



It's All About Aloha!

'Ohana Talk Story Summer Session 2

June 17th, 2020

Goals for Today

- Increase our knowledge and understanding of Aloha!
- Learn more ways to show aloha and share aloha with others
- Learn new ways to show and share aloha to your keiki



Aloha

- **Aloha** (/ɑːˈloʊhɑː/; Hawaiian: [əˈloː,ha]) is the Hawaiian word for love, affection, peace, compassion and mercy, that is commonly used as a simple greeting but has a deeper cultural and spiritual significance to native Hawaiians, in which the term is used to define a force that holds together existence.



‘Ike Kūpuna

Knowledge of our Elders/Ancestral Knowledge

*"Life is divided into three terms – that which was, which is,
and which will be.*

*Let us learn from the past to profit by the present, and from
the present, to live better in the future."*

- William Wordsworth

***Aloha* is... (1 Corinthians 13:4-8)**

4 *Aloha* is patient, love is kind. It does not envy, it does not boast, it is not proud.

5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

6 Love does not delight in evil but rejoices with the truth.

7 It always protects, always trusts, always hopes, always perseveres.

8 *Aloha* never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.

Aloha is... (Auntie Pilahi Paki)



- A** *akahai*.....to **feel** and to think with kindnesses
- L** *lōkahi*.....to **stand** firmly in unity and in harmony
- O** *'olu'olu*.....to **balance** your thinking as well as your feelings
- H** *ha'aha'a*.....to **be humble**; humility expressed with modesty
- A** *ahonui*.....to persevere; learn to apply patience; to be patient you learn to stand alone.

ALOHA is something that is there. We can feel it but cannot touch it. *ALOHA* is a way of life because it takes your heart. The five ways to bring *ALOHA* out are: **your eyes, your spoken words, your hands, your hearing and your breath.** Everyone says *ALOHA*. Every *malahini* says *ALOHA*. How many of us remember how to say *ALOHA* from the heart? Today, *ALOHA* is taken for granted.

Aloha is... (Queen Liliuokalani)



“I could not turn back the time for the political change, but there is still time to save our heritage. You must remember never to cease to act because you fear you may fail. The way to lose any earthly kingdom is to be inflexible, intolerant, and prejudicial. Another way is to be too flexible, tolerant of too many wrongs, and without judgment at all. It is a razor’s edge. It is the width of a blade of pili grass. To gain the kingdom of heaven is to hear what is not said, to see what cannot be seen, and to know the unknowable – that is Aloha. All things in this world are two: in heaven there is but One.”

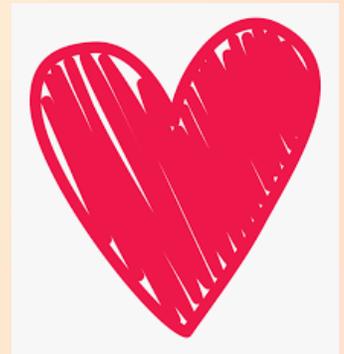
So Many Ways That We Can Share & Show Aloha



- Communication: Through Words
 - More than just “I love you”
- Through Actions & Small Gestures
- Doing Things Together
 - Continuing to Build Pilina & Connection
- Notes, Words & Pictures

Share & Show Aloha to Your Keiki: Ways to Say “I love you”

- Thank you
- I’m proud of you
- Great work
- I can tell you worked hard
- You look great
- Sure, I’ll watch
- Let’s play a game
- May I help you with that?
- You have a kind heart
- I know you can do whatever you put your mind to
- You’re hilarious
- You’re a great friend
- Let’s do this together
- I believe in you
- Tell me more
- I’ll always be here for you
- I know you’ll do your best
- You’re fantastic
- I’m so proud to be your parent
- I always love you
- I can’t get over how amazing you are!
- You’re so compassionate
- I noticed that you ____. I’m so proud of you
- Let’s hang out. What do you want to do?
- I saw this and thought you’d like it
- That was a wise choice
- I trust you
- You’re an impressive kid
- Where did you learn to do that? Wow! That’s cool.
- I love being around you
- I’m so glad you’re here with me.
- I love doing things with you
- I was so blessed the day I had you and am so blessed to be your parent.
- I feel so proud when I’m with you
- How do you feel about that?
- You have such good taste.
- You’re very courageous
- I love watching you grow up
- It’s such a gift to be with you
- You are awesome
- You are the best
- I love the way your mind works



Share & Show Aloha to Your Keiki: Other Things That Can Be Said

- Say “I love you” to them (or I love you in any of the ways on the previous slide 😊)
- Ask them how their day has been
- Ask what the best part of their day has been
- Let them know you are grateful for them
- Tell them that they are the best “them” there is and ever will be
- Brag about your keiki to others when your keiki can hear
- Ask them their opinion on things
- Ask them how they are feeling

Share & Show Aloha to Your Keiki: Small Acts Go A Long Way

- Play 21 questions to get to know them more
- Bring special snacks to them when they are playing
- Frame a picture of you and your keiki and put it in their room
- Go advocate for them at school if they need help or support
- Make them a card and send it in the mail to them
- Do something silly that will make them laugh
- Have their favorite treat ready for them when they get home from school or an activity
- Greet them when they walk in the room
- Smile at them often
- Tuck them in every night
- Share the story of their birth
- Share with them how you decided on their name
- Tell them stories about when they were smaller



Share & Show Aloha to Your Keiki: Your Actions and Setting Them Up For Success

- Only make promises you can keep
- Always answer the phone when they call
- Make it a priority to go to every game, performance or event they have
- Be their biggest fan (even if they make a mistake)
- Focus on their strengths
- Always validate their feelings, even if you think it's silly
- Volunteer and involve them
- Teach them rules and safety lessons
- Don't expect perfection
- Don't be afraid to say no, Kids need limits and boundaries!
- Protect them, but also allow them to venture out on their own to explore

Aloha During COVID19: Show Your Aloha

<https://youtu.be/4knLHFgASeo>



Honolulu Theatre for Youth



Share & Show Aloha to Your Keiki: Notes, Words and Pictures



- Put notes in their lunch box
- Hang up their artwork they give you
- Use magnetic words/letters to leave a note for them on the fridge
- Put a sticker on their shirt and tell them it's a reminder for them all day to know that you love them
- Use window markers or dry erase markers to leave a note for them on a mirror at home

Share & Show Aloha to Your Keiki: Things to Do Together

- PLAY with them
- Have a Dance Party
- Practice Hula Together
- Sing with Them
- Read Stories Together
- Color Together
- Play Video Games (age appropriate ones)
- Let them do your hair
- Give high fives or fist bumps often!
- Give your keiki a thumbs up or shaka
- Roll on the floor with them
- Laugh, giggle and be silly together
- Spend a few minutes cuddling with them when they first get up
- Sing to/with them
- Laugh with them
- Lay in the grass and look at the stars
- Look for shapes in the clouds
- Play hopscotch
- Play I Spy when outside or in the car
- Car dance with your keiki to a funny song
- Teach your keiki to whistle
- Make up names for the birds and animals you see

Share & Show Aloha to Your Keiki: More Things to do Together

- Allow them to help you cook dinner
- Make cookies together
- Play a board game
- Build a fort together
- Allow them to stay up late and watch a movie together
- Take them to a movie they want to see
- Go on a treasure hunt through the house looking for change then take them to an arcade or machines at grocery store
- Take a day off of all electronics and do fun things together
- Eat meals together as a family without electronics
- Sit down and watch their favorite show with them (even if you don't really like it)
- Go for a walk together and let them talk about whatever they want to



Share & Show Aloha to Your Keiki: Even More Things to Do Together

- Pick them up from school and take them for a special date or afternoon away
- Take them to the store and allow them to pick all the ingredients for ice cream sundaes
- Take them on a special “date night”
- Allow your keiki to help you make a menu for the week and go grocery shopping for all the ingredients together
- Take your keiki to visit the local fire or police station and bring a treat to show appreciation for how they malama the community
- Go feed the ducks with old bread
- Build paper airplanes and test them out together
- Go to the library and pick out books to read or movies to watch
- Make sandwiches together and go have a picnic in the park
- Make gifts for family members or friends



“We’re all in this together”
Share Hearts and Aloha
through everything you do

Hearts Honolulu Theatre for Youth
https://youtu.be/2p2gSL_aYU0

Mahalo!

- 'Ohana Talk Story Summer Sessions
 - Wednesdays 1:30 pm
 - View past recordings on:
 - NKK Website:
<https://blogs.ksbe.edu/preschool/ohana-talk-story-sessions/>
 - YouTube Channel:
<https://www.youtube.com/playlist?list=PLVceUhQ28FOjiBo7kGfT5K3VyfPaDN3ey>

