

NOWEMAPA

(November)

Healthy Living

infant

WALKING WITH MY WĀWAE

Physical movement keeps our body strong and healthy. Learning to walk is a big milestone for infants! This play activity motivates your infant to practice balancing on their wāwae and walk on their own.

KEIKI DEVELOPMENT:

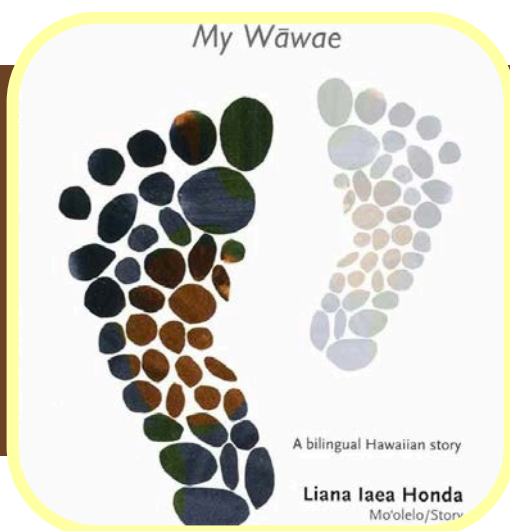
- Big muscle balance and coordination
- Self help skills

‘ŌLELO HAWAI‘I:

- Wāwae- Feet, foot
- Hele- To move

MATERIALS:

- Book: "Ko‘u Wāwae" by Liana Honda
- Small, bright toys
- Painter's tape



Digital storytime here!

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INSTRUCTIONS:

1. Read the book, "Ko‘u Wāwae," with your infant.
2. Use painter's tape to stick small toys to a wall. Make sure the toys are within your infant's reach.
3. Help them to hele wāwae and reach for the toys on the wall. As your infant pulls toys off the wall, they will also develop balance and coordination!
4. If your infant is not quite walking, glue strips of material or add pom pom to a pair of your infants socks. Lay your infant on their back watch their wāwae wiggle, wiggle as they reach for those items.

At-home 'ohana activities use common household, recycled, or natural materials that set the stage for keiki-led exploration, developmental mastery, and social-emotional bonding.

NOWEMAPA

(November)

Healthy Living

toddler

'AKA'AKA AT SNACKTIME

Daily 'aka'aka is wonderful for the overall mental health of your 'ohana. Treat your toddler's 'ōpu to healthy food and giggles at snack time.

KEIKI DEVELOPMENT:

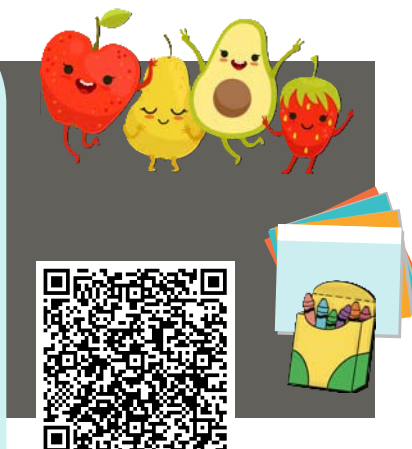
- Sense of humor
- Identifying images

'ŌLELO HAWAI'I:

- 'Ōpū- Belly
- 'Aka'aka- Laughter

MATERIALS:

- Book: "Eha Ko'u 'Ōpū" by Ka'ōhua Lucas
- Bright colored vegetables and fruit
- Paper, crayons



Digital storytime here!

Used with permission from Kamehameha Schools



INSTRUCTIONS:

1. Read the book "Eha Ko'u 'Ōpū" with your toddler.
2. Encourage them to scribble with paper and crayons while you prepare their snack.
3. Make a smiley face from small bits of fruits and vegetables on a plate.
4. As your toddler fills their 'ōpu with the happy looking snack, draw silly images on paper to bring smiles and 'aka'aka to both of you. Some examples are funny face drawings, upside down people or animals with mix and match parts.

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NOWEMAPA

(November)

Healthy Living

preschooler

THE SEASON OF HO'OMAIKA'I

Makahiki is the season to acknowledge the people, places and things that bring joy to our lives. This activity brings your preschooler a sense of ho'omaika'i for all good things!

KEIKI DEVELOPMENT:

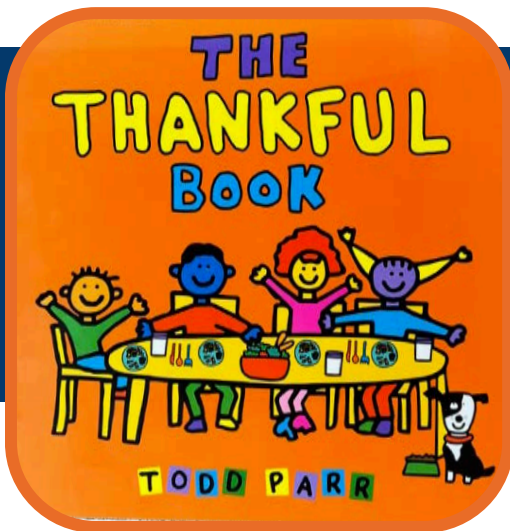
- Independent thinking
- Social connections

'ŌLELO HAWAI'I:

- Ho'omaika'i- Gratitude
- Pā'ani- Game

MATERIALS:

- Book: "The Thankful Book" by Todd Parr
- A familiar area in your home



Digital storytime [here](#)!



PARTNERS IN DEVELOPMENT
FOUNDATION

INSTRUCTIONS:

1. Read "The Thankful Book" with your preschooler.
2. Now it's time for a pā'ani! Have your preschooler go on a ho'omaik'ai scavenger hunt.

Items to search for:

- Favorite picture on the wall
- Something that is silly
- Something that brings comfort
- Favorite activity or toy
- Favorite snack from the fridge
- Something in their favorite color
- Favorite thing to wear
- Special book

Gather everything in a cozy area and talk about the little things that bring great ho'omaika'i!

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