

Nā Hopena A'o (HĀ): Sense of Aloha

Students who exhibit this quality...

- Shows empathy towards others and appreciates their gifts (talents)
- Makes others feel welcome and comfortable
- Gives joyfully without expectation of reward

Source: <http://ealoha.com/livaloha.htm>



- * A stands for AKAHAI, meaning kindness. *
- * L stands for LOKAHI, meaning bring unity. *
- * O stands for OLU`OLU, meaning politeness. *
- * H stands for HA`AHA`A, meaning humbled. *
- * A stands for AHONUI, meaning enduring. *

ALOHA

Respect all elders and children.

Leave places better than you find them.

Hold the door. Hold the elevator.

Plant something.

Drive with courtesy. Never drive impaired.

Attend an event of another culture.

Return your shopping cart.

Get out and enjoy nature.

Pick up litter.

Share with your neighbors.

Create smiles.

Create a list and share it.

You don't have to be a politician.

Or the president of a company.

Or a famous doctor,

To make everyone's life better.

*Sometimes the smallest things make
the biggest difference.*

Each of us can improve our community by our individual and collective actions. Each of us has that responsibility. If we act with courtesy and caring, the Hawai'i we value will be strengthened.

This list is only a starting point. Add to the list any acts which enhance our people and our land. Have your children make their own lists. Then share the lists with family, friends and neighbors and watch the results.

The "Live Aloha" bumper sticker is a declaration of commitment. We've chosen the 'ohi'a lehua flower as our symbol. With strength of spirit the 'ohi'a lehua pushes forth from the silent volcanic landscape and grows. Favored by Hi'iaka i-ka-poli-Pele (sister of Pele), the 'ohi'a lehua takes many forms from tall trees to low shrubs, adorned with leaves of varied shapes and blossoms of varied hues. The 'ohi'a lehua's diversity, simple beauty and enduring strength mirror the diversity, simply beauty and enduring strength of Hawai'i. We acknowledge Sig Zane for contributing his 'ohi'a lehua design, and the Hawai'i Community Foundation for its sponsorship.

Steps:

1. Write on board or chart paper "What is aloha?" and discuss what this means. (5-7 min.)
2. Group students and have each small group list acts of kindness on a sheet of paper. Have groups share their lists. (10 min.)
3. Play or read the song, "Spread a Little Aloha." (5 min.)
4. Have students choose from their list and write different acts of kindness on the "Aloha Tree" branches. (I.e.: help the elderly; watch baby sister/ brother; take out trash without being told, etc. Add more at any time.) (10 min)
5. Using ink pads, call up students one by one to add their thumbprint "leaf" on the tree and share their act of kindness (they do or plan to do). Continue this activity during the school year as long as appropriate to celebrate and reinforce acts of kindness that are observed or that students share they have done. (15 min.)

Resources:

Google: Images of drawing tree limbs for various pictures of trees

Reflection Questions: (5 min.)

- * Is it hard to "live aloha"? Why or why not?
- * How much time does it have to take to "live aloha"?
- * What are the benefits of "living aloha"?

Spread a Little Aloha

By Mana`o Company •

People are you listenin' to what we're about to say? We are on a mission, tryin' to find a way. If you and me make a guarantee to spread a little aloha around the world. And I know we, we can work it out, and make this world a better place. (For you and for me.)

A-L-O-H-A, a little aloha in our day — spread a little aloha around the world.
A-L-O-H-A, a little aloha in our day — spread a little aloha around the world.

Could you imagine all around the world, A little aloha in every boy and girl? Could you imagine how simple life could be, with a little aloha in you and me?

Let's spread a little bit of aloha, put a little love in your heart, take a little dip in the ocean. Ah yeah (ah yeah), uh-huh (uh-huh).

(Sing it.) A-L-O-H-A, a little aloha in our day — spread a little aloha around the world. A-L-O-H-A, a little aloha in our day — spread a little aloha around the world.

Aloha means hello, and aloha means goodbye, and aloha means I love you, and I want to take it higher. (I want to get high) With a little aloha... (I can touch the sky) With a little aloha... aloha.

Let's spread a little bit of aloha, put a little love in your heart, take a little dip in the ocean. Ah yeah (ah yeah), uh-huh (uh-huh).

(Sing it.) A-L-O-H-A, a little aloha in our day — spread a little aloha around the world. A-L-O-H-A, a little aloha in our day — spread a little aloha around the world.

Background Information:

This lesson is based on teachings about The 4 B's (Believe, Behave, Belong, Become) from a well-known O'ahu kupuna, Aunty Betty Jenkins. This lesson can help students identify, celebrate, and remember their own special gifts. Regarding the term "Believe", Aunty Betty states:

"We must believe we have been given life - Ola - and with the gift of Ola, we have been given everything we need to be a success." -Aunty Betty Jenkins

Steps:

1. Share that students will be thinking about their own special qualities or personal gifts. Explain that this kind of gift might be a part of your personality, the way you behave and think. You can ask yourself, "What do others appreciate about me? What do I like about myself?"
2. Distribute and explain the Student Handout (see below). Create an example of a completed form with your students, either sharing about yourself, someone well known, or a class volunteer.
3. Share the provided lesson example of how the gifts of friendliness and creativity are explained in a letter format. Invite students to help each other identify their gifts.
4. Using nice stationery or any special paper, students can then transfer their handout notes to the stationery as if they were writing a special letter to themselves. Remind participants to sign their name at the end.
5. Instruct students to fold their letter, place it in their envelope or box, and tape the package shut. Participants can then decorate their envelopes or boxes with available materials. Ask students to use markers to write key words that encourage them to believe in themselves. Tell students **do not write their names** on their boxes

6. After each student wraps their gift with their letter inside, they will present their gift to another student. (Note: If there is an odd number, the teacher can be prepared with a gift to give so everyone receives a gift.)

7. Have the students look carefully at the wrappings and what words were presented on the gift. Have the students open the gift they get and read the letter silently. They then are asked to write a positive response to the person.

8. Have each student take turns reading their gift letter, starting with these words; This is a gift from.... Continue to read all the way to the end. Then read their own written response.

9. When everyone has shared, have the letters returned to the author. You can debrief this activity using the following reflection questions. Encourage students to keep their gift in a visible place as a reminder of how they each shine in unique ways.

Reflection Questions: (5 min)

- * What did you learn about yourself?
- * How might writing to yourself encourage you to believe in yourself?
- * How might sharing yourself with others encourage them to believe in themselves?

I BELIEVE MY LIFE IS A GIFT

Name:

Date:

A. Here are two reasons why I believe my life is a gift:

- 1.
- 2.

B. Below are 4 ways my gift(s) can help me to succeed:

- 1.
- 2.
- 3.

4.

C. These are 6 ways I believe my life can be a gift to others:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

D. Create your decorated envelope or gift box:

* On stationary or nice paper, write a letter to yourself using information you wrote down for steps A-C. Don't forget to address the letter to yourself: (I.e.: Dear (your name) End with: Sincerely, (your name). When you write to yourself, write it as if you were writing to your best friend! * When finished with your letter, fold it and place in a manila folder. Seal folder with tape. * Using scrap papers (magazines, newspapers, wrapping paper, etc.), wrap and decorate your folder. If ribbons are available, use them, too. * Using markers, write words that help you believe in yourself, but do not write your name on the folder.

Sample Letter:

DEAR LEIHULUKEA,

I believe your life is a gift in 2 ways:

1. I believe you are creative!
2. I believe you are friendly!

Your creativity can help you succeed because you can make things that people may want. Being creative can also help you think of lots of ways to take care of yourself and your family.

I believe being friendly will help you build strong relationships with people in your life and bring you happiness.

I believe being creative and friendly can be a gift to help people smile and laugh!
It will give people people hope, and it will build up a strong foundation in any
business, school, team, or family.

Sincerely, Leihulukea

Believe in yourself because people need people like you!