



Ke Ao Lono

The monthly newsletter of Ka Pa'alana
A Program of Partners in Development Foundation

No Shortage of Ānuenue

By: Kathy Fong

In Hawai'i there may have been shortages of toilet paper, but there has never been a shortage of rainbows. Let's take a look at a Kōkua Kit idea about the colors of the rainbow that strengthens the following areas: color recognition, matching, sorting, counting, and observational skills. Here's how to play:

Step outside, search for a rainbow, and start an "I wonder" conversation about rainbows and their colors. See if your keiki knows the

colors of the rainbow: Red ('Ula'ula), Orange ('Alani), Yellow (Melemele), Green ('Ōma'oma'o), Blue (Polū), Purple (Poni).

Explore and challenge your keiki to find objects of each color and sort them into piles or containers. Support younger keiki by showing them one color at a time and guiding them to where those objects can be found. Model the use of color words by saying, "You found a yellow duck!" After finding several items, have your keiki sort them. (If you have col-

ored paper, have keiki match items to each paper.)

Count the items. Point to each item as you count together, then say, "(Three.) (3 blue) objects."

Can you think of other ways to explore colors with your keiki? Share your ideas and pictures on your Class Dojo!



Exploring Ao and Pō

By: Kelsey La Cuesta

Aloha! As we move on to June we will be diving into our new theme of Ao and Pō. Ao can be described as light and Pō as darkness in the Hawaiian language. We will be exploring ao and pō through shadow play,

fort building, books and songs! Our focus will be to expose our keiki to light and dark through play and allow them to compare those experiences. We are exposed to ao and pō every day, from the natural light of the sun, when it gets dark outside, and when



we turn our light switches on and off. We look forward to seeing all

the photos and videos of our keiki exploring ao and pō!

K U M U K U K U I

By Pua Aquino

Aloha mai kākou!

When rallying people together, it is important for everyone to be on the same page in order to make progress. Providing a visual of what unity looks like can be more impactful than simply asking people to work together. Hawaiians were thoughtful with the words they chose for each situation because every word had *mana*, or power, in it.

The Hawaiian language is full of *kaona*, or hidden meanings, which make it beautiful and poetic, but also challenging to easily translate. Let's break down the words in this month's 'ōlelo no'eau, "*Pūpūkahi i*

holomua," which means "Unite in order to progress." The word *pūpūkahi* means "united, as in harmonious cooperation." Breaking down the word provides a visual of what Hawaiians view as "united." *Pūpū*, in this instance, means "to draw or gather together; to draw tight as a fishing net." *Kahi* means "together as a unit, at the same time; to make one, unite." When put together, *pūpūkahi* translates as "to draw together as one unit; to become one." The next word, *holomua*, meaning "progress," is actually shortened from the phrase *holo i mua*, which when broken down is *holo*, meaning "to move" and *i mua*, meaning "forward; in a forward motion."

Now the phrase "*Pūpūkahi i holomua*" has a deeper meaning than just uniting people together. *Pūpūkahi* was used to emphasize the importance of working together as one unit, like the many strands of fishing line in a net that work together to serve its main purpose of catching fish.



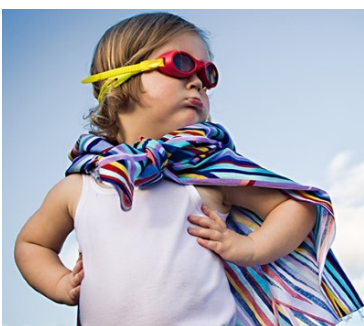
Parenting Tip

By: Nida Otto

When will life get back to normal and will our keiki be able to bounce back to their regular routines after this pandemic? These could be some of the questions that might go through your head as a caregiver to young children. One way to have a positive outlook is to remember know that children are resilient and they will overcome this. Resilience isn't really something they have or don't have, it's more of a skill that they will learn as they grow. With the support

and encouragement from you, your keiki will learn how to adjust and problem solve during difficult situations. Here is a link on ways you can help your keiki cope with stress during COVID-19.

<https://www.pbs.org/parents/thrive/kids-regressing-help-them-cope-with-stress-during-coronavirus>



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