

#PONOPassItOn! CARDS

Upper Elementary School Level

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

www.growingponoschools.com

email: 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-Hā 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 "pō'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 Hā



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

**Hanu- Inhale deep belly breaths
for three seconds.**

**Hā- 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?**

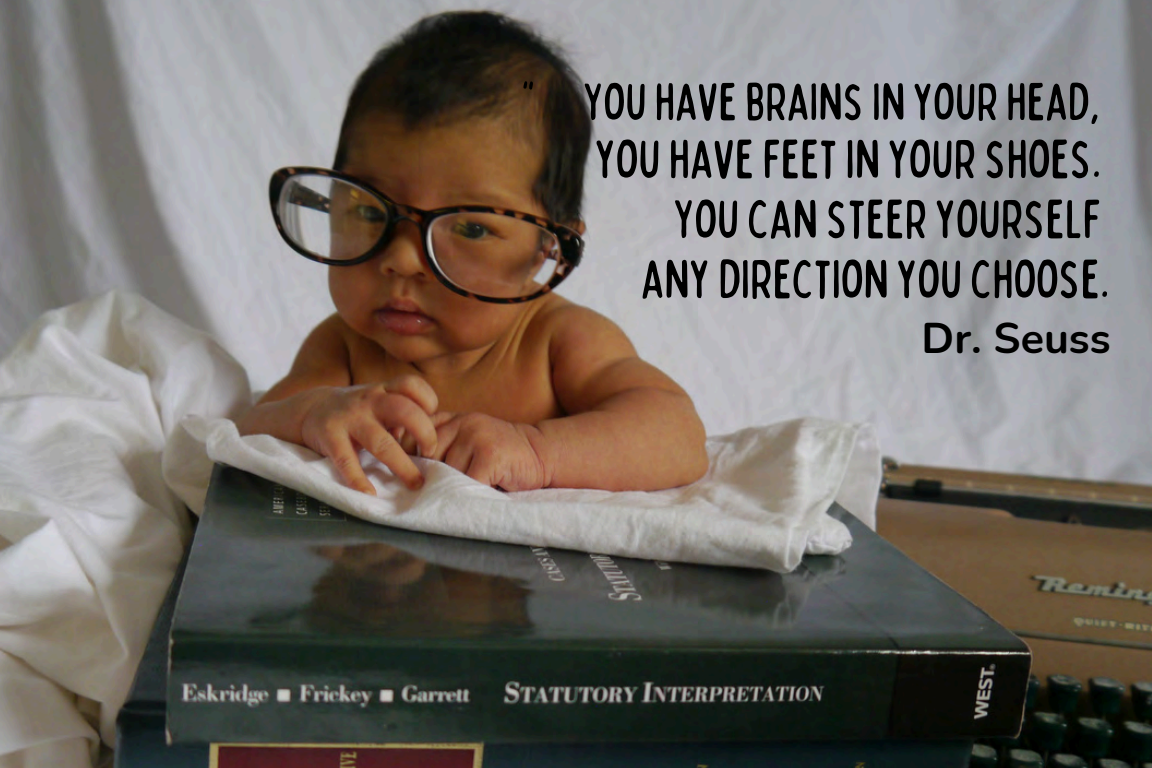
Kūlia i ka nu'u

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 man and a woman are standing on a sandy beach at sunset. The man, on the left, is wearing a dark long-sleeved shirt and dark pants, and is pointing his right index finger at the sand. The woman, on the right, is wearing a dark long-sleeved shirt and light-colored pants, and is looking down at the sand. The sun is low on the horizon, creating a bright reflection on the wet sand. The sky is filled with soft, colorful clouds. In the background, there are waves breaking on the shore 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



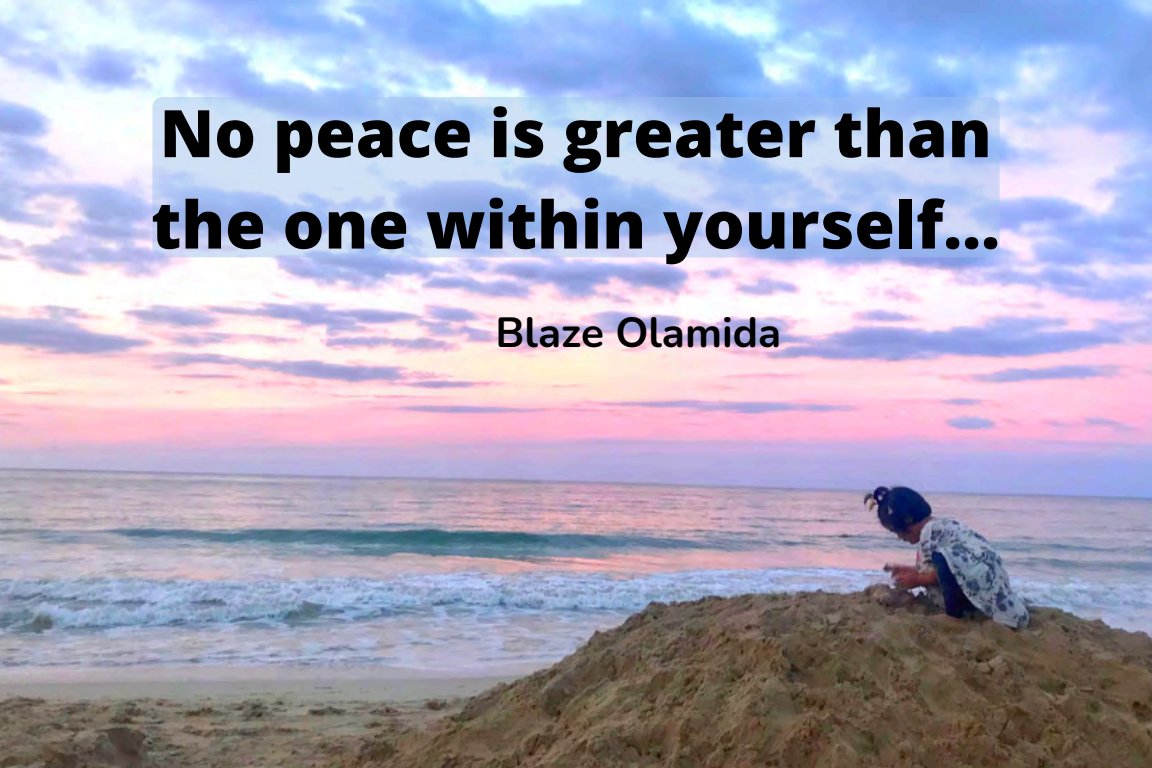
**"Be willing to take the first step
no matter how small it is."**

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.**

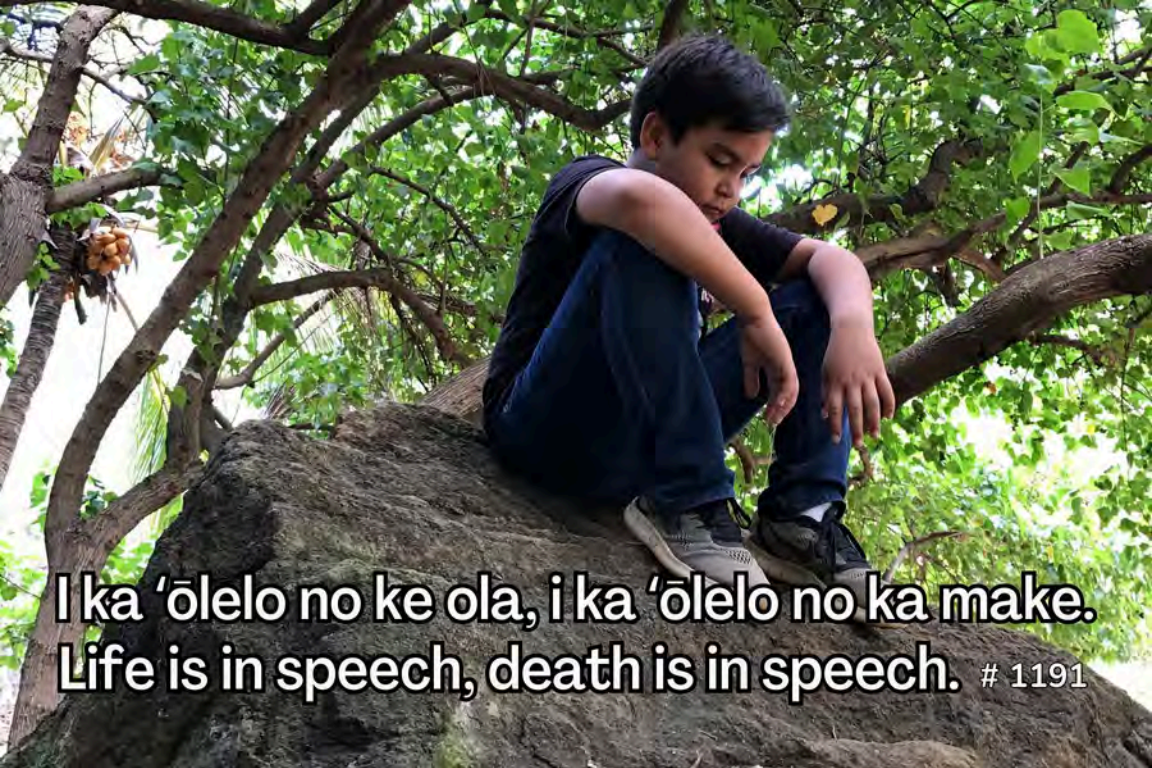
‘A’ohe lolena i ka wai ‘ōpae.

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.**

A group of people are gathered around a large green plant, likely a taro, which is being planted in a field of brown mulch. Several hands are visible, some resting on the ground and others near the plant. The scene is outdoors, with natural light and a focus on the communal activity of planting. A semi-transparent text box is overlaid in the center of the image.

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 t-shirt. She is holding a heart-shaped lei made of red string. The background is a rustic wooden wall.

Ua ola loko
i 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 person with dark hair, seen from the side, is holding several long, green palm fronds. They are standing in a lush, green outdoor environment with a tree trunk visible in the background. The person's hands are positioned to hold the fronds together.

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 person in a small boat is silhouetted against a bright sunset on a body of water. The person is holding a large, translucent net that frames the scene, with the sun visible through the center. The net's reflection is visible in the calm water below. The sky transitions from a deep blue at the top to a warm orange near the horizon.

'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.**

A group of people, primarily women, are gathered around a large, flat wooden board. They are working with numerous small, purple, irregularly shaped items, possibly a type of food or craft material. One woman in a red patterned dress is on the right, another in a purple dress is in the background, and a third in a green and black patterned dress is on the left. The scene appears to be outdoors or in a semi-enclosed space with stone flooring. A semi-transparent text box is overlaid on the upper portion of the image.

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 are 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?**

Forgive you
Respect you
Include you
Encourage you
Never leave you
Dream with you
Stand by you



**Surround yourself with friends
who care about you and inspire you.**

**Share about someone
who has been a good friend to you.**

Hō'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.**



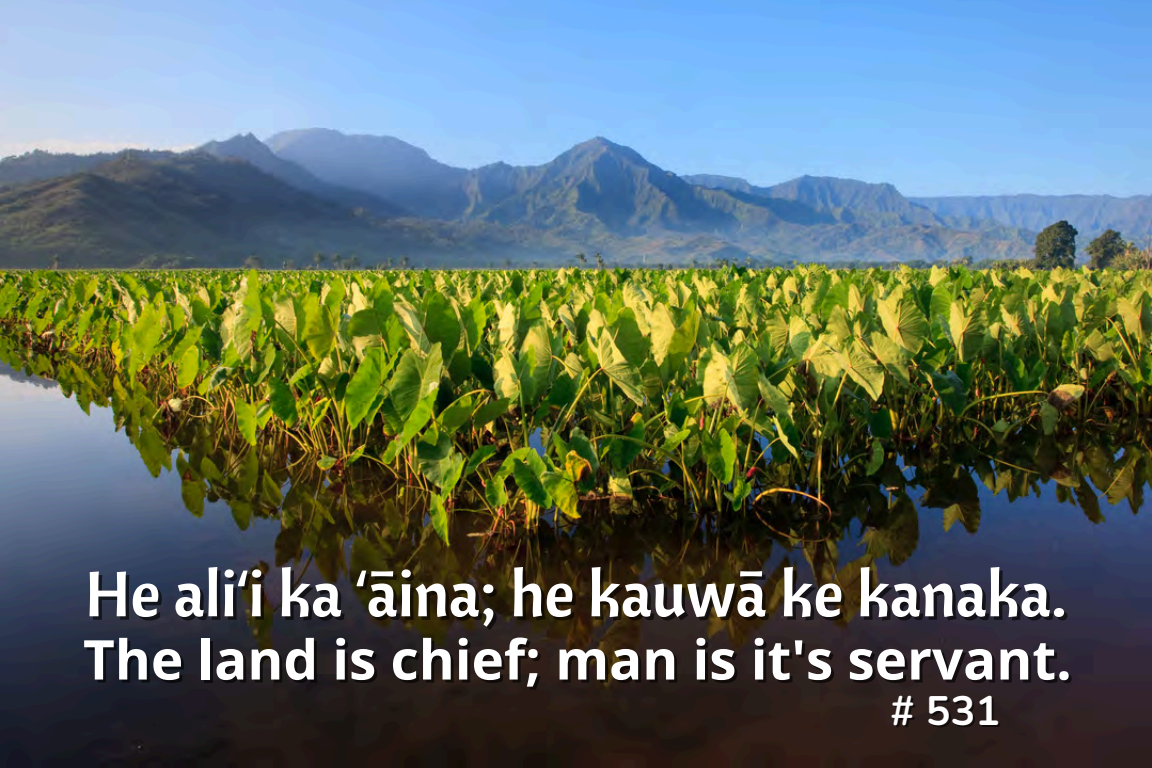
He Pili wehena 'ole.

896

A relationship that cannot be undone.

**I am stronger
because 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 background of the image shows two silhouetted figures on a dark, sloping hill. One figure is higher up, leaning forward and reaching down to assist the other figure, who is lower and reaching up. The sky is filled with soft, wispy clouds, illuminated from below by a low sun, creating a warm orange and yellow glow at the horizon and a cooler blue at the top.

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?**