



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

The Makahiki season was a time of maluhia (peace). The 'āina (land) rested, wars stopped, and goodwill was honored. Hawaiians would offer a ho'okupu (gift) to symbolize maluhia even if there was pilikia (trouble) amongst them. Think about how your 'ohana can show maluhia to others. You can make a shaka sign to convey your aloha spirit while driving on the road. You can also model maluhia during playtime by joining keiki on a peaceful holoholo ka'aahi (train ride). 'A 'ohe lokomaika'i i nele i ke pāna'i (No kind deed has ever lacked its reward).

LE'ALE'A

Home Play Activity that Promotes Learning

Join keiki in conducting a peaceful holoholo ka'aahi (train ride). Find recyclable items around your home such as; large boxes, containers or chairs. Line up the items to form a ka'aahi. Have keiki be the alaka'i (conductor) and check in 'ohana passengers. Make sure the alaka'i is on the correct alahao (railroad track) by being keiki's lima 'ākau (dependable helper). Switch roles and observe keiki's social skills flourish with this le'ale'a (playful) role-play. Scan the QR code below and listen to train sounds while you are on your holoholo ka'aahi.



HOLOHOLO KA'AAHI

Tūtū Mana'o

Try this with your 'ohana

Kalaiwa me ke

ALOHA

As the holidays approach, remember to kalaiwa me ke aloha (drive with aloha).

Showing a shaka sign to someone conveys the aloha spirit that we share in Hawai'i. The next time you drive, show a shaka when someone allows you to go ahead of them.

Encourage keiki to kalaiwa me ke aloha and practice showing a shaka together. Keiki will not only share their aloha but develop their fine motor skills!

Make a Fist



Extend Thumb



Extend Pinky



SHAKA

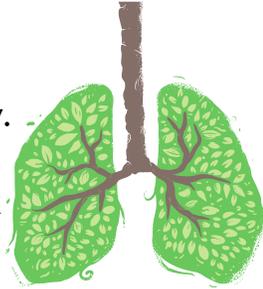


KE OLAKINO MAIKA'I

Ways to Keep Your 'Ohana Healthy

ALOHA
the breath of life

Aloha means much more than saying "hello and goodbye." It comes from the word hā, the "breath of life." Hawaiians knew that nature is where ola (life) begins and took time to aloha 'āina (love the land) daily. Spending time outdoors improves your mental and emotional clarity and keeps your body strong. When we aloha 'āina, the 'āina gives back to us. Practice aloha 'āina with keiki and prioritize spending at least 15 minutes a day outside. Encourage keiki to kick off their *slippahs* and feel the grass and dirt between their toes. When you pick a leaf off a tree, don't forget to give your aloha back and say with keiki, "Aloha i ka 'āina no ko'u hā" (Love to the land for my breath of life).



KO'U KAIĀULU

Community Resources for Your 'Ohana

Hawaiians were pa'ahana (hard working) and prepared an imu kaiāulu (community imu) together. They dug a pit, placed meat and vegetables in the imu (underground oven), then stacked pōhaku (stones) over the food so it would kālua (bake) until it was ready to share. Today,

many people continue this traditional Hawaiian cooking method during the holidays. Check-in with your local school or church to see if you can contribute or participate in your imu kaiāulu. You can kōkua (help) by gathering pōhaku (rocks), banana stumps, or adding vegetables from your 'ohana garden. If you are planning to prepare an imu, remember to notify your local Fire Department and dig your imu where the fire is unable to accidentally spread. If you want to see how a traditional imu is made, then scan the QR code and see how a kaiāulu comes together to preserve this Hawaiian tradition.



MANAWA 'AI MĀMĀ

A Snack for the Entire 'Ohana

Ingredients:

- 1 lb ham, cut into cubes;
- 1 pineapple, cut into cubes

Guava Glaze:

- 1 cup guava jelly
- ¼ cup apple cider vinegar
- 6 tbsp dijon mustard

Directions:

- Prepare your grill to medium heat.
- In a bowl, combine the guava glaze ingredients together.
- Thread alternating pieces of pineapple and ham onto wooden or metal skewers.
- Grill the loaded skewers for 8-10 minutes, basting with the glaze and turning frequently.

Grilled
**HAM &
PINEAPPLE
KABOBS**

Paleo Leap

