

K - 3

#PonoPassItOn Reflections



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These lessons can support a movement of POSITIVITY to help build pilina (connections) while opening hearts and minds.

Lesson Suggestions

**Begin each lesson with Hanu-Hā (first reflection card).*

Then ask, "What do you see in the picture?"

- 1) Select a card and have each student (and teacher) reflect during circle ("piko") time.
- 2) Select a card and have the class brainstorm a short positive skit, song, poem, or dance video. Be creative! (option: form groups)
- 3) Use the reflection themes to create art projects or posters to display on campus, in your classroom, or to take home.

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

***Take every opportunity to share art or videos on campus, school website, with friends, family, and on social media. #PonoPassItOn!*

Hawaiian 'Ōlelo No'eau Proverbs by Mary Kawena Pukui

**For more information & culture-based lessons,
or to download or print these Pono reflections:**

www.growingponoschools.com

email: growpono@hawaii.edu

Hanu Hā

**Breath In;
Breath out**



**Need to calm down or focus?
Take 3 deep breaths slowly.
Your body and mind
will be HAPPY !**



**Let's try It!
How do you feel?**

Aloha

Love and Kindness





**Aloha kekahi
i kekahi.**

Love one another.

**How do you share Aloha?
(love and kindness)**

**FRIENDS CARE, make me LAUGH,
and help my heart feel HAPPY!**



**To have good friends,
be a good friend!**



**Tell us about a good friend of yours,
even if it is a pet!**

Laulima

"Many hands"



'A'ohe hana nui ke alu 'ia.

**No work is too big when shared by all,
because "many hands make
the work easier."**



**Share about a time
when you gave a helping hand.**

A top-down photograph showing several pairs of hands of different skin tones gathered around a small green seedling in a garden bed. The hands are resting on dark, rich soil. The background is filled with various green plants, including tall grasses and leafy vegetables. The overall scene conveys a sense of community, care, and environmental stewardship.

Mālama 'Āina

Care for the land

He ali'i ka 'āina, he kauwā ke kanaka.

#531

**The land is a chief,
man is it's servant.**



**Hawai'i is our PRECIOUS home
and we MUST take care of it.**

**What is something I can do to help
MALAMA (take care) of our land or sea?**

Kuleana Responsibility



E kuahui like i ka hana.

**Let everybody pitch in
and work together.**

**Tell us about a kuleana
you have at home or school,
such as chores, or
taking care of pets.**

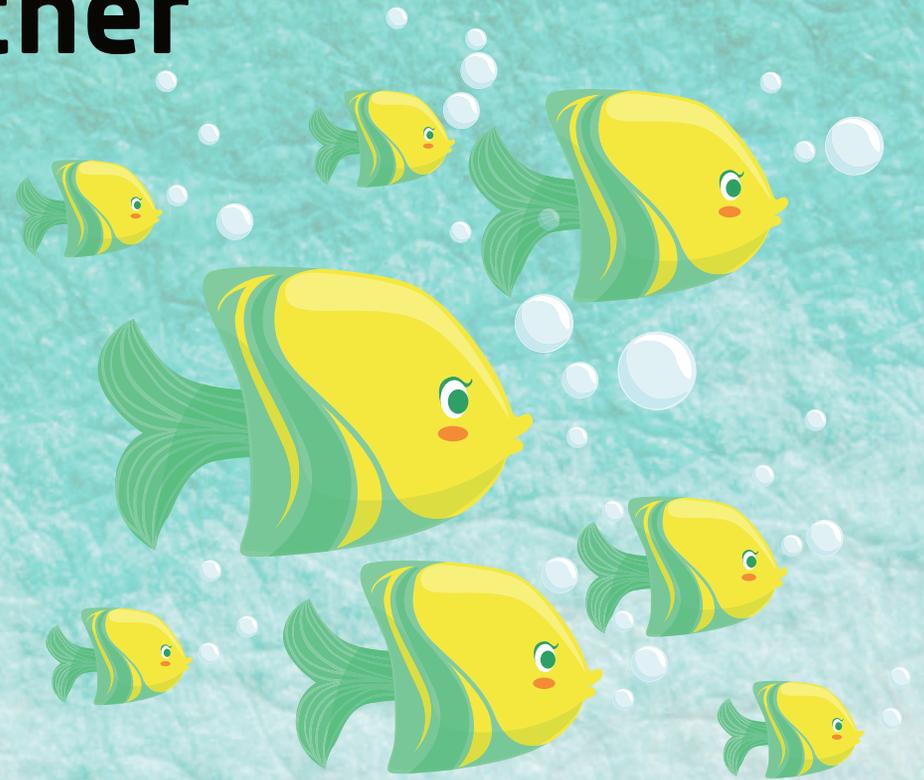


Lōkahi Harmony



Ho`omoe wai kahi ke kāo'o.

**Let all travel together
like water flowing
in one direction.**



**Share about a time when you
played nicely together.**

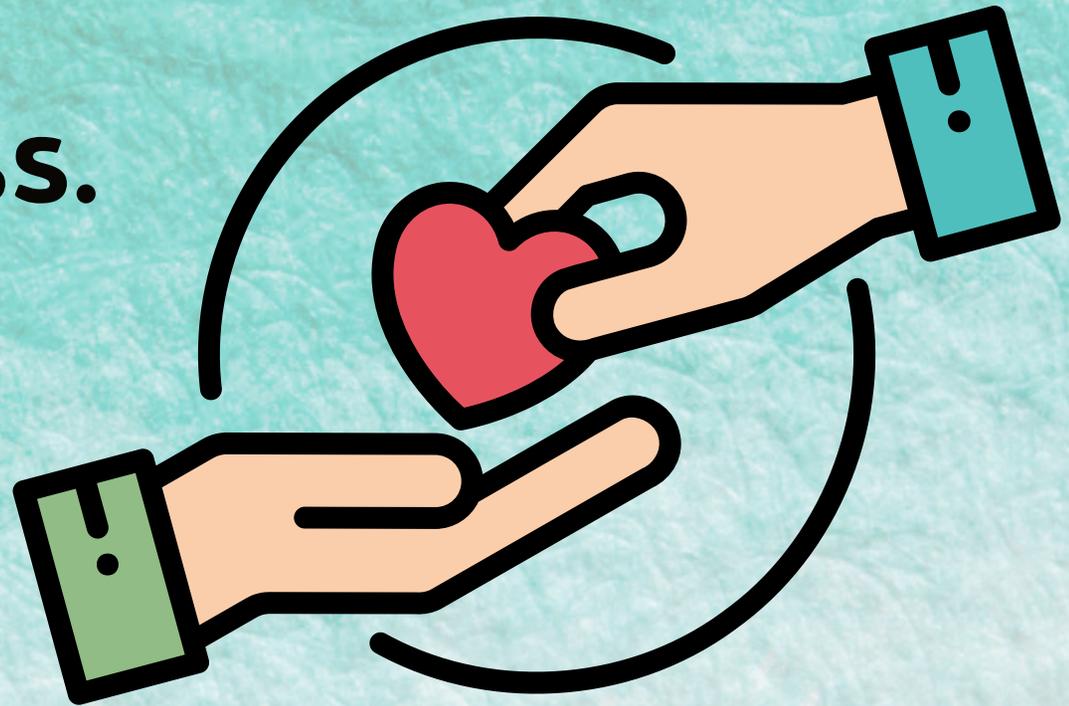


Hō'ihī

Respect

Hō'ihi aku, hō'ihi mai.

**Treat others with kindness
and you will
receive kindness.**



**What are some ways you can treat
people or animals with kindness?**

Kūpono Upright



**O ka pono ke hana
'ia a iho mai na lani.**

**As you do good,
blessings will come to you.**



**Share about a time when you
did something good.
How did you feel?**

Kūlia i ka nu'u

Queen Kapi'olani 1913



Strive to reach YOUR highest.

**Do your BEST in
EVERYTHING you do!**



**What is something you can try
harder on and do BETTER?**

Ha'aha'a Humility



**To be humble is to think of OTHERS
more than YOURSELF,
like Queen Liliu'okalani.**



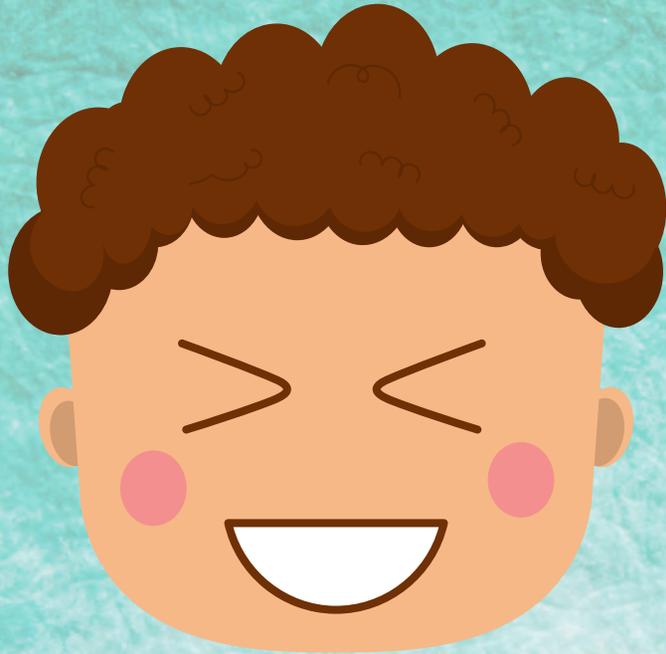
**Queen Liliu'okalani
thought about her people
more than herself.**

**How can you show ha'aha'a
by thinking of others?**

'ōlelo To speak



**Be careful what you say.
Words can lift people up
or tear them down.**



**Whose words lift you up?
Why?**

Look for the helpers

**You will always
find people
who are helping.
Mr. Rogers**



**When I feel scared,
or sad, or confused,
I can look for someone
that I trust to talk to.**



**Is there a time you reached out for help?
How did it make you feel?**