

#PONOPassItOn! Cards

Middle & High School 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
are like love notes to your body



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

**Hanu- Inhale a deep belly breath
for 3 seconds.**

**Ha- Exhale very slowly. Repeat 3 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 honor.**

Na ka pupuka ka lili.



Jealousy belongs to the ugly.
2233

**Social media can stir up
dangers of comparison.**

**How can social media
cause people to feel envious,
rather than happy with who they are?**



'Onipa'a # 2521

Queen Lili'uokalani

STAND FIRM!

**They who stand for nothing,
fall for anything.**

Unknown

**What is something that you believe in
and would take a stand for?**

When you believe in yourself,



You have the first key to success.

**Believe you can
and you're halfway there.**

**What are the reasons believing in
yourself is important? Explain or share
about a time you believed in yourself.**

FORGIVENESS

sets YOU free



**Forgiving others is a gift to ourselves
so we can begin healing and
leave hurt or hate behind.**

**Is there someone I need to forgive?
How can this benefit me?**

BE YOURSELF: *Everybody else is already taken.*

Oscar Wilde



**Be yourself in a world that is constantly
trying to make you something else.**

**Do you struggle just being "you?"
Why or why not?**

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

C. S. Lewis



#noregretsjustresets

Make each new day a positive adventure.

**Create a motto or hashtag that can
motivate you towards a more positive
future for yourself.**

A woman with curly hair, wearing a black long-sleeved top and a light-colored skirt, is dancing joyfully in a modern office hallway. Her arms are raised high in the air, and she has a wide, happy expression. The hallway features glass-walled offices on both sides. In the background, an office desk with a chair is visible. On the right, a glass door is marked with the number '26'. The overall atmosphere is bright and energetic.

**Until the next door opens for
you, dance in the hallway!**

**Every time I thought I was getting rejected
from something good I was actually being
re-directed to something better.**

-Steve Maraboli

**If feeling rejected, what does it mean
to "dance in the hallway?"**

Kūlia i ka nu'u.

Queen Kapi'olani 1913



Strive to reach the highest.

What areas in my life can I do better?

Explain.



E 'Onipa'a

I ka 'imi na'auao.

-Queen Lili'uokalani

Be Steadfast

in the seeking

of knowledge

Knowledge is powerful.

**What something new
I want learn?**



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

Labor takes care of our needs.

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

A photograph of a surfer riding a wave. The surfer is wearing a dark wetsuit and a red life vest, leaning forward on a longboard. The wave is breaking over the surfer, creating a large, white, foamy crest. The water is a deep blue color. The background is a bright, hazy sky.

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

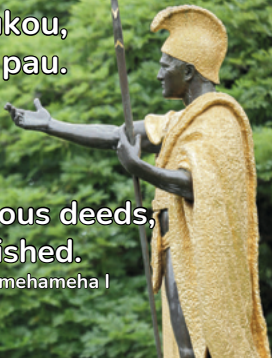
-Queen Lili'uokalani

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

Louise Hay

**Why is it important
to face and overcome your fear?**

E na'i wale no 'oukou,
i ku'u pono 'a'ole pau.



Continue my righteous deeds,
they are not yet finished.

-King Kamehameha I

**King Kamehameha I encourages us to
continue to do what is right (pono).**

**Imagine your future.
What do you want to be
remembered for?**

Ho'omau

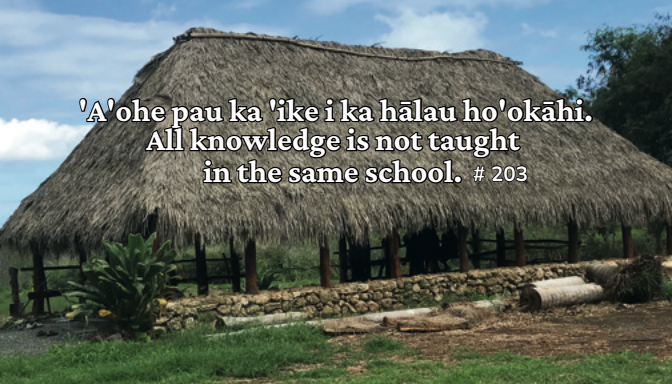
Persevere



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

-Rachel Corrie

**Share a goal in your life that you
are determined to reach.**

A large, traditional thatched-roof hut with a steep, conical roof made of dried palm fronds or similar natural materials. The hut is supported by several dark wooden posts. In the foreground, there is a low stone wall and several logs lying on the ground. The background shows a clear blue sky with some light clouds and green foliage.

**'A'ohe pau ka 'ike i ka hālau ho'okāhi.
All knowledge is not taught
in the same school. # 203**

**There is a wealth of knowledge
to be learned all around us.**

**Share about a favorite place
where you like to learn.**

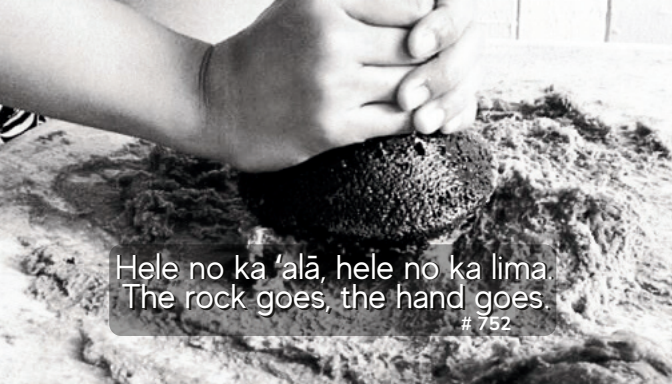
Lōkahi



Lōkahi:

**Unity; harmonious, peaceful connection
with self, others, and the land.**

**What do you do to help bring lokahi
within your `ohana, class or community?**




Hele no ka 'alā, hele no ka lima.
The rock goes, the hand goes.
752

Where attention goes energy flows.

-James Redfield

**Describe a time when you were
in the zone, and fully engaged.**



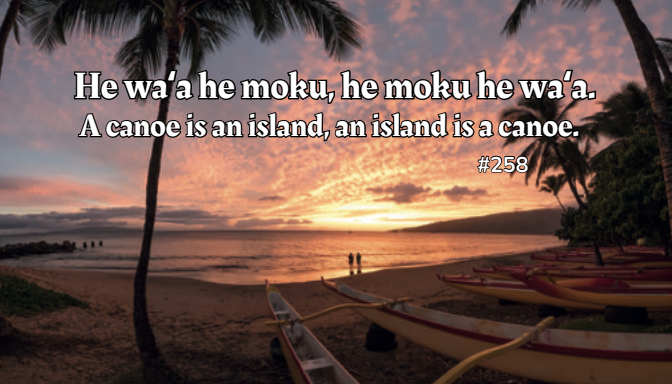
I ka 'ōlelo no ke ola,
i ka 'ōlelo no ka make.

1191

Life is in speech,
death is in speech.

**Words can have the power to build
people up or tear people down.**

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

A tropical beach scene at sunset. The sky is filled with orange and yellow clouds, with the sun low on the horizon. In the foreground, several outrigger canoes are lined up on the sand. Palm trees are visible on both sides of the frame. Two people are standing on the beach in the distance, looking out at the ocean.

**He wa'a he moku, he moku he wa'a.
A canoe is an island, an island is a canoe.**

#258

**Living in unity, depending
on one another and our 'āina,
as if we were all living on a canoe.**

**What kuleana (responsibility) do you
bring to your class or 'ohana? Explain.**



He meheuheu mai nā Kūpuna.
Habits acquired from ancestors.

817

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

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

A photograph showing two women in traditional clothing working with cacao beans on a large wooden table. The woman on the left is wearing a green and black patterned dress and is using a dark stone mortar and pestle to grind the beans. The woman on the right is wearing a red patterned dress and is holding a small bowl, possibly containing ground cacao. The table is covered with several piles of cacao beans and some ground cacao. In the background, other people are partially visible, including one in a purple dress. The scene is set outdoors on a paved surface.

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 by doing ?

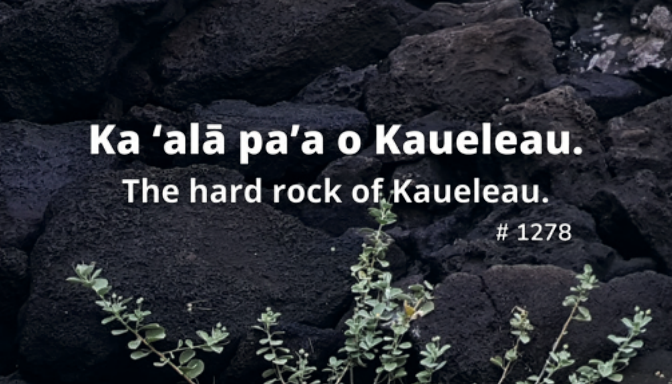
E kaupē aku no i ka hoe, a kō mai.
Put forward the paddle and draw it back.

319



Go on with the task that is started and finish it.

Why is it important to complete tasks you started?



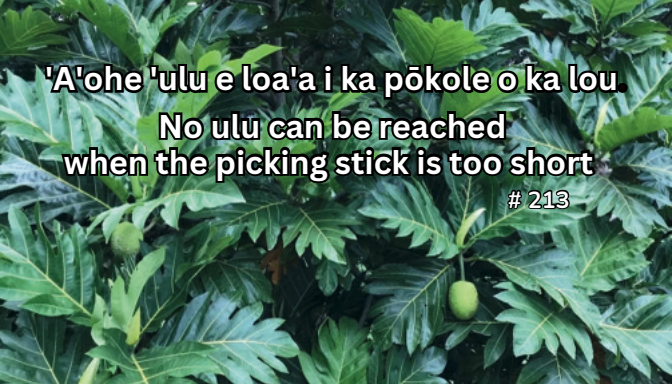
Ka 'alā pa'a o Kaueleau.

The hard rock of Kaueleau.

1278

**It's difficult to walk in the company of
someone who is angry and rough.**

**How can you rise above
someone's anger?**



'A'ohe 'ulu e loa'a i ka pōkole o ka lou.

**No ulu can be reached
when the picking stick is too short**

213

There is no success without preparation.

**Describe a time when preparation
helped you to succeed?**

Darkness cannot drive out darkness;
only light can do that.

**"HATE cannot drive out hate;
only LOVE can do that."**

-Martin Luther King, Jr.



BE the light that brightens.

**How can you bring light and love
into a difficult situation?**

**Ho'okāhi ka 'ilau like ana.
Wield the paddles together. Work together.**

1068



Team work makes the dream work.

What do you think is needed to work together successfully on a project?



**He Pili wehena 'ole.
A relationship that cannot be undone.**

#896

**I stand firm because of my strong
foundation of relationships.**

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

'O Hawai'i ku'u 'āina kilohana.

Hawai'i is my prized place.

-Kauanoa Kamanā



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

**How can I be a steward of my
homeland with pride and respect?**

Patience is bitter
but it's fruit is sweet!
-Aristotle



**Although sometimes difficult,
practice being patient and kind.**

**How can patience and kindness
help during challenging situations?
Share about a personal experience.**