

Intended for Grades: 4-12 **Estimated Time:** 5-10 min.

Lesson Title: WORDS TO LIVE BY: 'Ōlelo Pono - Pono Words

Lesson Purpose: Students will:

- * Learn about or revisit the concepts “words have power” and “thoughts become things”
- * Develop a pattern of reflecting on a “word of the day” and what insights they can

Materials & Preparation:

- * 'Ōlelo Pono - Pono Word Cards (see below)
- * Containers for cards - one per set
- * Prepare Pono Word Cards - Print on cardstock; cut; plan protocols for use by students.

Background Information:

Helping students become more aware of how words impact thought is the main purpose of this lesson. The Hawaiian poetical saying or 'Ōlelo No'eau that expresses this idea well is featured in the Growing Pono Schools Project lesson entitled “Power of the Word” (see Curriculum section on Self at www.growingponoschools.com). This saying:

I Ka 'Ōlelo No Ke Ola, I Ka 'Ōlelo No Ka Make.

Translation: In Speech Is Life, In Speech Is Death

Words can be positive, kind, helpful, or they can destroy.

Pulling a “word of the day” can help participants become reflective about how words impact their own thinking. Included are words that represent *Pono'ole*, NOT being pono. These words help us see contrast and they can also motivate personal insights.

Steps:

1. Introduce this activity by pulling a word from your card container; read it and reflect out loud what that word motivates you to think. Follow up with asking students to share their thoughts when they hear this word.
2. Invite group members to discuss what they already know about the power or influence of words, like these word cards, on how we think and feel.
3. Share that many cultures and philosophies teach how important our words are and how they can impact others and our selves. Reiterate that Hawaiian culture asks everyone to really pay attention to the language they use as words have *mana*, or power that can heal or hurt.
4. Let students know the protocols you have developed to pull Pono Word Cards. You can set up multiple bowls with cards at table groups to facilitate everyone pulling a card each day. You can also set up this activity so students can pull a card whenever they desire. Encourage intermittent sharing about how these words impact thinking.

Reflection Questions:

- * What word did you pull, and what did it make you think about?
- * How might we all become better at using positive thoughts to help us feel good?

Words to Live By - Na 'Ōlelo Pono - Pono Word Cards

<p>Pono <i>Goodness; Uprightness; Correct</i></p>	<p>Hana Pono <i>To be well balanced in action and thought</i></p>	<p>Ho'ohuli Mana'o <i>To change or influence thought</i></p>
<p>Lilo <i>To change and transform self</i></p>	<p>Ho'okala <i>Forgiveness</i></p>	<p>Maka'ala <i>To be aware</i></p>
<p>Hā'awi <i>To give</i></p>	<p>Ho'oku'i <i>To connect</i></p>	<p>'Ōlelo Mahalo <i>Giving gratitude</i></p>
<p>Aloha <i>Genuine care & concern; love; recognizing others</i></p>	<p>A'o <i>To teach AND to learn</i></p>	<p>Ho'oulu <i>To inspire; to grow</i></p>
<p>Akamai <i>Intelligence</i></p>	<p>Moemoeā <i>Imagination</i></p>	<p>Laulima <i>To work together</i></p>
<p>Lokomaika'i <i>Goodwill</i></p>	<p>Mana <i>Energy found in everything</i></p>	<p>Pau Pono <i>Totally complete</i></p>

‘Auamo Kuleana <i>To accept responsibility</i>	Ho‘okō <i>To get something done</i>	Ho‘olohe <i>To listen</i>
Mōhala <i>Blossoming; unfolding; opening up</i>	Mālama <i>To care for</i>	Ho‘olono <i>To hear with all senses</i>
‘Ohana <i>Family</i>	Punihei <i>To fascinate or become enchanted with</i>	Lōkahi <i>Harmony</i>
‘Ano <i>Personal Character</i>	Mana‘o I‘o <i>Faith</i>	Nīele <i>To be inquisitive and ask many questions</i>
Mana‘olana <i>Hope</i>	Manawa Le‘a <i>Charity; volunteer work</i>	Pūlama <i>Cherish</i>
Maluhia <i>Peace</i>	Hō‘olu <i>To give comfort</i>	Na‘au <i>Where intuition and feelings come from; gut instincts</i>

<p>Kūpono <i>Stand up for truth</i></p>	<p>Honi <i>To exchange breath</i></p>	<p>Pūliki <i>To hug</i></p>
<p>Honihoni <i>To kiss</i></p>	<p>Ha‘aha‘a <i>To be grounded (down-to-earth)</i></p>	<p>Lawelawe <i>To serve</i></p>
<p>No‘ono‘o <i>To think about something</i></p>	<p>Kanaka Pono <i>Trustworthy person</i></p>	<p>Mālie <i>Calm</i></p>
<p>Ho‘okipa <i>To welcome or host</i></p>	<p>Hau‘oli <i>To be happy</i></p>	<p>Namunamu <i>To complain</i></p>
<p>Mākaukau <i>To be ready</i></p>	<p>‘Olu‘olu <i>Sweet, pleasant, kind</i></p>	<p>Kōkua aku, kōkua mai <i>To give and receive help</i></p>
<p>Maha‘oi <i>To “put your nose” where it doesn’t belong</i></p>	<p>‘Ino <i>Bad intention</i></p>	<p>Ho‘okae <i>To judge & discriminate</i></p>

Olakino <i>Personal health</i>	Ho‘oponopono <i>Problem solving</i>	Hō‘ihi <i>Respect</i>
Pa‘a ka waha <i>Close your mouth</i>	Ho‘olohe ka pepeiao <i>Listen with your ears</i>	Lohe Pono <i>Attentive</i>
‘Ohohia <i>Enthusiasm</i>	‘Imi Na‘auao <i>Search for knowledge</i>	‘I‘ini <i>To desire</i>
Ho‘opunipuni <i>To lie</i>	Hanohano <i>Proud and distinguished</i>	Minamina <i>To feel empathy</i>
Nele <i>To lack</i>	Hana Kuli <i>To be disruptive</i>	Pōmaika‘i <i>Good fortune, blessings</i>