

#PONO: Pass It On! 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
to help build pilina (connections)
while 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 theme.**

Hanu Ha

are like love notes to your body



**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 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.**

A hand is shown in silhouette, reaching upwards towards a bright sun that is low on the horizon. The sun is partially obscured by the hand, creating a lens flare effect. The background is a sunset over a body of water, with the sky transitioning from a deep orange near the horizon to a lighter yellow and then to a pale blue at the top. The water reflects the colors of the sky. The overall mood is peaceful and hopeful.

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 white shorts, is dancing joyfully in a modern office hallway. She has her arms raised and a wide smile. The hallway has glass-walled offices on either side, with the number '26' visible on one of the doors. The floor is light-colored and reflective. The background shows a bright, open-plan office area with desks and chairs.

**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?**

A group of people are gathered around a young palm tree sapling in a field of brown mulch. Several hands are visible, some resting on the ground and others near the base of the plant, suggesting they are working together to plant it. The scene is outdoors, with natural light and some green grass visible in the background. The text is overlaid on a semi-transparent white box in the center of the image.

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, viewed from a low angle. The surfer is wearing a red and black wetsuit and is positioned on a white surfboard. The water is a vibrant blue, and the wave is breaking over the surfer. The quote is overlaid on the upper right portion of the image.

*"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."**

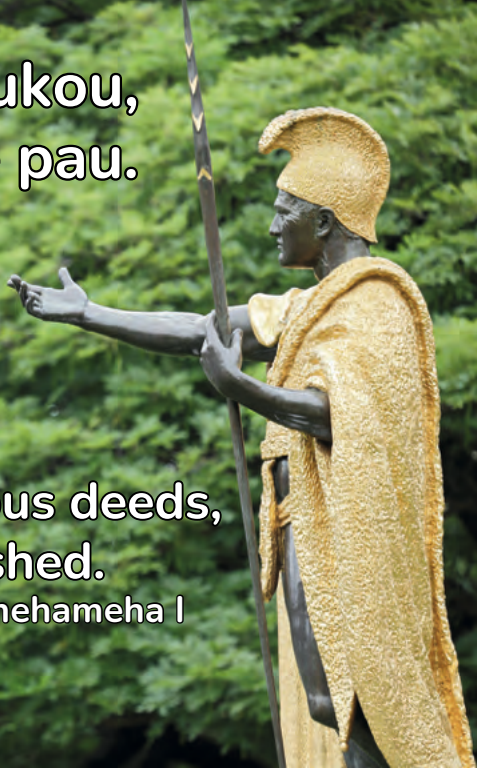
Louise Hay

**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

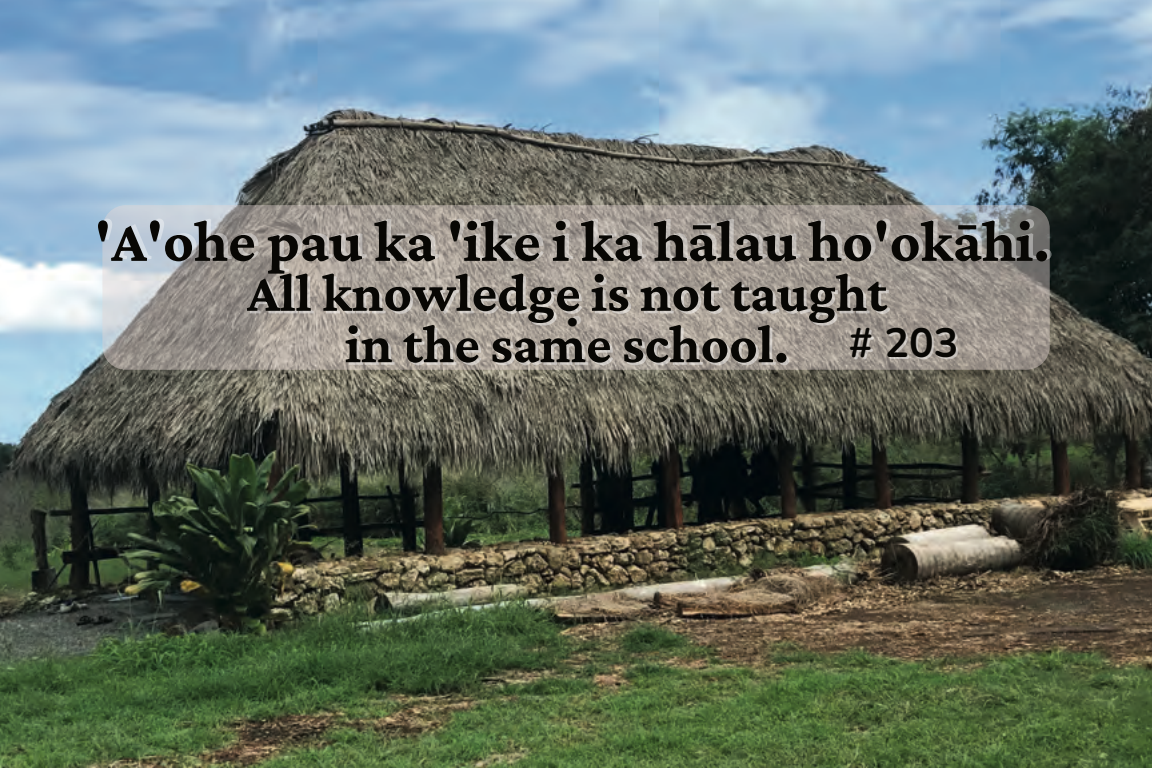
Persevere



**"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 traditional thatched-roof hut, likely a schoolhouse, is the central focus of the image. The hut has a steeply pitched roof made of dried palm fronds or similar natural materials. It is supported by several wooden posts. In the foreground, there is a low stone wall and some logs. The background shows a grassy field and a blue sky with scattered clouds. The text is overlaid on a semi-transparent white box in the center of the image.

**'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?**



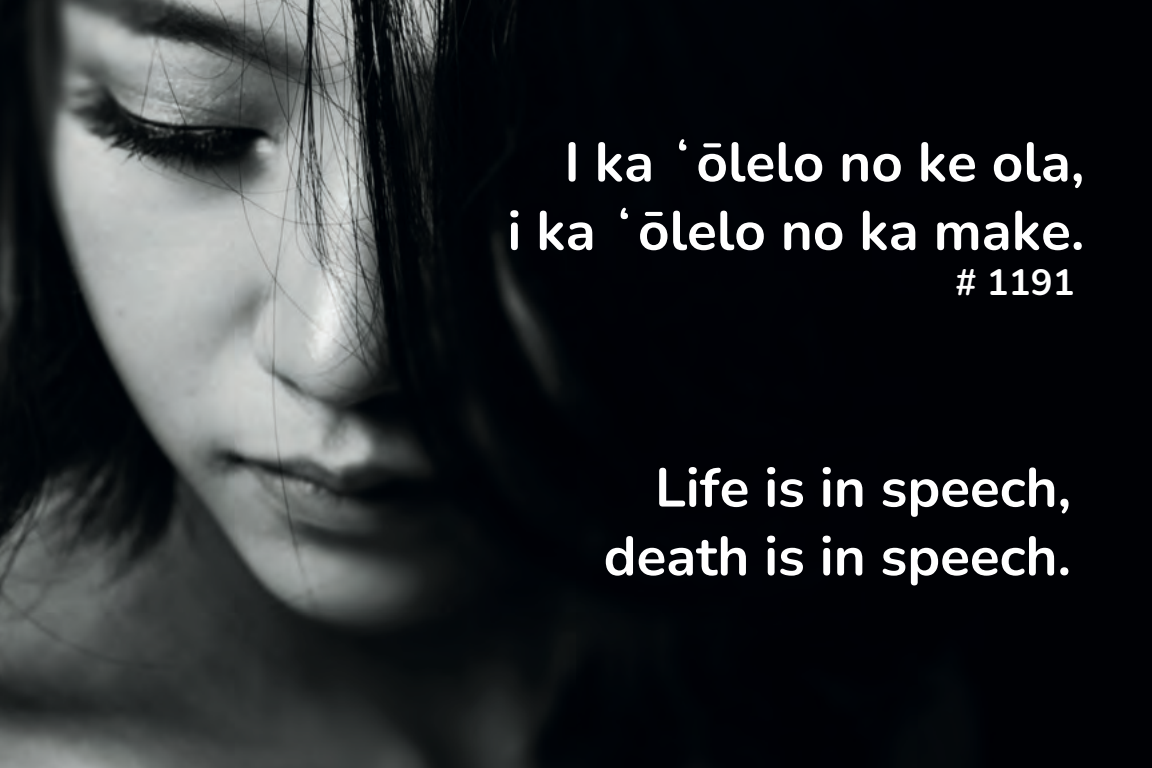
Hele no ka 'alā, hele no ka lima.
The rock goes, the hand goes.

752

Where attention goes energy flows.

James Redfield

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



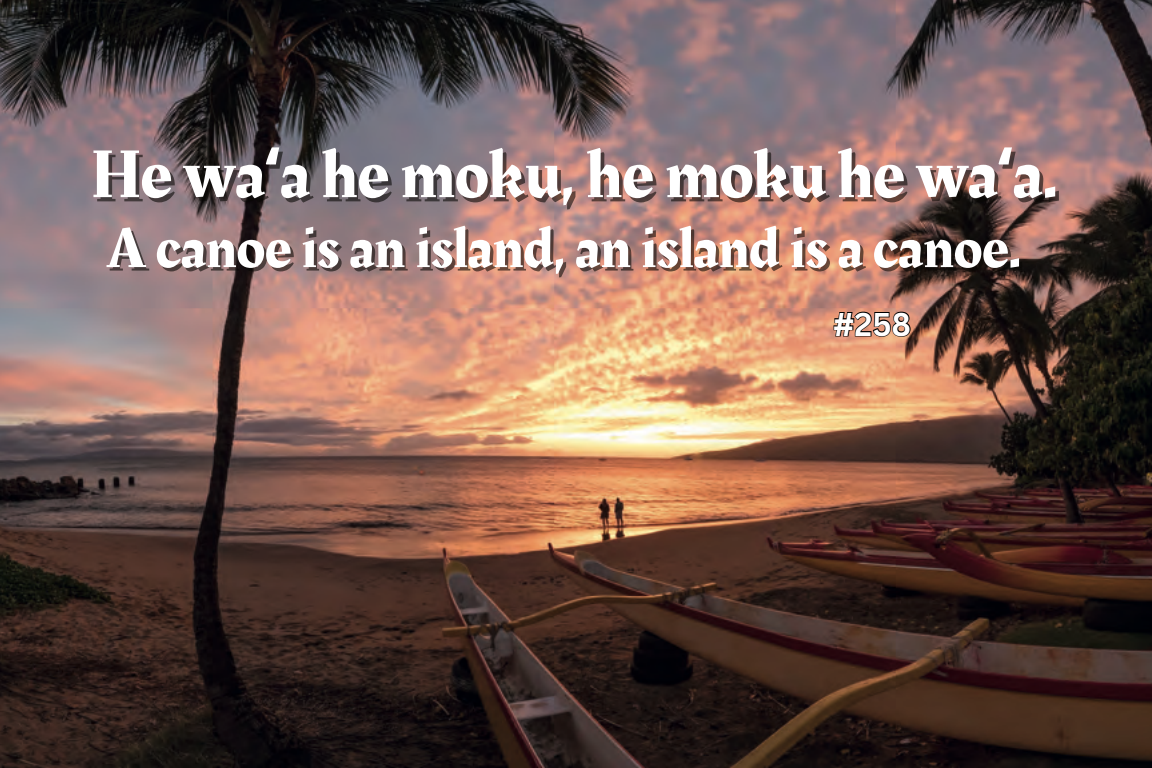
I ka 'ōlelo no ke ola,
i ka 'ōlelo no ka make.

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 vibrant orange and yellow clouds, with the sun low on the horizon. In the foreground, several white outrigger canoes with red stripes are beached on the sand. A large palm tree stands on the left, and several smaller palm trees are on the right. In the distance, two people are standing on the beach near the water's edge. The overall atmosphere is peaceful and scenic.

**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 meheu 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?**



Ma ka hana ka 'ike.

In working, one learns. # 2088

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

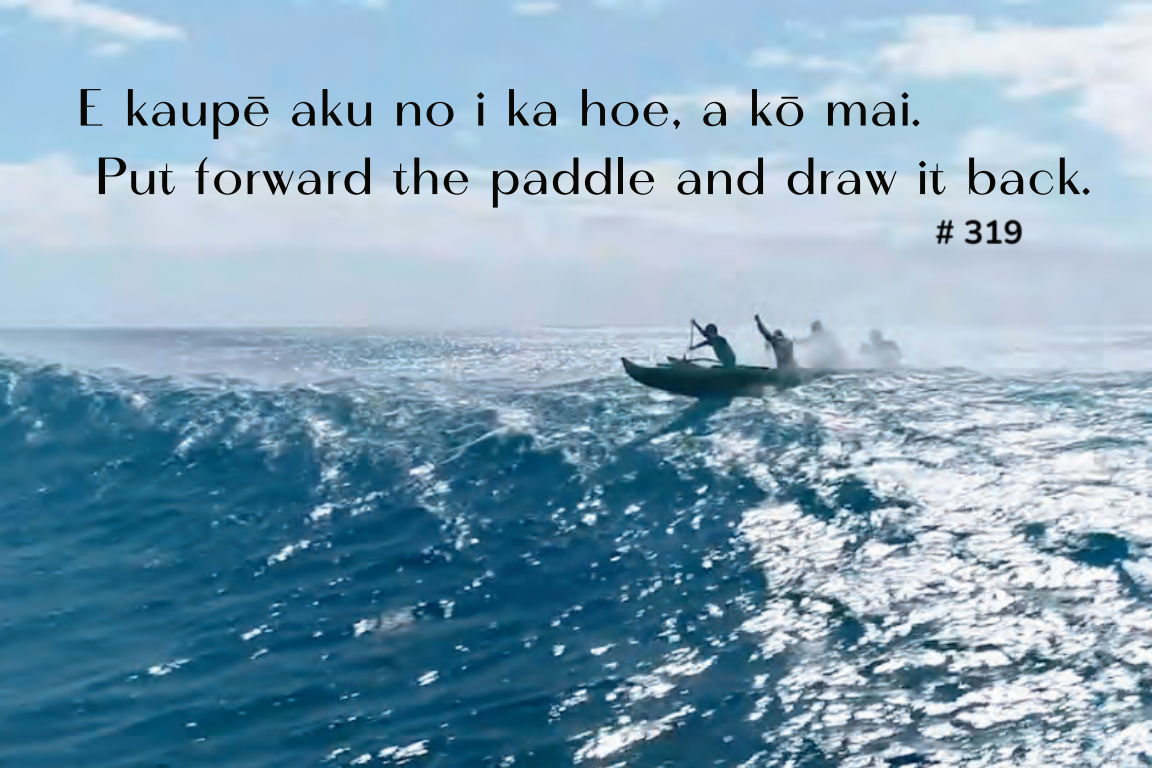
Thomas Jefferson

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?**

The background of the image is a lush, dense thicket of breadfruit trees. The leaves are large, deeply lobed, and a vibrant green color. Several green, unripe breadfruit fruits are visible, hanging from the branches. The overall scene is a close-up of the foliage, creating a textured and layered appearance.

'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.

Kauanoē 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.**