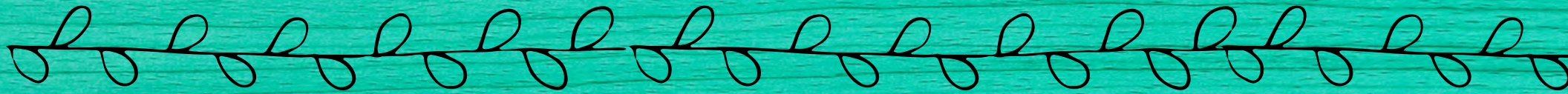


K - 3

#PonoPassItOn Reflections



#PonoPassItOn Reflections

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 web-site, 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/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 close-up photograph showing four hands of different skin tones reaching down to plant a small green seedling into dark, rich soil. The hands are positioned around the base of the plant, with fingers gently holding the soil. The background is filled with green grass and other plants, suggesting an outdoor garden setting. The lighting is bright and natural, highlighting the textures of the soil and the vibrant green of the plant and grass.

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.**

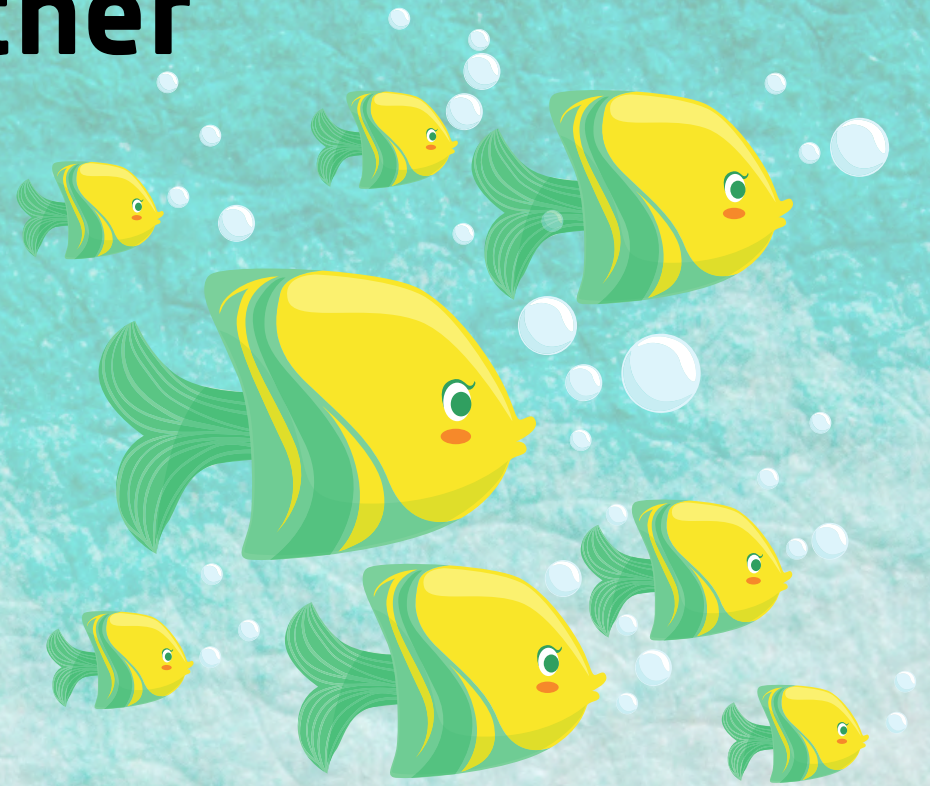


Lōkahi Harmony



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.**

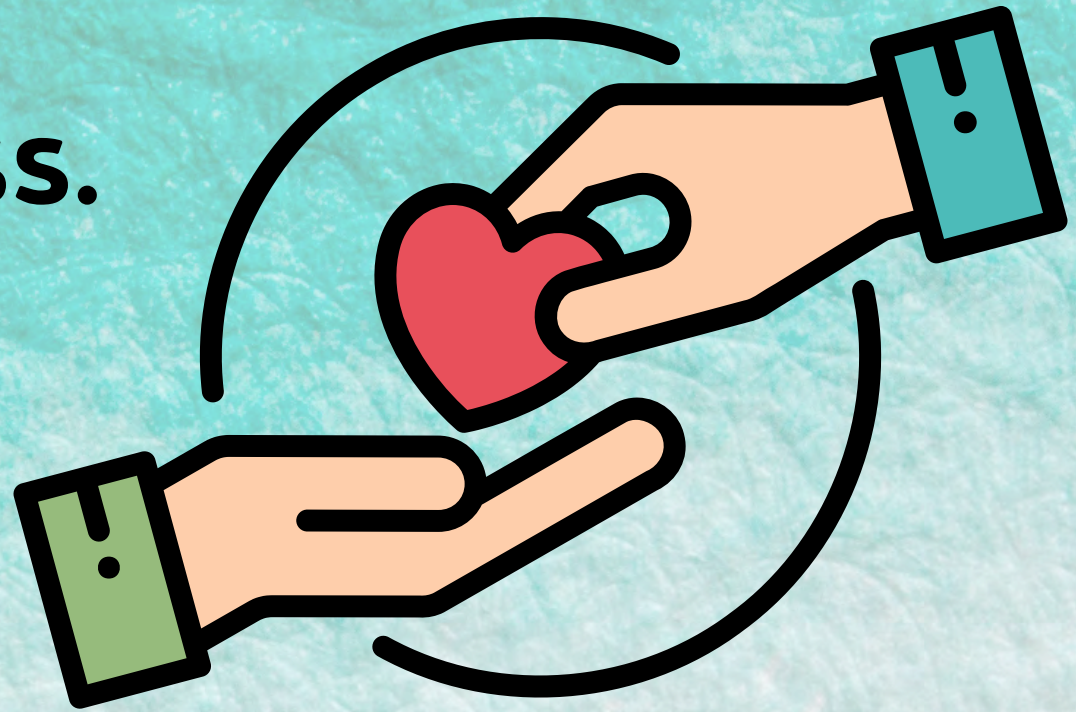


Hō'ihī

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?**