

# **#PONOPassItOn! CARDS**

**Upper Elementary Level**

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

**[www.growingponoschools.com](http://www.growingponoschools.com)**

**email: [growpono@hawaii.edu](mailto:growpono@hawaii.edu)**

**These cards can support  
a movement of POSITIVITY  
while building 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, student 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*

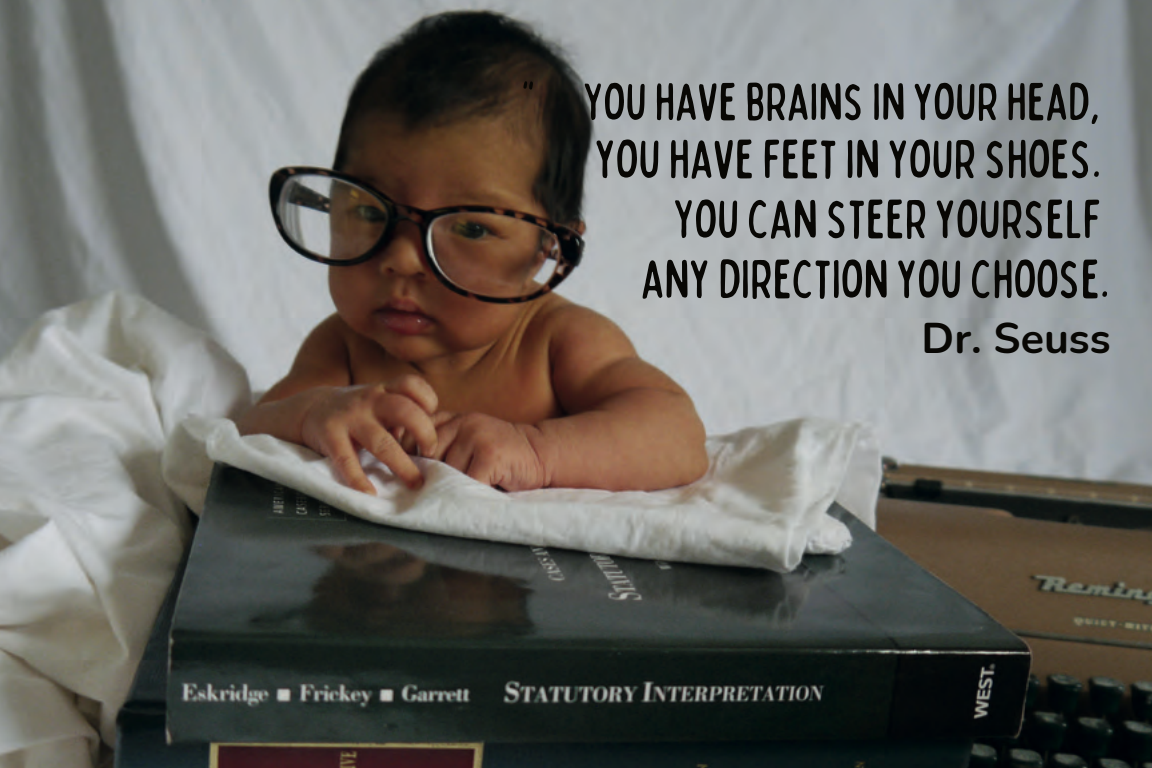
Queen Kapi'olani 1913





**Strive to reach your highest.**

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



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

Dr. Seuss

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

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



A sunset beach scene with two people in silhouette looking at the sand. The sun is low on the horizon, reflecting on the wet sand. The sky is filled with soft, colorful clouds. The people are standing on the beach, looking down at the sand. The person on the left is pointing towards the sand. The person on the right is looking down at the sand. The background shows the ocean waves and a rocky coastline.

*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



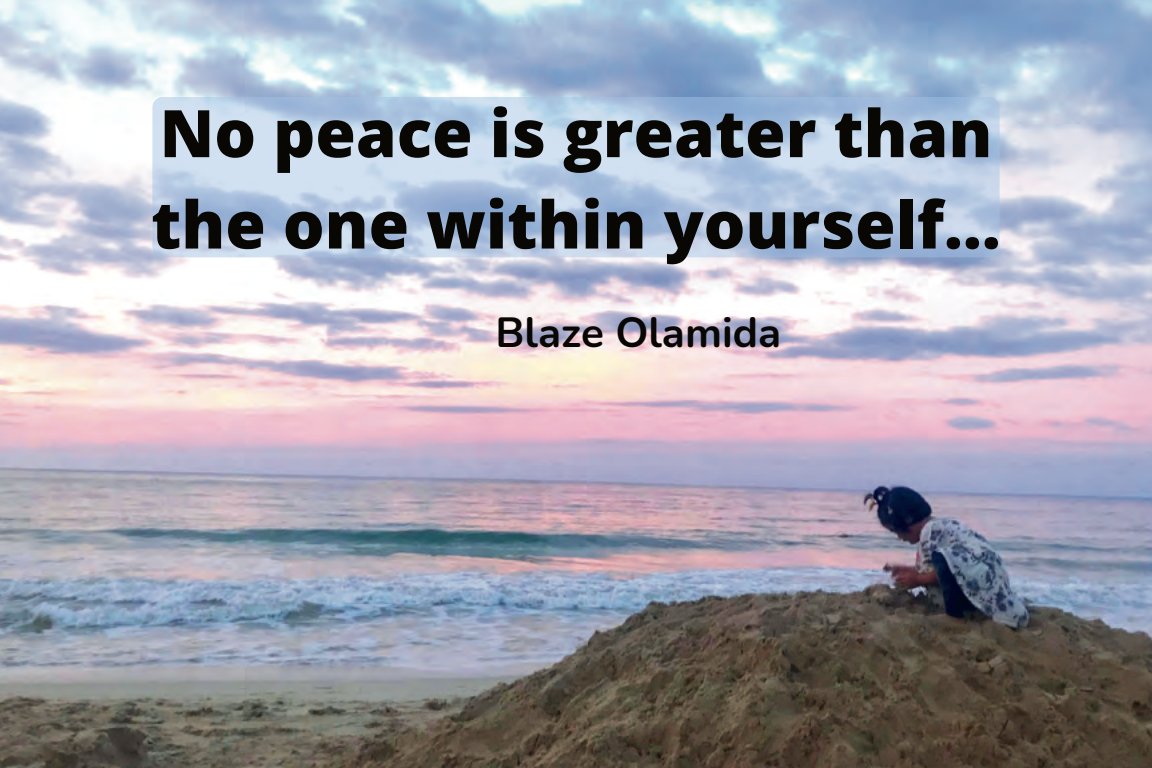
**"Be willing to take the first step  
no matter how small it is."**

**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?**





**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

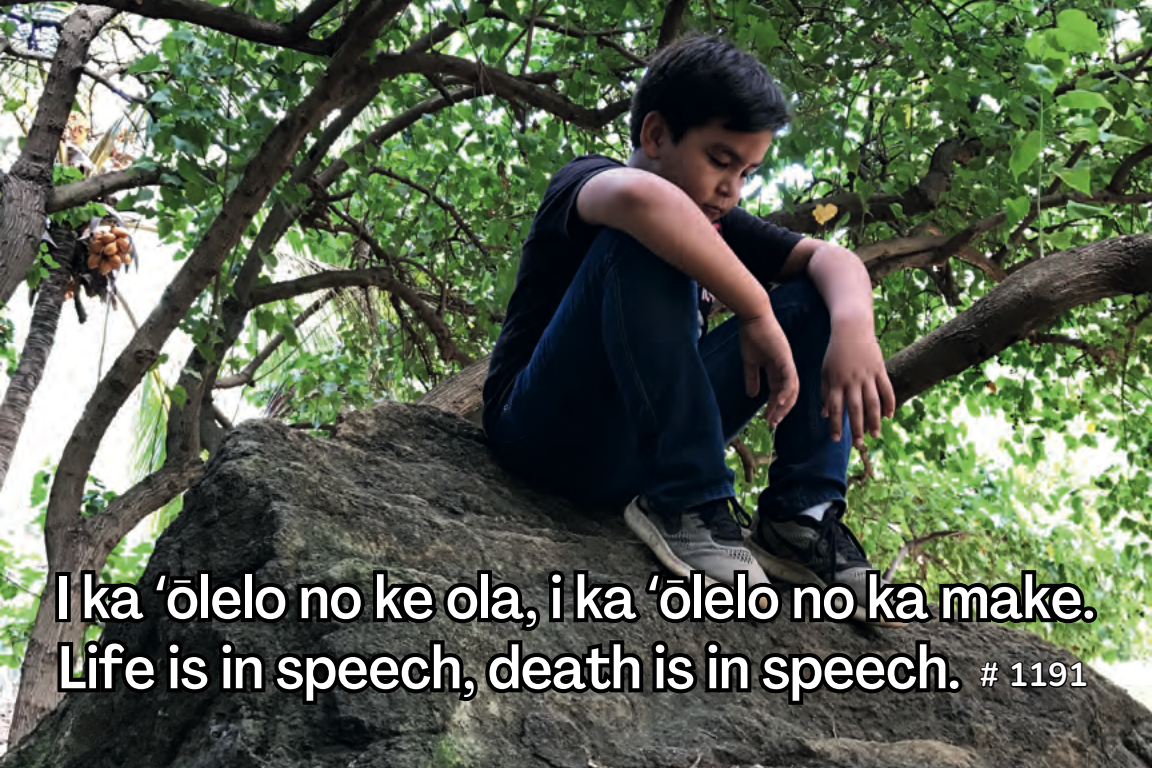




**Do not slack when you gather shrimp...  
Excuses will get you nowhere.**

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





**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.**





**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?**

A woman with dark, curly hair is smiling and looking to her right. She is wearing a red and black plaid shirt over a black top. She is holding a red, heart-shaped object with a lace-like pattern against her chest. The background is a rustic wooden wall with vertical planks and visible knots.

Ua ola loko  
í 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, shirtless, is shown in profile from the waist up. He is carrying a large bundle of palm fronds on his back, secured with a yellow cord. He is standing next to a palm tree trunk, which has several horizontal scars or rings. He appears to be working on the trunk, possibly using a tool. The background is a lush green tropical environment with various plants and trees.

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

**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'okahī.  
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



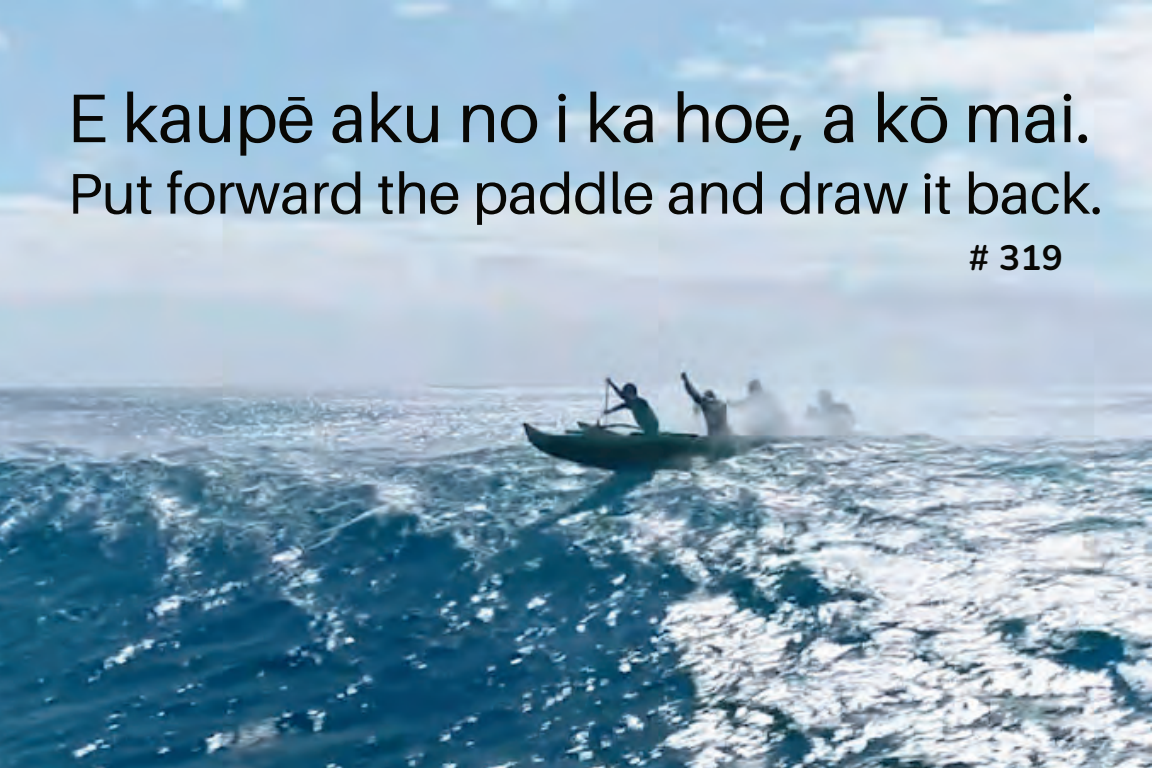


**Strive to make each day a good day.**

**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?**



**F**orgive you  
**R**espect you  
**I**nclude you  
**E**ncourage you  
**N**ever leave you  
**D**ream with you  
**S**tand 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?**

The image features a sunset sky with orange and yellow clouds. In the foreground, two silhouetted figures are on a dark, rocky hillside. One figure is leaning forward, offering a hand to another figure who is standing upright. The scene is backlit by the setting sun, creating a dramatic and inspiring atmosphere.

**Look for the helpers.**

**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?**