

Tūtū Times

A Newsletter for Tūtū and Me Traveling Preschool

Hau'oli makahiki hou Tūtū & Me 'Ohana,

As we ring in the new year, we know that you are busy caring for your 'ohana so let's do a self-care check in! When we learn to mālama ourselves first, we can then mālama others we care deeply about. Practice self-care this year by scheduling in "Me First" moments that help you to replenish your mind and soul and "Me Too" moments that allows you to do restore yourself while spending time with your 'ohana.

Don't let your to do list keep you from making self-care a priority. Make self-care non-negotiable by writing it into your weekly schedule or setting reminders on your phone. This year be the healthiest you for your 'ohana by practicing self-care!



Me ke aloha pumehana,

*The Staff of Tūtū and Me Traveling
Preschool / Partners in Development
Foundation*

My Self-Care Plan

- Collect images of your "Me First" and "Me Too" moments from magazines, on-line clip art, or personal photos you have taken.
- Glue the images on a large piece of computer paper or construction paper.
- Your "**Me First**" images should capture moments that give you an extended break to replenish your mind and soul.
- Your "**Me Too**" images should then reflect those small moments of restoration while still tending to work and 'ohana.
- Place your completed self-care plan at a location where it will be a reminder for you to stick to your weekly self-care routine.



Help Mālama Animals

Help your local animal shelter by donating the following items:

- Sheets
- Towels
- Blankets
- Pillows & Pillowcases
- Bathroom Rugs
- T-Shirts



Animal shelters use these for lining cages, cleaning up messes, drying off wet dogs, providing warm bedding, and covering kennel doors when animals need a rest from the light. Most shelters are under-served, so any extra kōkua is greatly appreciated.



AlohaSafe Alert

Add your phone to the fight against COVID-19. The AlohaSafe Alert is a free, voluntary new service that helps slow the spread of COVID-19. It is the state of Hawai'i's official exposure notification app, developed in partnership with the Hawaii State Department of Health.

Download the Alohasafe Alert app today and help keep Hawai'i safe and healthy.

Remember - *It's our kuleana!*



HAWAII STATE
DEPARTMENT
OF HEALTH



FUN TIME DOODLING

Encourage creativity by making a recycled doodle book for keiki. Use paper bags or other items from around your home to cover left over composition books. Keiki can help you cut out shapes or glue materials and items to decorate their covers.

Doodle Book Ideas: writing or drawing a story; making dot-to-dot pictures; saving dried and pressed flowers; and stamping with sponges & paints.

These doodle books are a fun quiet time portable activity that you can take anywhere with you. Doodle away!

Roll By Roll To Mālama I Ka 'Āina

If you enjoy gardening and recycling, this is simple way to teach keiki how to mālama i ka 'āina (care for the land). Gather empty paper towel or toilet paper rolls. Cut the larger rolls in fourths and the smaller rolls in halves. Fill a recycled box or plastic bin with potting soil about 2 inches deep. Then push each paper roll into the soil so they stand up next to each other. Gently press a few seeds into the soil of each paper roll. Give your seeds water and sunshine. Once your seeds have sprouted, you and keiki can plant each paper roll into the ground.

