

Aloha 'Āina Packet

**Let's be resilient like the
ikaika (strong) 'a'ali'i plant!**

Aloha! 'O _____
ko'u inoa.
(*Hi, my name is...*)

No _____ mai au.
(*___ is where I'm from*)

Manawa (date): _____

The purpose of this Aloha 'Āina Packet is to provide keiki with fun activities that can connect them to 'āina from home while we “shelter-in-place” during the COVID-19 crisis. We want to encourage our keiki to go outside and to open their senses to the environment around them in a safe and healthy way.

All activities in this packet can be done with your 'ohana!

The Aloha 'Āina Packet was brought to you by the
Wai'anae Wellness and Place-Based Learning Alliance:

The Cultural Learning Center at Ka'ala
Hoa 'Āina O Mākaha
Mālama Learning Center
MA'O Organic Farms
PALS/PLACES Program, University of Hawai'i at Mānoa,
Searider Productions
Wai'anae Coast Comprehensive Health Center

The Wai'anae Wellness and Place-Based Learning Alliance is an informal association of community-based organizations that are dedicated to providing hands-on, place-based learning experiences and connections to healthy living for Wai'anae children and families.

Mahalo to Hoa 'Āina O Mākaha and all of our partners for making it possible to get these packets into the hands of our keiki.

Produced in April 2020

If you have any questions about this packet, please contact
Mālama Learning Center at info@malamalearningcenter.org or
808-305-8287.



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Native Hawaiian Plants & Our 'Āina

Why are Native Plants Important?

Native plants are important to Hawai'i's ecosystems. Native plants arrived to the islands naturally, arriving by one of the three W's: Wind, Wings (birds), and Waves. Native Hawaiian plants are either indigenous (occurring naturally in Hawai'i and other locations) or endemic (found only in the Hawaiian Islands). Native plants provide services such as creating habitats for other native species, recharging our groundwater aquifers, and providing resources to practice the Hawaiian culture. Most native plants can be used for multiple purposes such as for food, medicine, tools, products, and much more; making their existence vital to our cultural identity. Today, many native species are being threatened by invasive species, development, wildfire, and other human causes.



The Native 'I'iwi bird is an endemic Hawaiian Honeycreeper that depend on native plants in upland forests. Photo Credit: Bettina Arrigoni

Importance of the Native 'A'ali'i Plant



'A'ali'i seed capsules can be used to make lei and to make red dye.



'A'ali'i is resistant to drought and wind, making it very resilient.

'A'ali'i are shrubs or small trees that occur in the wild from sea level to the high mountains. 'A'ali'i are indigenous to Hawai'i, which means that this species arrived naturally to Hawai'i but can also be found in other places around the world. 'A'ali'i naturally occur on all of the main Hawaiian Islands except for Kaho'olawe, however is widely used today for restoration on Kaho'olawe due to the plants high tolerance for harsh environmental conditions. 'A'ali'i have narrow, short green leaves with seed capsules that are paper-thin and are tan to dark red in color. The beautiful seed capsules can be used to make lei and to make red dye. The dense hardwood stem was used for timber, weapons, and tools. 'A'ali'i are resistant to drought and wind making this plant very resilient. The scientific name for 'a'ali'i is *Dodonaea viscosa*.

**Source: *Growing Hawai'i's Native Plants* by Kerin E. Lilleeng-Rosenberger

‘Āina Activity - Grow Your Own ‘A‘ali‘i Plant

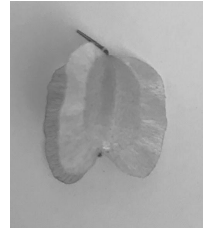
How to Plant ‘A‘ali‘i Seeds

1. Soak the seeds in warm tap water for about 24 hours. The seeds will sink if they are viable (good). Discard any floating seeds. Be careful, these seeds are tiny!
2. Get a small pot or make one (see instructions below).
3. Fill $\frac{3}{4}$ of the pot with loose soil that you can find around your house.
4. Sprinkle your seeds over the soil.
5. Lightly cover the seeds with a layer of soil so that they're covered.
6. Try to make sure the seeds are close to the surface of the soil. You don't want the seeds to be buried too deep where they are unable to receive sunlight and break through the soil.
7. Carefully water your plant everyday, sprinkling water with your fingers so that it is like a gentle rain. Water the seeds with enough water to make all of the soil moist without overflowing your pot. Don't let soil dry out.
8. Wait for ‘a‘ali‘i seeds to germinate. Please be patient, native plants take their time to grow.
9. Take care of seedlings by watering and giving it sunlight.
10. Gently move seedlings to bigger pots once it outgrows its pot. Eventually, you can put it in the ground if you have a yard.

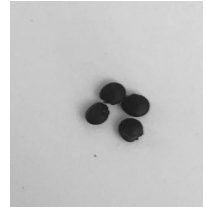
In the future, if you want to collect ‘a‘ali‘i seeds from a mature plant, you would collect seed capsules that are tan and dry. Don't pick capsules that are brightly colored because that means the seeds are not mature yet.

Recycled Toilet Paper Roll Plant Pot

1. Take an empty toilet paper roll and make 1-inch cuts around one end of the roll, approximately a half inch apart.
2. Fold the cut sections in towards the center of the roll, this will create the bottom of your pot.
3. Pau! Now you have a small recycled pot to get your plant started in. You may want to eventually plant the pot in the ground since it's biodegradable and will not last too long once watered.



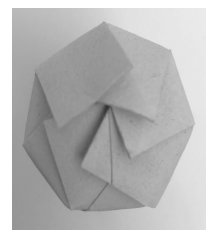
‘A‘ali‘i Seed Capsule



‘A‘ali‘i Seeds



‘A‘ali‘i Seedlings



‘Ōlelo No‘eau (Hawaiian Wise Saying/Proverb)

‘Ōlelo No‘eau:

He ‘a‘ali‘i kū makani mai au, ‘a‘ohe makani nana e kula‘i.

I am a wind-resisting ‘a‘ali‘i; no gale can push me over.

A boast meaning - I can hold my own even in the face of difficulties.
The ‘a‘ali‘i bush can stand the worst of gales (strong winds),
twisting and bending but seldom breaking off or falling over.

Source: ‘Ōlelo No‘eau: Hawaiian Proverbs and Poetical Sayings by Mary Kawena Puku‘i.

What does this saying mean to you? How can you be like an ‘a‘ali‘i plant? Write your answers below.

Let's Reflect

Weather check - How are you feeling right now using a weather term? (Answers could include cloudy, humid, sunny, rainy, windy, etc...). Explain why and draw pictures if you feel like it.

How is your 'ohana feeling?

Kilo 'Āina

(Observing our Environment)

Take 15 minutes everyday to observe natural phenomena (wind, sun, moon, rain, clouds, plants, animals, ocean, etc...) and describe what you see, hear, and feel. You can also draw pictures. Try to do this in silence so that you can really connect to your place.

Kilo Day 1

Manawa (date):

Mahina (moon):

Kilo (observation):

Kilo 'Āina

Kilo Day 2

Manawa (date):

Mahina (moon):

Kilo (observations):

Kilo Day 3

Manawa (date):

Mahina (moon):

Kilo (observations):

Kilo 'Āina

Kilo Day 4

Manawa (date):

Mahina (moon):

Kilo (observations):

Kilo Day 5

Manawa (date):

Mahina (moon):

Kilo (observations):

Kilo 'Āina

Kilo Day 6

Manawa (date):

Mahina (moon):

Kilo (observations):

Kilo Day 7

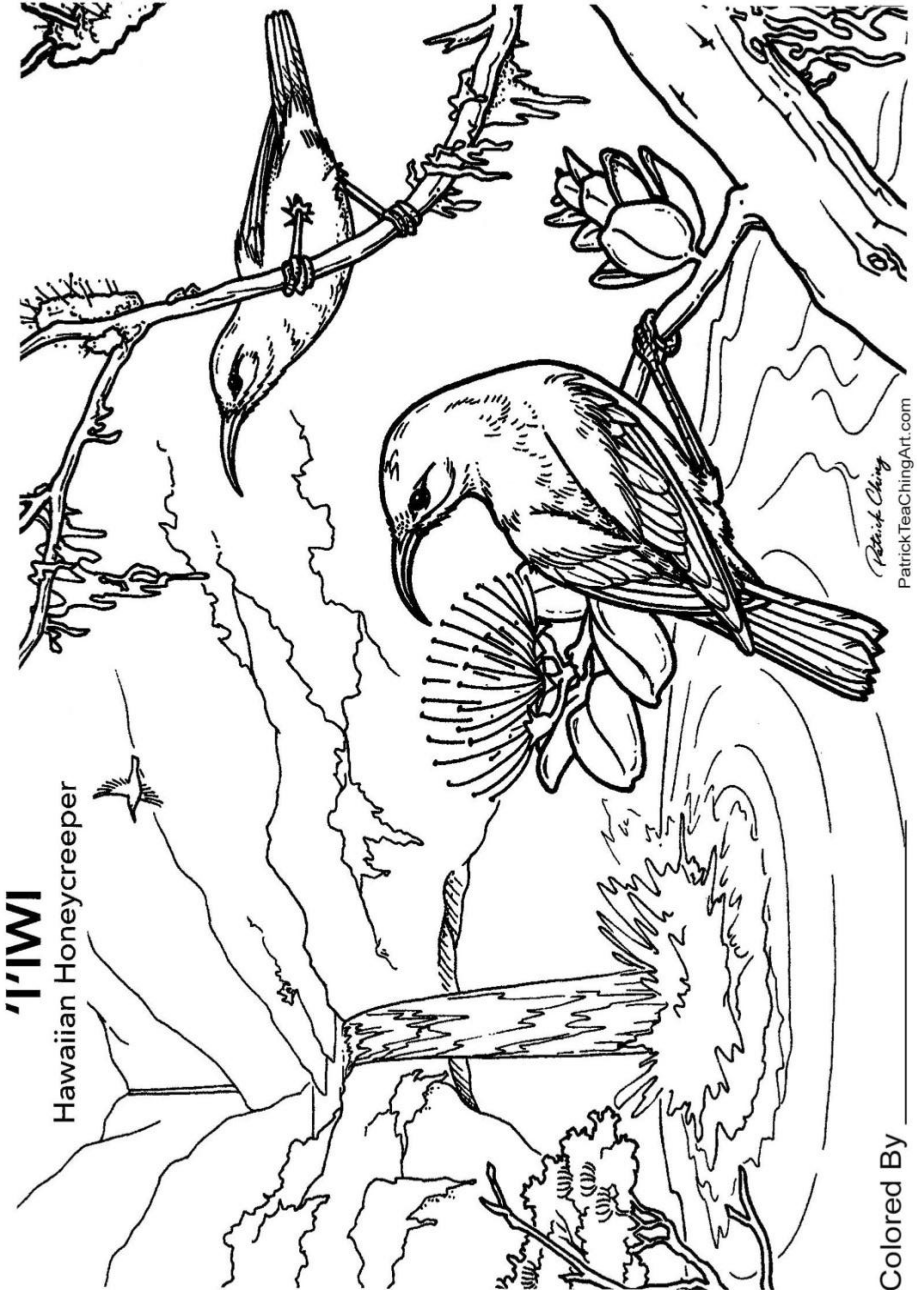
Manawa (date):

Mahina (moon):

Kilo (observations):

Hana No'eau Art Activity

Enjoy this coloring sheet made by Native Hawaiian artist Patrick Ching. The 'I'iwi, a Hawaiian Honeycreeper, is endemic (only found here) to Hawai'i. The bright red bird was once one of Hawai'i's most common forest birds, but today populations have dramatically declined due to habitat loss, the introduction of diseases such as malaria, and climate change. Though they are not plentiful, we still can see them flying high up in the Wai'anae Mountains!



'I'IWI
Hawaiian Honeycreeper

Colored By _____

'Ohana Activity

Let's Talk Story...About Our Community!

Get together with your 'ohana and talk about your community using the prompts below.

1. What is the name of the place where you live?
2. What is special about your community?
3. Where is your favorite place in your community?
4. What is your favorite activity with people in your community?
5. What's your fondest memory connected to your community?
6. How do you care for your community?
7. What else would you like to share about your community?

'Ono Healthy Snack Recipe

Enjoy this 'ono (delicious) recipe with your 'ohana at home.

Poi Smoothie

Close to the Source Snack

This recipe includes close to the source ingredients from each food group of the 'ĀINA Food Guide: Protective (berries & banana), Energy (poi), Body-Building (soy milk), Brain (coconut milk), and Caution (honey).

Ingredients (Fill blender with ingredients in this order):

- 2 cups soy milk (low-fat vanilla)
- 2 cups frozen berries (thawed)
- 1 ripe locally-grown banana
- ¼ cup coconut milk
- 1 cup poi
- 3 TBSP Hawaiian honey
- 1 cup crushed ice

Place all ingredients in a blender and cover. Blend until well combined and smooth. If you don't have a blender, just use a jar with a lid and shake it well!

*Makes approximately 1 blender full (10 4-oz. servings)

Nutrition Facts

Serving Size: 4 oz (1/2 cup)

Calories: 106

Total Fat: 2 g

Saturated Fat: 1 g

Trans Fat: 0 g

Total Carbohydrates: 22 g

Sugars: 3 g

Dietary Fiber: 1 g

Protein: 1 g

*Recipe Source: Kōkua Hawai'i Foundation 'ĀINA in Schools Program

Weekly Mahalos!

Write three or draw things you're thankful for this week:

1.

2.

3.

Olakino (Healthy Body)

Here's some reminders to keep you and your 'ohana safe & healthy during the health crisis we are facing with COVID-19:

- Drink lots of wai (water) to stay hydrated.
- Be active. Work your muscles!
- Get a good night's rest everyday.
- Eat well. Limit fast foods that are high in fat and sugar.
- Wash your hands with soap frequently for at least 20 seconds.
- Avoid touching your face (eyes, nose, mouth).
- Clean and disinfect frequently touched objects and surfaces.
- Avoid hugs, handholding, and handshakes. Give the shaka!
- Spread aloha always.

What else can you do to keep your 'ohana safe and healthy?

Share Your Progress!

Mahalo for completing our Aloha 'Āina Packet! We hope you enjoyed the activities! Please share your progress with us by taking photos of anything you'd like to share and posting to your social media (tag us). Or send your photos directly to us through email. We would love to see how you're doing! We plan to make weekly packets with different activities until you can go back to school.

Mālama Learning Center

Social Media: #malamalearning #malamalearningcenter

Email: info@malamalearningcenter.org



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Mālama Learning Center is a private non-profit organization in West O'ahu that brings art, science, conservation, and culture together to promote sustainable living throughout Hawai'i.

www.malamalearningcenter.org