

Keiki Activity Book

Learn more about
ALOHA values and things
you can do together as a
family



ALOHA BINGO

See how many you can do or fill one line.
Celebrate as a family when you complete the Aloha Bingo card!



**Akahi
Kindness**



**Lokahi
Unity**



**'Olu olu
Agreeable**

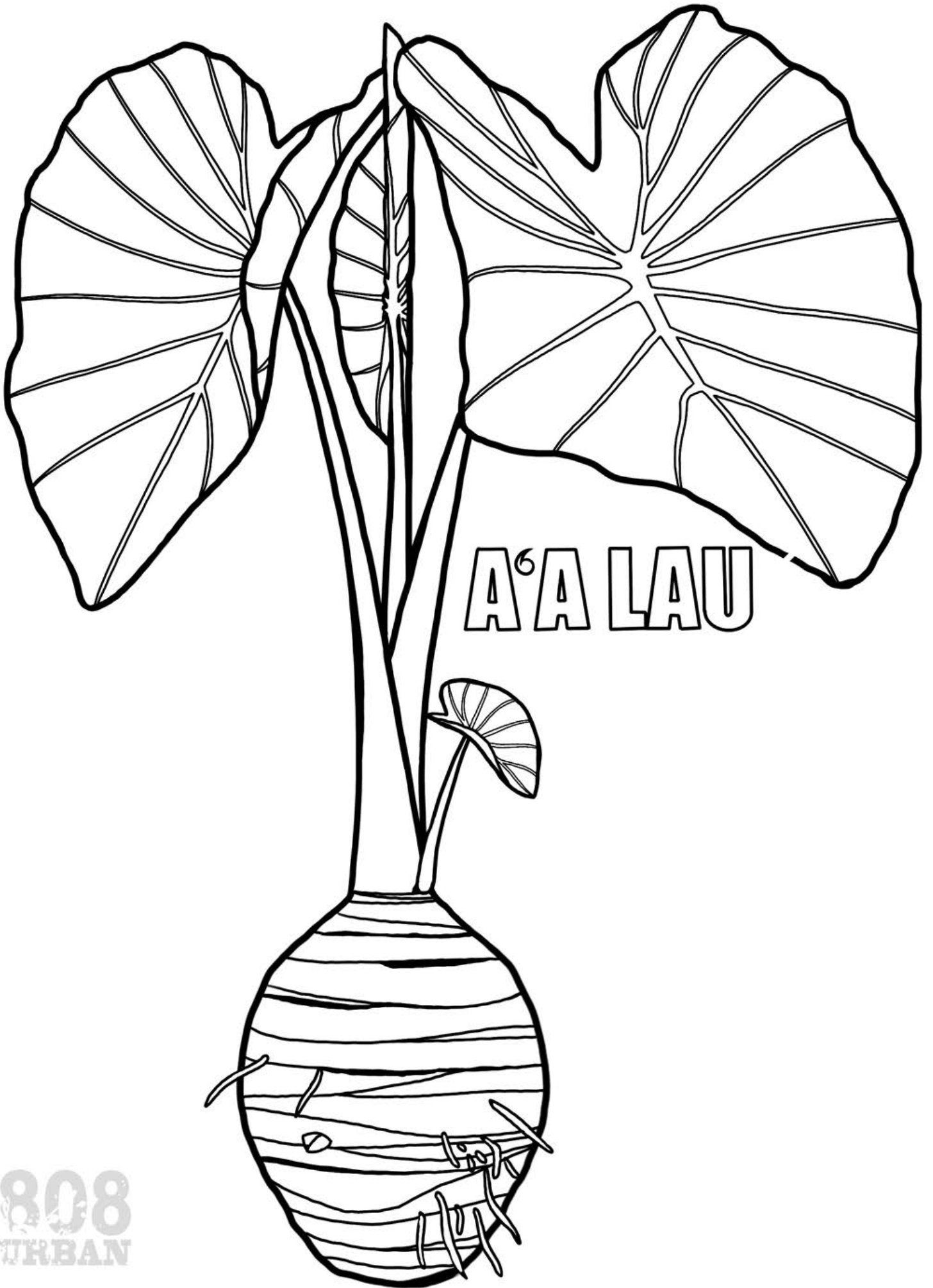


**Ha'aha'a
Humility**



**Ahonui
Patience**

Help a Friend	Unplug from the internet for a day	Have a Karaoke contest	Look up at the moon	Go for a nature walk
Give a big hug	Start journaling your day	Get up & dance	Count as many stars as you can	Read a bedtime story
Call or send a happy text	Drink a tall glass of water	Watch a movie as a family	Play in the ocean	Plant a herb
Donate something	Take a nap	Play a game	Tell someone you are sorry	Build a sand castle
Bake something & give them away	Take 5 deep breaths	Ride or walk outside	Draw what you are grateful for	Make dinner together



A' A LAU

Mindfulness Activity: Bubbles!

Bubbles are a great way to practice belly breathing with kids. Deep breathing can help calm down kids and adults. When we bring fresh air into our bodies, we feel less stressed.

Practicing deep breathing with bubbles:

- Take a deep breath through the nose filling up the belly
- Slowly blow out and make bubbles
- See who can make the biggest bubble

Bubble Recipe:

3/4 cup water

1/4 cup Dawn soap

1 Tbsp glycerin (optional)

Very gently mix all together

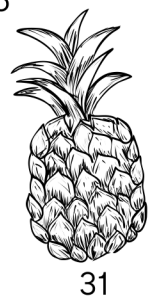
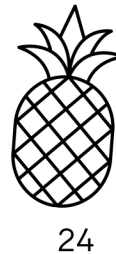
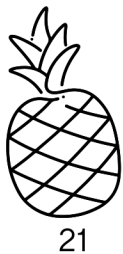
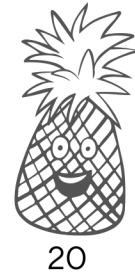
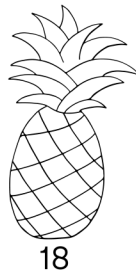
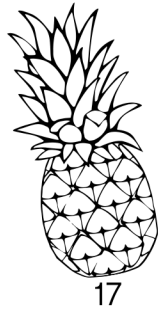
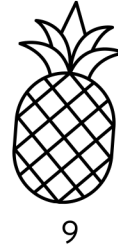
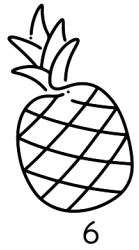
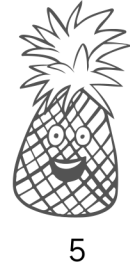
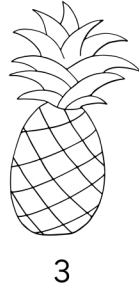
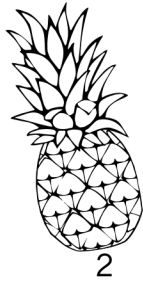


Bubble Wand:

- Bend the pipe cleaner in half
- Twist the top to form a circle
- Add colored beads to the bottom
- Put the ends through the last bead to lock in place.

Be careful not to get in your eyes or mouth.

Color in the pineapple for each day that you practice Aloha with your family



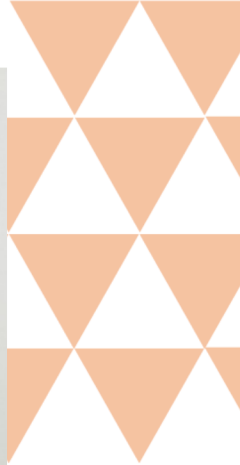
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Mindfulness Break



5 FINGER BREATHING

Take a few minutes to breathe. Get comfortable and hold out your hand. Trace your hand with your finger. Big, deep breath going up your finger, then breathe out slowly going down your finger. Do all five fingers then you are done!



Mele Activity

Ke Ao Nani - Mary Kawena Pukui

I luna lā i luna
Nā manu o ka lewa

Up, up above
Birds fly up in the sky

I lalo lā i lalo
Nā pua o ka honua

Down, down
Flowers of the earth

I uka lā i uka
Nā ulu lā'au

Upland, up in the uplands
The grove of tress

I kai lā i kai
Nā i'a o ka moana

In the sea, the sea
The fishes of the ocean

Ha'ina mai ka puana
A he nani ke ao nei

Tell this refrain
Of this beautiful world

He inoa no nā kamali'i
In honor of the children





MATCH THE ALOHA VALUES



Draw a line to match the Aloha value with the correct definition. Celebrate with your family when you complete the activity! If you need a hint, look at the Aloha At Home Values Guide



Akahai



Lokahi



'Olu olu



Ha'aha'a



Ahonui

Agreeable to be expressed with a feeling of pleasantness

Patience to be applied with perseverance

Unity to be expressed with a feeling of harmony

Kindness to be expressed with a feeling of tenderness

Humility to be expressed with a feeling of modesty





Story of Hāloa

A long time ago, Wakea- Sky Father and Ho'ohōkūkalanī had a stillborn baby they named Hāloa. With great sadness, they buried him in the 'āina. Sprouting from that same place came the first Kalo plant. After some time, Ho'ohōkūkalanī had another child and named him Hāloa in honor of his older brother. He was the first kanaka.

We take care of the Kalo and the Kalo takes care of us.

