**TŪTŪ MANAʻO**

**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’aaahi (train ride). ‘A ‘ohe lokomaika’i i nele i ke pāna’i (No kind deed has ever lacked its reward).

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**LEʻALEʻA**

**Home Play Activity that Promotes Learning**

Join keiki in conducting a peaceful holoholo ka’aaahi (train ride). Find recyclable items around your home such as; large boxes, containers or chairs. Line up the items to form a ka’aaahi. 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’aaahi.

**HOLOHOLO KAʻAAHII**
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 ʻāina (love the land) daily. Spending time outdoors improves your mental and emotional clarity and keeps your body strong. When we aloha ʻāina, the ʻāina gives back to us. Practice aloha ʻāina 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 ʻāina no koʻu hā" (Love to the land for my breath of life).

Hawaiians were paʻahana (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.

**Grilled Ham & Pineapple Kabobs**

**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.