

**Intended for Grades: Pre-K to 3**    **Estimated Time:** 30 minutes

May, 2021

**Lesson Title: ALOHA TREE**

**Lesson Purpose:** Students will explore what aloha is and be encouraged to practice acts of aloha (kindness), making their class, home, community and the world a better place.

**Materials & Preparation:**

- “Spread A Little Aloha” song audio: <https://soundcloud.com/hawaiian-culture-club/spread-a-little-aloha-manao>
- “Spread A Little Aloha” Song video with dance motions: <https://www.dropbox.com/s/qiicmeyzl6dvovh/Spread%20A%20Little%20Aloha.mp4?dl=0>
- “Spread A Little Aloha” song lyrics
- Sample Aloha Tree Drawing
- Chart Paper and green paper
- Kukui Leaf template.
- Teacher Prep: Draw picture of a bare tree on a large sheet of chart paper and laminate, if possible. (sample attached) Cut out several sheets of leaves (kukui leaf template attached). If you don’t have time to cut out kukui leaves, you can make a simple leaf template instead.

**Background Information:**

Visit this site to find information on the meaning of aloha, including words to the ALOHA acronym (from the Aloha Spirit Law of Hawai’i): <http://ealoha.com/livaloha.htm>

**Steps:**

- Write on board or chart paper “What is Aloha?” and discuss what this means (students share). (5 min.)
- Brainstorm with your students about how they show aloha (acts of kindness) and create a list. (3 - 5 min.)
- Sing and dance along with the song, “Spread a Little Aloha.” (5 min.)

<https://www.dropbox.com/s/qiicmeyzl6dvovh/Spread%20A%20Little%20Aloha.mp4?dl=0>

- Have students choose a few acts of aloha from the list and write them on the leaves. Next, tape/glue these to the “Aloha Tree.” Some examples would be to “help with chores at home”, “listen carefully”, “follow directions”, “share my toys”, “draw a picture for grandma,” etc. (3 - 5 min)
- Daily or weekly follow-up: Encourage “aloha” by facilitating a time to have students share their acts of aloha. Start with the “Spread a Little Aloha” song/dance, then add their name, along with their “aloha” act to a leaf and place it on the tree. If the teacher or another student observes “acts of aloha” in the class, they can also share this and place a leaf on the tree. This can be continued throughout the school year to celebrate and reinforce “aloha.” (Try to acknowledge each student at some point.) (7 - 10 min)

**Reflection Question:** (3-5 min.)

- When you spread aloha more and more, others around you will, too! How many of you want to try your best to spread aloha every day? How will you share aloha?

\*Suggestion: This lesson goes well with the “Fishing for Aloha” lesson.

## Spread a Little Aloha

By Mana`o Company

People are you listenin' to what we're about to say?  
We are on a mission, tryin' to find a way.  
If you and me make a guarantee to spread a little aloha around the world.  
And I know we, we can work it out,  
and make this world a better place. (For you and for me.)

A-L-O-H-A, a little aloha in our day —  
spread a little aloha around the world.  
A-L-O-H-A, a little aloha in our day —  
spread a little aloha around the world.

Could you imagine all around the world,  
A little aloha in every boy and girl?  
Could you imagine how simple life could be,  
with a little aloha in you and me?

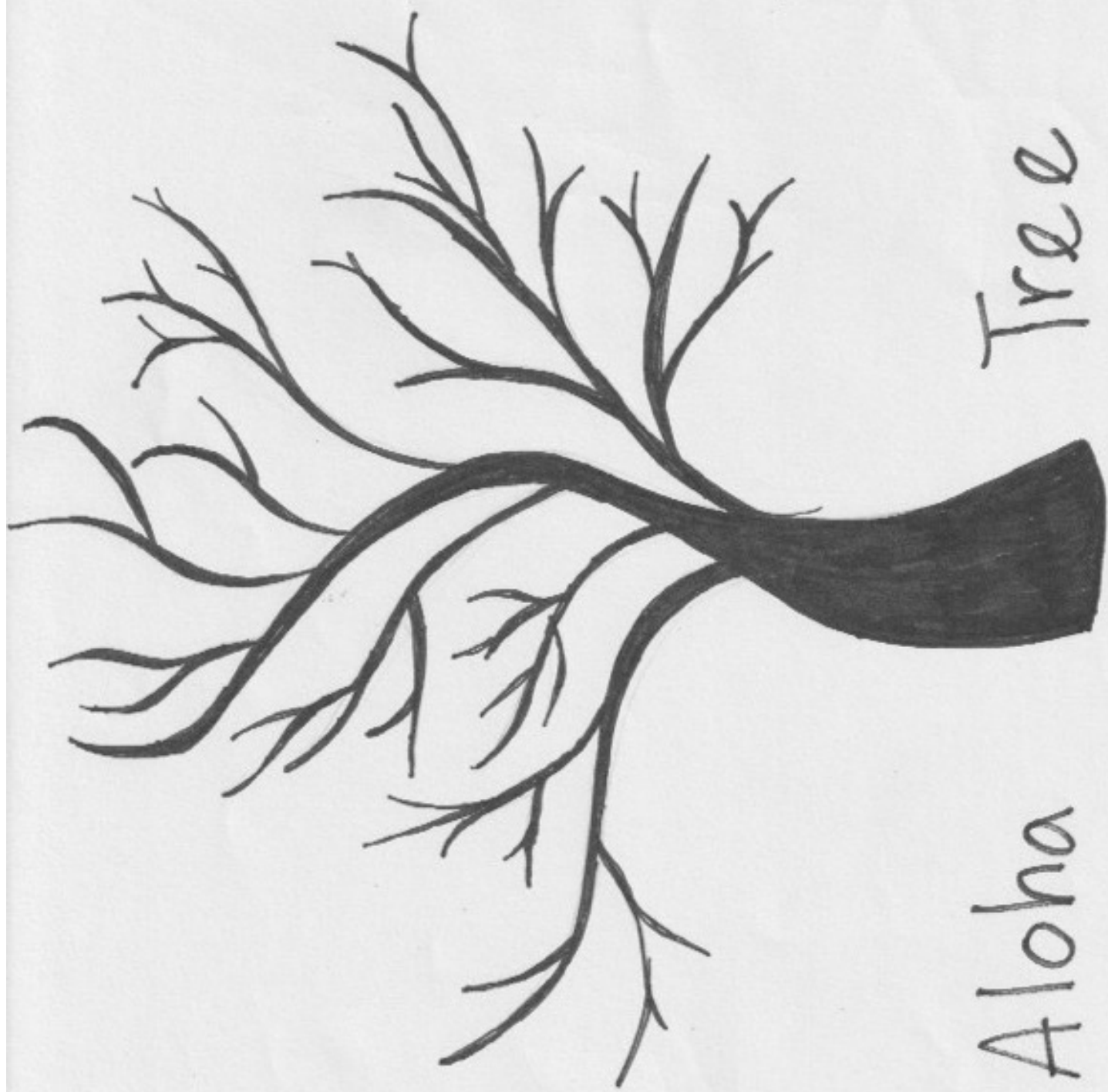
Let's spread a little bit of aloha,  
put a little love in your heart,  
take a little dip in the ocean.  
Ah yeah (ah yeah), uh-huh (uh-huh).

(Sing it.) A-L-O-H-A, a little aloha in our day —  
spread a little aloha around the world.  
A-L-O-H-A, a little aloha in our day —  
spread a little aloha around the world.

Aloha means hello, and aloha means goodbye,  
and aloha means I love you, and I want to take it higher.  
(I want to get high) With a little aloha...  
(I can touch the sky) With a little aloha... aloha.

Let's spread a little bit of aloha,  
put a little love in your heart,  
take a little dip in the ocean.  
Ah yeah (ah yeah), uh-huh (uh-huh).

(Sing it.) A-L-O-H-A, a little aloha in our day —  
spread a little aloha around the world.  
A-L-O-H-A, a little aloha in our day —  
spread a little aloha around the world.



Tree

Aloha

