



TŪTŪ TIMES

A NEWSLETTER FOR TŪTŪ AND ME TRAVELING PRESCHOOL

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TŪTŪ MANA'O

Tips on being your keiki's first teacher

Ho'omaika'i (gratitude) should be practiced all year long. Studies show when you practice gratitude you make more positive choices, are more optimistic and have improved relationships. Think of a time when you received an unexpected act of gratitude from someone?

It made you feel good inside. Think of all the benefits you are giving to your keiki with an unexpected 'apo (hug) or honi (kiss). Remember, practicing gratitude spreads and you can get everyone in your 'ohana involved!

LE'ALE'A

Home play activity that promotes learning

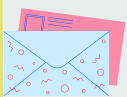
Keiki can join you in creating a Palapala Mahalo (thank you note) for 'ohana and friends to express your ho'omaika'i.



Fold a sheet of palapala (paper) in half matching the top of the paper to the bottom. Then fold in half again.



Have keiki draw on the inside and outside of the palapala.



Talk to keiki about what you are thankful for and write your message in your Palapala Mahalo. You are modeling ho'omaika'i to keiki.



Palapala Mahalo

Tūtū Mana'o

Try this with your 'ohana

1 Take a couple minutes during bed time to talk with keiki and focus on what went maika'i (well) each day. Gratitude also improves sleep quality and sets keiki up for a positive outlook for the next day.

2 Show a daily "Attitude of Gratitude." While driving or during dinner, talk with keiki about the people you are grateful for in your life and why. Share the positive traits in others that make us feel aloha (love) and a sense of pu'u honua (safe place).

3 Promote a genuine verbal and written expression of thankfulness to those around you and make ho'omaika'i part of your daily routine.

KE OLAKINO MAIKA'I

Ways to keep your 'ohana healthy



Pō Mahina Planting

Native Hawaiians relied on the phases of the moon to determine which crops to plant that would grow abundantly in order to keep their 'ohana healthy. Together with keiki scan the QR code below and use the Ke Ala O Ka Mahina (moon calendar) to determine which crop you will plant. At night go outside with keiki and talk about what phase of the moon you see. Have keiki help you with pō mahina (moon phase) planting. Turn your harvest into a healthy manawa 'ai māmā (snack) for your 'ohana.



KO'U KAIĀULU

Community Resources for your 'ohana

'OHANA EMERGENCY BACK PACKS

It is never too late to ho'omākaukau and prepare your 'ohana for this hurricane season. Involve keiki with creating emergency backpacks for everyone in your 'ohana. Up-cycle a previous school backpack and use the emergency checklist from Center for Disease Control and Prevention to begin preparation (see link below). Play a game of scavenger hunt with keiki to gather the items on the list.

WWW.CDC.GOV/CHILDRENINDISASTERS/CHECKLISTS/KIDS-AND-FAMILIES.HTML

MANAWA 'AI MĀMĀ

Snack recipe for the entire 'ohana

Ingredients:

- 1 1/2 c. steamed 'uala
- 3/4 c. milk
- 3 tbsp. tahini
- 2 cloves garlic
- 1 tbsp. lemon juice
- 1 tsp. salt
- 2 tsp. ground white pepper
- Crushed pistachio
- Chopped cilantro

Directions:

- Steam 'uala (sweet potato) on high heat for about 20 minutes and peel when cool.
- In a blender, blend the steamed 'uala, milk, tahini and garlic until smooth. If using non-dairy milk adjust amount of liquid until you reach preferred consistency.
- Season with lemon juice, salt and ground white pepper. Blend well.
- Transfer the hummus from the blender to a bowl and top with crushed pistachios and chopped cilantro.
- Serve with veggies or crackers.

'Uala Hummus Spread



WWW.PIDF.ORG/TUTUANDME

