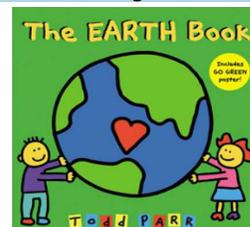


# Infant Activities (Birth-12 Months)

## Social-Emotional Support: Every Day is Honua Day

Reading with your infant is always a wonderful way to cuddle and connect. Your infant may not understand vocabulary just yet, but she does pick up on the meaning behind words by listening to your voice. “The Earth Book” by Todd Parr is a story that gives meaning to Mālama I Ka ‘Āina (*to care for and nurture the land*). The book shares ways to nurture honua (*earth*) so your infant can enjoy its beauty for years to come. The vibrant illustrations will catch your infant’s eyes which also promotes visual development!



## Cognitive Development: Here’s An ‘Ano’ano!

Pairing hand symbols with the lyrics to a short rhyme or chant supports your infant’s comprehension and memory skills. Use the tune, “I’m a Little Teapot,” and turn this rhyme into a fun fingerplay mele (*song*). Sing, “Here’s an ‘ano’ano (*seed*) in the dark. Up comes the warm sun, yellow and round. Down comes rain showers, wet and slow. Out comes ‘ano’ano (*seed*) grow, grow, grow!” Your infant may attempt to mimic your hand movements by shaking her arms and wiggling her fingers. Repetition is key for your infant’s development so hana hou (*one more time*)!



## Playful Parenting: Water the Grass and the Toes!

Scooping and dumping is a play activity that develops your infant’s hand-eye coordination. Practice this skill by taking a small bucket and various sized recycled food containers outside to water the plants. While she is enjoying using the containers to scoop and dump, role model how water dumped slowly shows mālama (*care*) for delicate pua (*flowers*) and how dumping water quickly is maika’i (*good*) for flat patches of grass. Add in some giggles and take turns dumping water slowly and quickly over both of your manamana wāwae (*toes*)!



# Toddler Activities (12-24 Months)

## Social-Emotional Support: Lei Po'o

Making a lei with your toddler connects you both to the 'āina and also deepens your relationship. Have your toddler kōkua you in making a simple twisted ti leaf lei. Collect leaves together and don't forget to mahalo the plant! Then cut along the spine of the leaf and split it into two strips. Wrap the strips of ti leaf in wet paper towels and microwave for 2 minutes until they are soft. Your toddler can hand you the strips while you tightly twist the leaves together. While you work side by side, highlight your favorite 'ohana traditions and rituals!



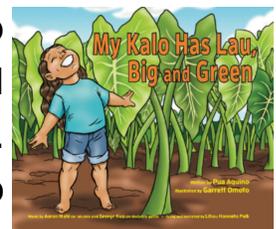
## Cognitive Development: Mason Jar Composting

Composting takes scraps of food and turns it back into nutrient rich soil for more plants to grow! Turn composting into an engaging toddler science activity! Work with your toddler to layer dirt, grass clippings, shredded paper, fruit and veggie scraps in a glass jar until mostly full. Add 1 cup of water to the jar. Poke holes in the lid and seal shut. Sit the jar outside and observe the contents turning into nutrient rich soil over the next few weeks! Have your toddler use the soil to plant 'uala (sweet potato), a hearty plant that produces vibrant poni (purple) food!



## Playful Parenting: Huki I Ke Kalo!

Kalo is much more than a food source to Native Hawaiians. Kalo represents the past, present and future of 'ohana. The word 'ohana is derived by the baby shoot of the kalo, named 'ohā. "My Kalo Has Lau, Big and Green" is a playful spin on how to care for and enjoy kalo as an 'ohana. After you read the book, pretend to be the kalo and have your keiki tug on your arms to try pull you up. Together say, "Huki i ke kalo" (pull the kalo)!



# Preschooler Activities (24-48 Months)

## Social-Emotional Support: Mālama I ka 'Āina

In order to Mālama I ka 'Āina (*care for and nurture the land*), your keiki must build a personal relationship with the 'āina. One way to do this is by kicking off those slippers! Having your keiki's bare feet wiggle and rest on the ground allows him to cue in to his senses. Explore the layers of texture and temperature when sifting through the soft ground. Exposing your keiki's bare feet to the 'āina gives him the unspoken connection that 'āina will mālama him if he is alaka'i (*a leader*) in caring first.



## Cognitive Development: Comparing Lau

When your keiki finds similarities and differences in objects, he is using beginner science skills! Gather a collection of lau (*leaves*) from your yard and scramble the lau in a large pile. Then challenge your keiki to pull out which lau are similar. Ask your keiki open-ended questions that explain his thought process. Ask, "What made you group these lau in this pile?" or "How did you know these lau had bumpy sides to them?" These types of thought provoking questions draw on your keiki's ability to kilo (*examine and observe*).



## Playful Parenting: Farm-To-Table Pretend Play

Give your keiki the role of head chef and design simple chef hats out of paper for both of you! Then visit a local farmer's market or a friendly neighbor with a garden and produce to share. Have your keiki chef choose fruits and veggies that look ready to bring home to eat. Once home, have fun being creative on how to prepare and serve the produce. Help your chef keiki peel, slice, or chop the fruit or vegetable and then arrange it on a plate. Be mindful of safety as you teach your keiki how to safely handle any sharp utensil. Maika'i (*congrats*)! Your keiki just made a farm-to-table connection in a fun and playful way.

