



Ke Ao Lono

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

WAI IS AMAZING!

By Nida Otto

Last month we started our wai (water) study, and what a great month to start investigating, as “April Showers” provided our keiki opportunities to explore and play with wai. Since children are naturally drawn to water (watching water come out of a sprinkler, jumping in puddles, mixing different things with water), we didn’t waste any time jumping into our study.

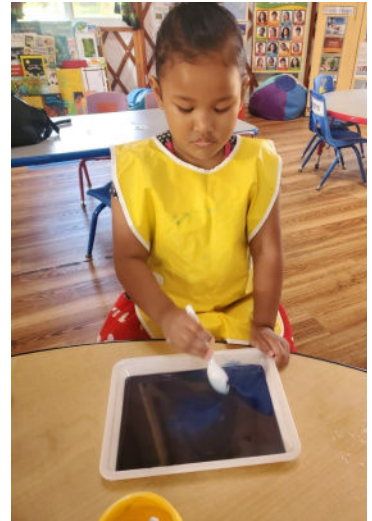
The keiki made new dis-

coveries about water as well as how important it is to us. Water is used multiple times a day, and differently almost every time.

Our keiki shared different ways water is used throughout the day. We discussed how wai is part of our daily self-care routines; we use it to brush our teeth, shower, wash our hands, etc. Wai is also used to nourish our bodies; we drink it, use it for cooking, and even use it to help grow some of our foods.



We’re excited to see the different concepts and discoveries keiki will make as they continue investigating



water. And what a great place to call home, with so many resources and opportunities to learn about wai.

EXPLORING WAI!

By Nessa Banas

What can help you clean your shirt, always falls, but doesn’t hurt you? It’s water! In April, keiki started exploring water and had a blast with hands-on activities. Our keiki used tubes and funnels to experiment with water, painted with water-color, and used water and sponges in the dramatic play area to wash the dolls, toys, and cars. We discussed the essence of wai and ways to use it daily at

home and in preschool.

They learned about evaporation by observing what happened to water as it dried on the sidewalk. They participated in a water challenge where keiki transferred wai from one container to another using droppers.

Our ‘ohana also enjoyed our field trip to Kapolei Library. They learned some library rules and why libraries are essential in our community. Caregivers had



fun reading various books with their keiki and applying



dialogic reading techniques.

K U M U K U K U I

By Pua Aquino
Welina mai kākou!

Hawai'i is known for producing some of the finest *kapa* in the Pacific and some say this is because they had enough time to perfect the craft. In order to have enough time to perfect something as labor intensive as making *kapa*, which involved soaking the bark of the *wauke* or *māmaki* plant and pounding it with a beater into a

fine cloth, all the other *kuleana*, or responsibilities, needed to be taken care of.

Hawaiians were and many still are strong believers of the saying, "Work hard so you can play hard." They took advantage of opportunities to do things when they would be most productive, like working in the *lo'i* when the sun was either coming up or about to go down. Each member in the old Hawaiian community had their own responsi-



bilities, or *kuleana*, and everyone helped one another to ensure the work was completed in a timely manner so there would be time to perfect crafts and enjoy

leisure activities.

"Ai nō i kalo mo'a."

One can eat cooked taro.
The work is done; one can sit at ease and enjoy himself.

Words of Affirmation

By Denise Mazepa



What is an Affirmation? It is a phrase that, when repeated regularly, can change your negative thoughts and behaviors into positive ones. You can practice these sayings anywhere, to yourself or out loud.

Affirmations can also help with stressful situations and improve self-esteem and motivation. What are words of Affirmation? Words of affirmation are words that help communicate your love, appreciation, and respect to another person. They are positive words and phrases such as a compliment or an encouragement that you can use to uplift someone. They can be as simple as a handwritten note or a phone call. These small acts of concern show the other person you truly care.

You can start using words of affirmation with your keiki now. Practice having them give themselves affirmations, or you can model giving them affirmations.

- I can think of great ideas
- I have people who love and respect me
- I am a good friend

<https://www.verywellmind.com/words-of-affirmation-4783539>

Ka Pa'alana is funded and supported by:



American Savings
Bank



HAWAII LODGING
& TOURISM
ASSOCIATION

