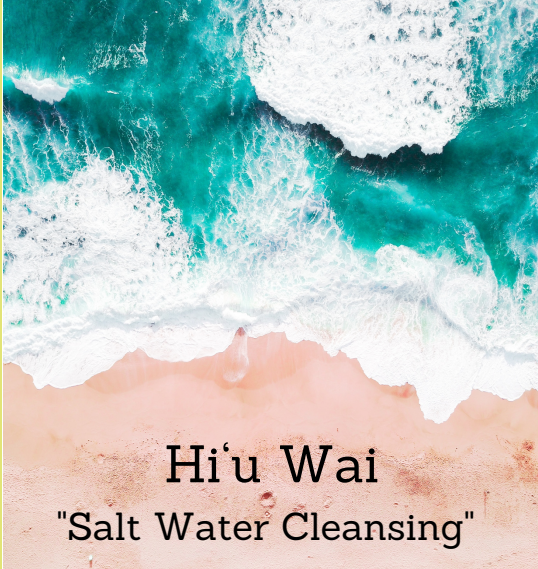




TŪTŪ TIMES

A NEWSLETTER FOR TŪTŪ AND ME TRAVELING PRESCHOOL

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Hi'u Wai
"Salt Water Cleansing"

TŪTŪ MANA'O

Tips on Being Your Keiki's First Teacher

Holding on to pilikia (trouble) can leave you feeling ma'i (not well). Pilikia can cause stress that affects your ability to focus on being present with your keiki. When you model healthy ways of letting go of pilikia, you are teaching keiki how to manage their emotions. Kūpuna used the kai (ocean) for hi'u wai (salt water cleansing) to shed away any pilikia and to think of ways they could bring goodness to their ola (life). On your next visit to the kahakai (beach), take a dip into the kai (salt water) and let go of your pilikia.

LE'ALE'A

Home Play Activity that Promotes Learning

Materials:

- washable glue
- card stock paper
- paintbrush
- liquid water color or food coloring mixed with water
- pa'akai (sea salt)

Directions:

1. Squeeze the glue onto the cardstock to create a picture of your favorite animal that lives in the kai.
2. Sprinkle your glue design with pa'akai until it is covered and then shake off the excess pa'akai.
3. Fill small plastic cups with the different liquid watercolor paint or food coloring mixture.
4. Use a paintbrush to gently paint different colors on to your kai pa'akai picture.
5. Once you're finished painting, set it aside to dry.

<https://www.iheartartsn Crafts.com/contact/>

Display your kai pa'akai painting for your 'ohana to enjoy!



Tūtū Mana'o *Try this with your 'ohana*

Kahakai Huaka'i

1

Provide time to connect with nature. Find a peaceful area at the kahakai to sit and talk with keiki. Connect to your senses. Listen to the nalu (waves), smell the ocean breeze, and feel the warmth of the sand between your toes.

2

Provide time to connect with keiki. When 'au'au kai (ocean swimming) take time to splash together in the kai. This is a fun way to bond with keiki and create joyful memories.

3

Provide time to le'ale'a. Create a kai pa'akai painting with keiki while talking about the what you did together at the kahakai.

KE OLAKINO MAIKA'I

Ways to Keep Your 'Ohana Healthy

E ALA E, KA LĀ I KA HIKINA
Awaken/Arise, the sun in the east
I KA MOANA, KA MOANA HOHONU

From the ocean, the deep ocean
PI'I KA LEWA, KA LEWA NU'U
Climbing to heaven, the highest heaven,
I KA HIKINA, AIA KA LĀ, E ALA E!
In the east, there is the sun, arise!

MELE OLII- E ALA E

Set a morning routine for you and keiki to kū i luna (stand up) and face the sun rising in the east. Together perform your mele olii (ritual chant) "E Ala E." Set a positive intention for the day.



Scan the QR
code to
follow along.



Ho'olālā Pale Alo



KO'U KAIĀULU

Community Resources for Your 'Ohana

Create a ho'olālā pale alo (mask plan) that helps your 'ohana to mask up in public areas. Whether you are going to the grocery store or attending a family lū'au, your ho'olālā pale alo will help to prepare your 'ohana in feeling safe while around others. As the COVID recommendations for health and safety continue to change, let's be respectful to others on how they choose to create their ho'olālā pale alo to protect themselves and their 'ohana.

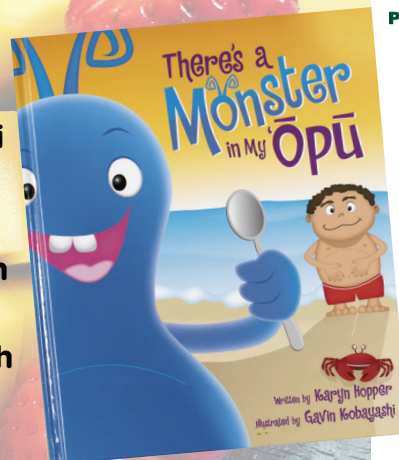
<https://hawaiicovid19.com/mask-guidance/>

MANAWA 'AI MĀMĀ

A Snack for the Entire 'Ohana

KAHAKAI KĪ'AHA

On your next visit to the kahakai have keiki kōkua by preparing a healthy snack. Make a kahakai kī'aha (beach cup) for when keiki's 'ōpū (tummy) is hungry from all the 'au'au kai (ocean swimming). Give keiki the option to choose a protein, a vegetable and a fruit to place in their kahakai kī'aha. Sit together with keiki and enjoy listening to "There's a Monster in my 'Ōpū" read aloud as you munch on your manawa 'ai māmā. Ask keiki "What does your 'ōpū say when it is hungry?"



PARTNERS IN DEVELOPMENT
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code for the
read along.