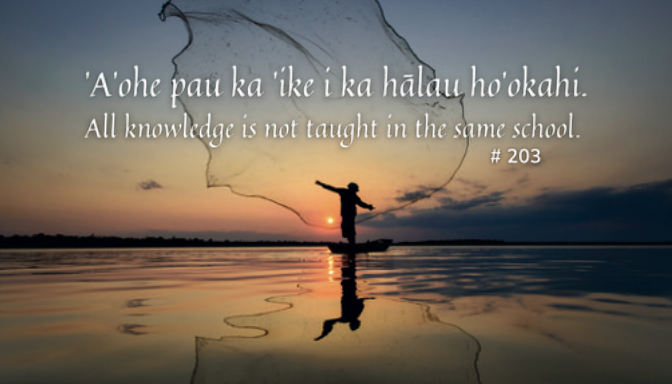
How do you share aloha?

A young boy with dark hair is shown from the side, carrying a large bundle of palm fronds on his back. He is shirtless and appears to be in a tropical environment with lush greenery and a tree trunk visible. His hands are resting on the trunk of a tree. The text is overlaid at the bottom of the image.

**He meheuheu mai nā kūpuna.
Habits acquired from ancestors. # 817**

Traditions such as New Year's Eve and baby lū'au celebrations are special.

What are some traditions that you carry on in your 'ohana?



*'A'ohe pau ka 'ike i ka hālau ho'okahi.
All knowledge is not taught in the same school.*

203

**There is so much to be learned
all around us.**

**Share about some learning experiences
that you have had outside of school.**



Peace begins with a smile

Mother Teresa

**"If you see someone without a smile,
give them one of yours."**

Dolly Parton

**Smiling is contagious. Try it right now.
Can peace really begin with a smile?
Why?**

'Onipa'a

Queen Lili'uokalani


STAND FIRM

2521



Stand firm for what is right.

**Share about something you believe in
and will always stand up for.**



Ma ka hana ka 'ike.
In working, one learns. # 2088

**What we learn to do,
we learn by doing.**

Thomas Jefferson

**What have you learned
from a "hands-on" activity?**

You can't go back and change the beginning
but you can start where you are
and change the ending. C. S. Lewis

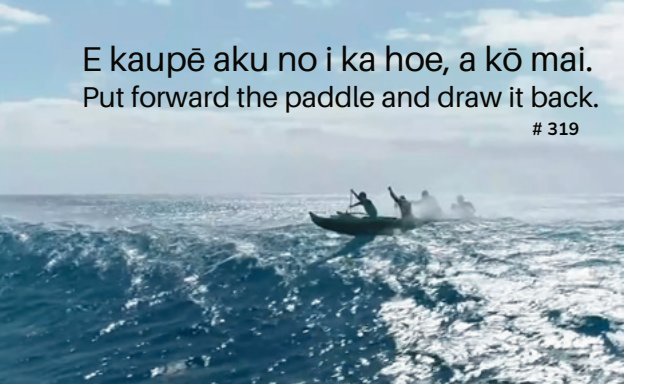


Strive to make each day a good day.

**What can you do daily
to make your life better?**

E kaupē aku no i ka hoe, a kō mai.
Put forward the paddle and draw it back.

319



**When you start something,
be sure to finish it!**

**Why is it important
to finish what you start?**

Forgive you
Respect you
Include you
Encourage you
Never leave you
Dream with you
Stand by you



**Surround yourself with friends
who care about you and inspire you.**

**Share about someone
who has been a good friend to you.**

Ho'okahi ka 'ilau like ana.
1068



**Wield the paddles together.
Work together.**

Team work makes the dream work.

**Share about a time when you were a part
of a successful group activity or project.**



He Pili wehena 'ole.

896

A relationship that cannot be undone.

**I am stronger
because of my relationships.**

**How can I improve my relationships
with my 'ohana and friends?**

He ali`i ka `āina; he kauwā ke kanaka.
The land is chief; man is it's servant.

531



**From the mountains to the sea,
our Hawai'i is such a beautiful
and special place.**

**What are ways we can preserve
and protect our island home?**

Look for the helpers.

The background of the image shows two silhouetted figures on a dark, rocky cliff edge. The figure on the left is leaning forward, reaching out with their right hand to assist the figure on the right. The figure on the right is standing upright, leaning back slightly, and holding the hand of the first figure. The sky behind them is a mix of blue and orange, with wispy clouds, suggesting a sunset or sunrise. The overall mood is one of support and assistance.

**You will always
find the helpers.**
-Mr. Rogers

**When things get scary,
look for the helpers.**

**Think of someone you trust
that you can turn to for help.
Why did you choose that person?**