



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

Start this new year encouraging keiki's kindness and helpfulness by developing the "habit" of noticing their actions. When we notice in order to encourage keiki, it is accepting them for who they are and being fully present for them. By doing so, you are helping keiki to build self-awareness and learn the skills necessary to be successful in life. Practice the three noticing statements below the next time you see keiki showing acts of kindness and helpfulness.

LE'ALE'A

Home play activity that promotes learning

MAKA KILO



MATERIALS

- 2-Toilet paper rolls
- 1-Clothes Pin
- 1-Rubber Band
- 1-8.5x11 in. white paper
- Markers
- Glue stick
- Scissors

DIRECTIONS

- Fold paper in half top to bottom. Cut the paper in half along the fold line.
- Glue a half sheet of cut paper over each paper roll.
- Have keiki decorate each paper roll using markers.
- Place a clothes pin between the decorated paper rolls.
- Secure the clothes pin by placing the rubber band over the two paper rolls to make your maka kilo (binoculars).



Tūtū Mana'o

Try this with your 'ohana

3 Noticing Statements

1. Basic Noticing

(Acknowledge without judgement)

"You did it!"

2. Noticing to Encourage

(Describe in detail what keiki did)

"You did it! You carried the bucket all by yourself."

3. Noticing to Encourage Kindness and Helpfulness

(Describe keiki's impact on others)

"You did it! You carried the bucket all by yourself. That was helpful. Mahalo!"

KE OLAKINO MAIKA'I

Ways to keep your 'ohana healthy

Kilo i ka manu (observe the bird) is a fun hobby that allows you to connect with keiki while being outdoors. Pick a place to kilo i ka manu; it could be in your back yard or on a hiking trail nearby. As you kilo i ka manu with keiki, take in a fresh breath of air and hone in to all of your senses. Ask keiki, "can you hear the manu singing?" or "can you see the manu in the tree?" When you kilo i ka manu, you are using your senses to stimulate your brain in healthy ways. Scan the QR code and see if there is a bird trail nearby! Have keiki use their maka kilo to kilo i ka manu.

CAN YOU FIND
AN 'ELEPAIO?



Kilo i ka manu

KO'U KAIĀULU

Community Resources for your 'ohana

Community gardens are a great resource for 'ohana to build strong connections within their community. Volunteer with keiki at a community garden near you and māla laulima (garden work). If you are unable to locate a community garden near you visit a local farmer and ask if you can māla laulima. When you māla laulima you are teaching keiki the importance of mālama i kā 'aina by placing your attention and value on the outcome. Keiki will soon notice how mālama i kā 'aina returns the favor as a nutritious meal!



MĀLA
Laulima

MANAWA 'AI MĀMĀ

Snack recipe for the entire 'ohana

DIRECTIONS

- Slice kalo root into even, thin slices (use a mandoline slicer if you have one available).
- Place slices on two baking sheets lined with parchment paper.
- Brush each slice lightly with olive oil.
- Preheat oven to 400 °F and bake for 20 minutes until edges are crisp.
- Season with salt as desired

INGREDIENTS

- 1 lb Kalo (taro) root peeled
- Olive oil for brushing
- Kosher or Hawaiian Salt, to taste



PARTNERS IN DEVELOPMENT
FOUNDATION

Kalo Chips



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