



Ke Ao Lono

The monthly newsletter of Ka Pa'alana
A Program of Partners in Development Foundation

WHAT ARE YOU WEARING?

By Kathy Fong

Last month we started a new topic to study together – Clothes! At first, you may wonder why children would “study” this; it is so mundane and uneventful. But is it? Yes, and no.

We might not give clothing a second thought. It is something we use every day. But when you think about it, there is much to wonder about clothes. For keiki, clothes can spark the imagination and take them into

worlds both near and far. Playing dress-up is something many children enjoy doing. Beyond that, questions such as, “What different types of clothes are there?”, “How do you take care of clothes?”, “Could I make my own clothes?” might be worth exploring.

There is so much more to clothes than meets the eye! So much to learn about and be creative with. Let’s see what our keiki do with this study as they explore the fun world of clothes.



EXPLORING CLOTHES

By Nessa Banas

What do you call the things that you wear to cover, protect, or decorate your body? You are right! They are called clothes.

Our preschool explored what we know about clothes. We investigated the different features and discussed the various sizes of clothes we wear daily.

Our keiki created self-portraits by looking in the mirror and describing the clothes they were wearing. Some created a representa-

tion of themselves and made a puppet from a lunch bag. Some lied down on butcher paper and had their caregivers trace them. Other keiki tried to copy their clothes by coloring, painting, and using materials from our creation station.

We celebrated the holidays and learned how to stay healthy during our field trip at Ke’ehi Lagoon. Our families had so much fun during the field trip. Happy Holidays!



KUMU KUKUI

By Pua Aquino

Aloha mai kākou!

“Mālama i ke kai,”
 “Take care of the ocean,”
 and “Mālama honua,”
 “Take care of the world,”
 these are a couple
 examples of phrases
 people may have heard
 from time to time.
 However the concept of
mālama goes far beyond
 just the idea of taking
 care of something be-
 cause the word *mālama*
 also implies that the

person doing the action
 is a steward over
 something. Many of us
 were given this gift when
 we became a parent. As
 parents, we are
 entrusted with the
 responsibility to *mālama*
 the keiki in our lives. We
 have the opportunity to
 take care of people who
 will have the biggest
 impact on this world, our
 keiki. Along with caring
 for the places we live, we
 should also be



demonstrating how to they have been given
 care for people. How can but to also *mālama*
 we teach our keiki to not *kekahi i kekahi*, or to
 only *mālama* the things care for one another?



By Maria Cueva

Are you planning to make a resolution in the new year? Here’s how to identify the right resolution and create a plan to reach it. You’ll give yourself your best shot at achieving your goal if you set a goal that’s doable and meaningful. We call this a S.M.A.R.T. goal. S.M.A.R.T. is an acronym for Specific, Measurable, Achievable, Relevant and Time-bound.

- ⇒ **Specific.** Your resolution should be clear. Being specific helps you know exactly what you want to achieve.
- ⇒ **Measurable.** Your resolution needs to be measurable. Having a measurable resolution may seem obvious if your goal is related to fitness or weight loss, but it’s also important if you’re trying to cut back on something.
- ⇒ **Achievable.** An achievable resolution doesn’t mean that you can’t have big stretch goals. But trying to take too big a step too fast can leave you frustrated or affect other areas of your life to the point that your resolution takes over your life.
- ⇒ **Relevant.** Is this a resolution that really matters to you? And are you making it for the right reasons?
- ⇒ **Time-bound.** The timeline you set for reaching your resolution should be realistic, too.

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