

**Intended for Grades:** 4-8 **Est. Time:** 45-60 min. **Date:** January 28, 2025  
(Adaptable for High School)

**Lesson Title:** *E OLA PONO* - Living Pono

**Lesson Purpose:** Students and teachers will:

- \* Gain a deeper appreciation for the land, sea, and their community
- \* Find ways they can protect, defend and preserve what is important to them

**Materials & Preparation:**

- \* “E Ola Pono” by *Kaukahi* mp3 song file: [https://drive.google.com/file/d/1Qsxr1\\_E9K2TGHJSXfemVn-JhRdk\\_0Mys/view?usp=sharing](https://drive.google.com/file/d/1Qsxr1_E9K2TGHJSXfemVn-JhRdk_0Mys/view?usp=sharing)
- \* Computer or device to play song  
(Note: Vimeo link below to show a 10-minute video containing the song.)
- \* “E Ola Pono” lyrics (See below)
- \* Computer to play a 10 min. excerpt from video: *Life in These Islands*, found at: <http://vimeo.com/18417715>

**Background Information:**

*E Ola Pono*, to live pono, comes from recognizing how personal actions impact everything, as all life (people/environment/Spirit) is interconnected. The following passage from the book *Tales from the Night Rainbow* (by Koko Willis and Pali Jae Lee) explains how Hawaiians believe that everything is one:

“The early ones believed that there was one body of life to which we belonged. We had land, sea and sky. They, too, were a part of us. Everything that grew on our land and swam in our ocean we called brother and sister. We were a part of all things and all things were a part of us.” - pg. 19-20, *Tales from the Night Rainbow*

**Steps:**

1. Introduce or review the meaning of *pono*:

*Pono is a Hawaiian word commonly rendered as "righteousness". The word has strong cultural and spiritual connotations of "a state of harmony or balance".*  
*1 nvs. Goodness, uprightness, morality, moral qualities, correct or proper procedure, excellence, well-being, prosperity, welfare, benefit, behalf, equity, sake, true condition or nature, duty; moral, fitting, proper, righteous, right, upright, just, virtuous, fair, beneficial, successful, in perfect order, accurate, correct, eased, relieved; should, ought, must, necessary.*  
Source: <http://en.wikipedia.org/wiki/Pono>,

2. Share the lyrics for the song “E Ola Pono” and have the class or an individual read the words. Be sure to read the footnotes about why the song was written. Stimulate feedback and discussion from *haumāna* (students) about the meaning and author’s intention.

3. Have *haumāna* (students) break into small groups to discuss and answer the following questions:

**\* What do we think is important to protect, defend, and preserve in \_\_\_\_\_? (Place your community name here)**

**\* How can we ‘rise up and answer to the call’ to protect, defend and preserve this place we call home?’?**

4. After a brief initial group discussion, show the 10-minute excerpt from a video entitled “Life in These Islands,” created by Don Mapes. Share that this section is focused on living *pono*. Find video @ Vimeo link: <http://vimeo.com/18417715>

5. Continue the discussion and debrief after watching the video.

6. Follow-up to this lesson can be done in many ways, including the following:

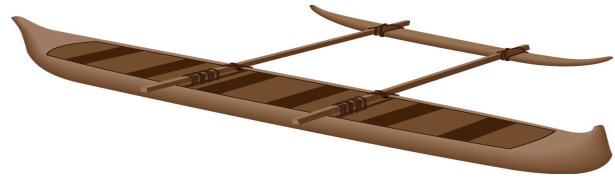
- Have students make posters that reflect one of their ideas to display on campus or in their classroom.
- Follow through with a community service project that reflects one of their ideas. (See resources for suggestions)
- Play the *E Ola Pono* song or video daily till memorized. Keep fostering discussions on what it is to *live pono*: Invite sharing of examples/experiences.
- Start an [Aloha Tree \(See separate lesson plan\)](#) in your classroom to recognize special moments of *living pono*.

7. Remind students that *E Ola Pono* is a lifestyle and something we strive for each day. Encourage dialogue about what individuals can do, themselves, to *live pono*, and how they can care for themselves, others, and the place they call home.

### Reflection Questions

- \* What’s something you want to remember from this song/video?
- \* What do you want to do to protect, preserve & defend what you feel is important to *mālama* (care for)?

**Resources:** See the attached list of organizations for community service opportunities. Inviting `ohana will help build pilina (connection/relationship) with their keiki, other `ohana, their community, and the `āina.



## ***E OLA PONO***

*By Kahiapo/Wilhelm/Awai*

*Intro: (Hoe, Hoe, Hoe ka wa'a, Hoe)*

We glide on the ocean  
With strength and in power  
Determined to care for earth and sea  
Protect what was given  
Defend what is now  
Preserve what we have; it's our future

*E Ola pono, me ke Akua  
E Ola pono, me ke kanaka  
E Ola pono, me ka 'aina, a me ke kai*

We all must make a stand  
United hand in hand  
The choice is ours; it's up to you and me

Warriors of hope  
With faith in our hearts  
Rise up, and answer to the call

*About this song: This song was written for Donna Kahakui, known as Kahi. She created the Kai Makana Foundation and paddles from island to island to raise money for awareness about the importance of preserving our marine life and ocean. She asked Kaukahi to write a paddling song for her so she could be encouraged as she paddled from island to island.*

## GROUP PLANNING SHEET

### E OLA PONO

By Kahiapo/Wilhelm/Awai (The group called *Kaukahi*)

Intro: (Hoe, Hoe, Hoe ka wa'a Hoe)

We glide on the ocean, with strength and in power, determined to care for earth and sea.  
Protect what was given, defend what is now... preserve what we have, it's our future.

E Ola pono, me ke Akua, E Ola pono, me ke Kanaka...

E Ola pono, me Ka 'Aina, a me Ke Kai

*(Live pono, for Spirit, Live pono, for People, Live pono for the Land and Ocean)*

We all must make a stand, united hand in hand... the choice is ours; it's up to you and me.  
Warriors of hope, with faith in our hearts... **Rise up, and answer to the call.**

### **WHAT WE WANT TO PRESERVE, PROTECT, AND DEFEND**

*My group members:*

\_\_\_\_\_ Date: \_\_\_\_\_

What we think is most important to *mālama* (care for) in our community:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. This is how we can "rise up and answer to the call" (What we can do to protect, defend and preserve this place we want to *mālama*):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Community Service Opportunities

<https://www.kanuhawaii.org/needs/>







## Ko'olau Loa and Ko'olau Poko Community Service Opportunities



January 2024

a product of  **GROWING  
PONO  
SCHOOLS**





# KAULUAKALANA



KAULUAKALANA is a community-based, non-profit 501(c)(3) organization that was founded in 2019 by kama'āina of Kailua, those who have been raised by the lands and leaders of their ahupua'a to chart and navigate a course leading to kanaka (people) and 'āina (land) reunited in a relationship that feeds us physically, intellectually, culturally, and spiritually. Traveling in the wake of those who came before, we are committed to 'āina restoration and education, cultural revitalization, community regeneration, identity reclamation, and the renewal of kuleana in Kailua, one of the most storied ahupua'a on O'ahu.



## Our Mission

Our mission is to restore and grow healthy relationships between people and place through the aloha 'āina practices of retelling our Kailua-specific stories, replanting and eating our ancestral foods, and caring for the sacred sites, lands, and waters of our beloved ahupua'a of Kailua.



For school/group visits, volunteer opportunities and information on intercession, or other programs, please email: [info@kauluakalana.org](mailto:info@kauluakalana.org)







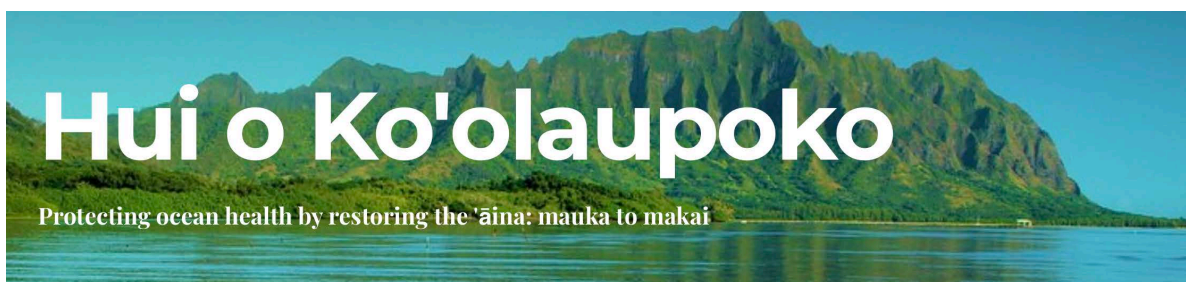
# HO'OKUA'ĀINA

*rebuilding lives from the ground up*

"Ho`okua`aina at Kapalai Farms was inspired by vision that there could be a place to gather people...where genuine connections and relationships would be fostered. A place where the core of human needs (food, fellowship and aloha) would be found."

"Each day, Kapalai Farms is transitioning this vision into a reality, creating a thriving farm and educational center where Hawaiian values, lifestyle, and culture is lived and where you will find community in its truest sense.

To schedule a school visit or inquire about community service, volunteer days, or team events:  
[https:// hookuaaina.org/upcoming- events/](https://hookuaaina.org/upcoming-events/)"



Hui o Ko`olaupoko (HOK) is a 501(c)3 non-profit watershed management group established in 2007 to work with communities to improve water quality through ecosystem restoration and storm water management, focusing specifically in the Ko`olaupoko region – from Makapu`u to Kualoa. HOK implements innovative, on-the-ground projects that effectively manage and protect water quality and natural resources in Hawai`i.



To inquire and register for one of the many public, school, community or private weekday service learning/workdays at Hui o Ko`olaupoko sites: [https:// www.huihawaii.org/volunteer-opportunities.html](https://www.huihawaii.org/volunteer-opportunities.html)



# ◀◀ PAPAHANAKUAOLA ▶▶

Papahana Kuaola, located in the 'ili of Waipao, in the ahupua'a of He'eia is an aloha 'āina-based education organization connecting our past with a sustainable future.



## SCHOOL VISITS

Their mission is to "Cultivate 'ā ina and kānaka to nurture learning, relationships, and lifestyles that enable all Hawai'i to thrive."

To contact Papahana Kuaola for Educational Visits: <https://papahanakuaola.org/lelekamanu/lelekamanu-oahu/>

## VOLUNTEER



All volunteers must RSVP to participate  
For information and to RSVP for  
Community Work Days:  
<https://papahanakuaola.org/volunteer/>





Kāko'o 'Ōiwi is a community-based non-profit organization based in the ahupua'a of He'eia, moku of Ko'olaupoko, island of O'ahu. With the support of the local community, Kāko'o 'Ōiwi acquired a lease agreement with the State of Hawai'i Community Development Authority (HCDA) to implement Māhuahua 'Ai o Hoi (Re-growing the Fruit of Hoi), a long-range project to restore agricultural and ecological productivity to nearly 405-acres within the wetlands of He'eia. Through our cultural, educational and ecosystem restoration programs, Kāko'o 'Ōiwi is promoting the social and economic advancement of the local community.



### **Weekly Community Workdays**

There are a variety of workdays to choose from: weekly lo`i and wetland restoration workdays, and monthly community workdays. For details and directions: <https://kakooiwi.org/volunteering/>

### **Educational Visits at Kāko'o 'Ōiwi**

Kāko'o 'Ōiwi hosts educational groups of all ages, with a variety of activities that are tailored for individual groups. For more information please visit: <https://kakooiwi.org/educational-visits/>





# Paepae o He'eia

*He'eia Fishpond, He'eia O'ahu*



Paepae o He'eia is a private non-profit organization dedicated to caring for He'eia Fishpond – an ancient Hawaiian fishpond located in He'eia, Ko'olaupoko, O'ahu. Established by a group of young Hawaiians, Paepae o He'eia manages and maintain He'eia Fishpond for the community. They also offer cultural workshops for the community.

**Field Trips:** A three-hour field trip experience includes a fishpond tour, service learning project, and related educational lessons that can be subject-specific if requested. Groups are scheduled Monday thru Thursday on a first-come first-serve basis. Groups may stay to eat their own lunch. For details: <https://paepaeoheeia.org/field-trips/>

**Volunteer Opportunities:** Paepae o He'eia relies heavily on a dedicated and enthusiastic volunteer base to get much of the restoration and rehabilitation work completed. The work is physically rigorous but very rewarding. There are two ways to get involved as a volunteer at He'eia Fishpond and both require RSVP:

1) Saturday Community Workdays – These are large volunteer days on the 2nd and 4th Saturdays of most months during the year. RSVPS ARE REQUIRED!! You will be notified via email for confirmation. The day begins at 8:30am and ends at 12pm with lunch provided by our staff. We encourage individuals and large groups to sign up. Work available on community workdays is appropriate for ages 12 and up. Tasks include moving rock and coral, filling buckets, hauling floating barges through the water, cutting/pulling out invasive mangrove, invasive limu removal, trash pickup, and reconstruction of the kuapā. These workdays fill up early (sometimes months in advance) so please follow us on Instagram (@paepaeoheeia) and email us to find a date that works for you. For details: <https://paepaeoheeia.org/volunteer/>





# KEY Project



## Serving Our Community

The mission of KEY Project is to nurture and promote the cultural, environmental, social, economic, and recreational well-being of the Kualoa-He'eia area by providing a vital grassroots civic resource that effectively serves the needs of our diverse multicultural community. Their programs serve youth, kupuna, and the community.

## VOLUNTEER/COMMUNITY SERVICE

KEY welcomes everyone from students, business organizations, religious, civic, and sports groups, educators, families, and retirees to support programs and events.

There are numerous ways for you to lend a hand at KEY Project. You can also send us a message at [info@keyproject.org](mailto:info@keyproject.org), give us a call at (808) 239-5777 to discuss your ideas, or stop by the office at 47-200 Waihe'e Road, Kaneohe HI 96744 Monday through Friday between 8:00 a.m. and 4:30 p.m. We look forward to hearing from you!

<https://www.keyproject.org>



## AHUPUA'A O KAHANA STATE PARK

**Location:** 52-222 Kamehameha Hwy, Kahana  
Ahupua'a O Kahana State Park is located on the windward side of O'ahu, between Kāne'ohe and La'ie, and 26 miles from Honolulu. Kahana is a relatively unspoiled valley, and one of only a few publicly owned ahupua'a, or ancient Hawaiian land division, in the state.

### The Living Park

The primary purpose of this park is to nurture and foster native Hawaiian cultural traditions and the cultural

landscape of rural windward O'ahu. Established as a "living park", there are a number of families living in the ahupua'a of Kahana who assist with interpretive programs that share the Hawaiian values and lifestyle. If you have a group interested in a cultural program here, please call (808) 237-7767.





**Mālama Pūpūkea-Waimea** is a volunteer-based North Shore nonprofit, formed in 2005 as part of the State's Makai Watch program. Our programs educate residents of Hawai'i and visitors to the Pūpūkea Marine Life Conservation District (MLCD) about the importance of this special area's marine life and protected status.

MPW works hand-in-hand with the community and government partners to "kōkua" or take care of the fish, sea turtles, coral reefs, and other marine life that call this area their home. Solely supported by private donors and grant funding, we train and actively engage community members through a weekly outreach tent, educational programs for youth, biological assessments of the fish and reef, monitoring of human usage, prevention and reporting of illegal activities, coastal restoration, and beach cleanups.

There are lots of ways to volunteer with Mālama Pūpūkea-Waimea. Our dedicated volunteers are critical to the success of the Marine Life Conservation District. Whether you are an individual, a family, friends, a school group, or club, you can help!

### What Do MPW Volunteers Do?

Mālama Pūpūkea-Waimea (MPW) volunteers are key to raising awareness of the MLCD's fragile marine life and protected status. Volunteers provide information about marine ecology, regulations, and collect important biological, water quality, and human-use data – to residents and visitors. Our volunteers have fun at the beach, share the day with friends, learn about this special place, gain satisfaction from helping people and marine life. As part of the MPW 'ohana you can have fun in a beautiful location, team up with like-minded people, and make a positive difference in protecting Hawai'i's precious marine life!

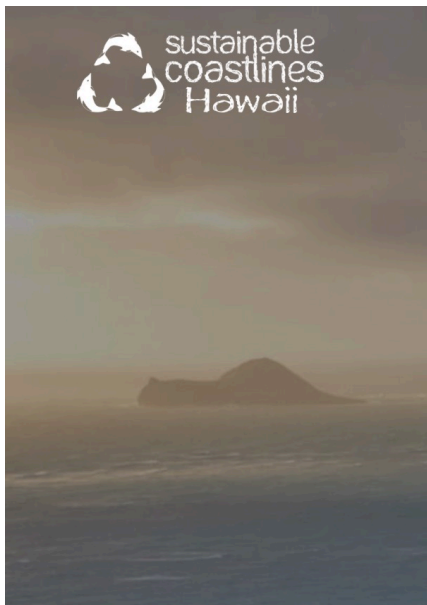
The following is a list of volunteer opportunities with us:

- Outreach & Education
- Makai Watch
- Biological
- Human Use Monitoring
- Native Hawaiian Plant Coastal Restoration Project
- Beach Cleanups
- Ready to learn more? Click here to sign-up!



**INFO/WEBSITE:** <http://pupukeawaimea.org> **Contact info:** [info@pupukeawaimea.org](mailto:info@pupukeawaimea.org)





**SUSTAINABLE COASTLINES HAWAII:** A grassroots, local nonprofit organization run by a small team of dedicated staff and supported by passionate volunteers, just like you! We inspire communities to care for coastlines. Our vision is a world of inspired people, clean beaches, and healthy coastlines. You know us because of our fun, large-scale, hands-on beach cleanups, but our work extends beyond the beach. We also coordinate educational programs, team building corporate cleanups, resource recovery services, public awareness campaigns, and we help others organize their own beach cleanups.

**Sustainable Coastlines Hawai'i's (Re)Learning Program** is solutions-based, interactive, and fun. Our educators focus on defining marine debris and explaining where it comes from, how it negatively affects people and our environment, and—most importantly—what we can do about it. SCH (Re)Learning opportunities are always free for schools and student groups!



### CLASS PRESENTATIONS AND WORKSHOPS

We take participants on a journey to discover where plastic pollution comes from, how it enters the environment, and its impact on nature and people. Through storytelling and hands-on experiences, SCH emphasizes the importance of our kuleana (responsibility) to mālama 'āina (to care for our environment). Schedule an in-person, engaging presentation for your class. We will share some knowledge about marine debris and plastics and lead activities with your group to help participants understand the problem. Participants will leave the experience feeling inspired and empowered to take action to care for their coastlines. Participants of all ages are welcome. We can cater the experience to your needs, and presentations are always free for student groups and school programs! **Click here to schedule**

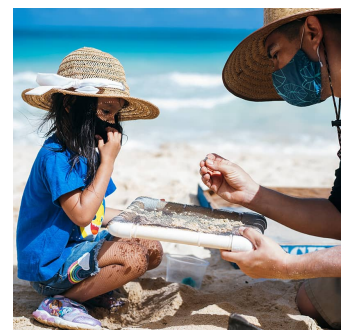
Not able to host in-person presentation, or located outside our beautiful islands? **Book a virtual presentation here**



### CLEAN-UPS AND FIELD TRIPS

We invite participants to step outside of the classroom or the office, and attend hands-on beach cleanups and other experiences. By getting their hands dirty cleaning beaches across Hawai'i or learning about soil and composting at Full Circle Farm, we gain first-hand exposure to the severity of the plastic pollution problem as well as the solutions available for "turning off the tap". **Schedule your beach cleanup here**

**website:** <https://www.sustainablecoastlineshawaii.org/>







## WAIKALUA LOKO I'A ANCIENT HAWAIIAN FISHPOND

'Aina-based community classroom  
A `Ohe pau ka `ike I ka halau ho`okahi"  
Not all knowledge is learned in one school.  
From the old stone walls of the Waikalua Loko fishpond to the verdant walls of the magnificent pali, the Kāne'ohe ahupua'a holds clues to a rich cultural and natural heritage.

As educators in this awe-inspiring place, we offer opportunities to help students discover and embrace that heritage and carry forward the practices that will help us to live more in harmony with the land and sea today.



### HUAKA'I/FIELD TRIP

Our Waikalua Loko I'a is place where one can kilo, a`o, malama, and maha.

We build on iwi of our kupuna, who have laid the foundation to our present future embracing 21st century knowledge.

[Schedule a visit here](#)

### LA`OHANA WORK DAYS

Our kupuna grew food, sustaining families in our community, and as we rebuild and repair the ancient fishpond, we need your help. Help us restore our rock wall against rising sea levels, remove invasive limu, pull mangrove keiki and cut more mature mangrove. And, from time to time, net, catch and count the fish.

[Get more information/register here](#)



<https://www.thepaf.org/waikalua/>



## Prepared by Hawaiian Studies Institute • 1987

