

Tūtū and Me At-Home Learning

Read, Listen, Play!



Healthy Living



Read



Let's Play!

Infant

Teach your infant about emotions with a mirror. Make different facial expressions in front of a mirror and encourage them to mimic you. Playful moments like this help infants begin to recognize that facial expressions communicate emotions and contribute to olakino maika'i.

Toddler

Try simple yoga poses with your toddler, such as the tree pose for balance and the cat pose for flexibility. Yoga helps to reset and relax. Staying active promotes improved concentration and encourages olakino maika'i.

Preschooler

Teach your preschooler the game "Kakā, Kakā, Nēnē – Duck, Duck, Goose" to play with 'ohana or neighborhood keiki. Be flexible with rules and focus on enjoying active time together. Playing games and having fun contribute to olakino maika'i.



Listen



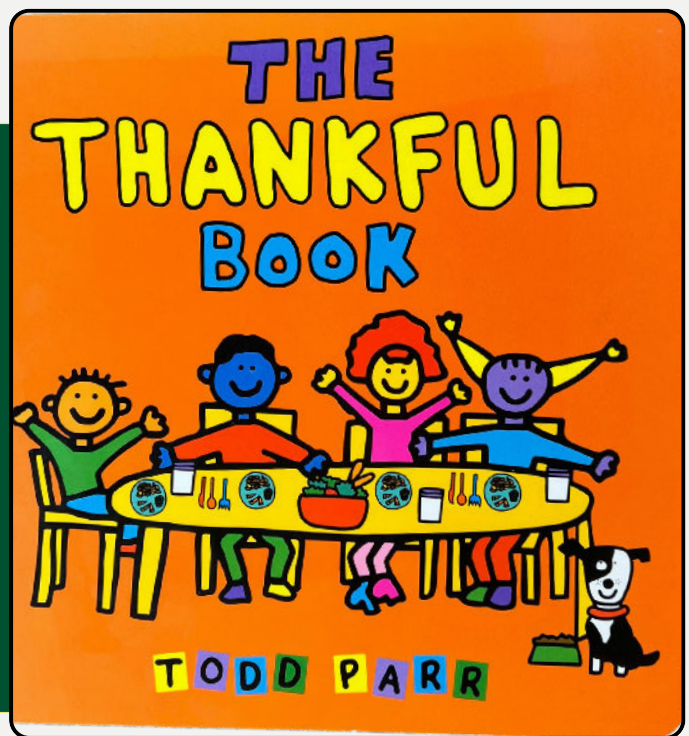
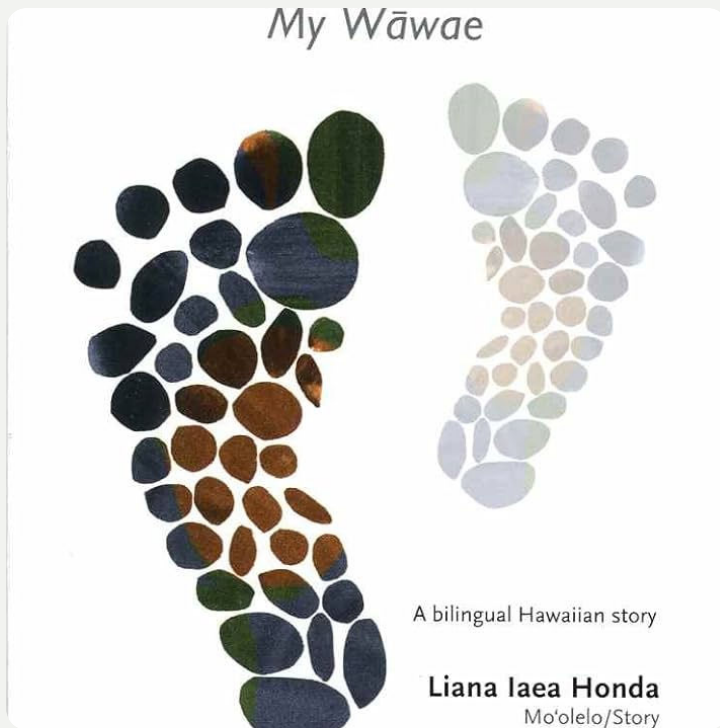
Scan this QR code or [click here](#) to hear this story read by Tūtū and Me kumu.



Olakino maika'i – Overall wellbeing

MORE DIGITAL STORIES

Stories promote language and literacy, strengthens listening skills and encourages beginning writing.



Borrow these books at your local library!

