



TŪTŪ TIMES

A NEWSLETTER FOR TŪTŪ AND ME TRAVELING PRESCHOOL

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HO'OMALU
ULU LĀ'AU
Protect our Forest

TŪTŪ MANA'O

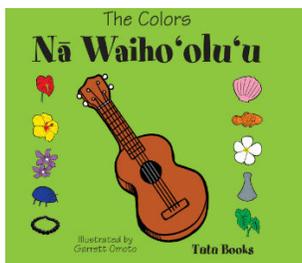
Tips on being your keiki's first teacher

In Hawai'i, it is common to remove our shoes before entering someone's home. This practice is a gesture of aloha and keeps dirt and germs outside. We must give the same approach of aloha and respect to our native Hawaiian forests. Teach keiki to

ho'omalulu lā'au (protect our forest) by cleaning off their shoes before entering an area with native lā'au. When you notice a boot brush station at a park or trailhead, show keiki how to brush off their shoes while singing Nā Waiho'olu'u (color) mele (song). The boot brush station prevents the spread of invasive species and diseases. Singing this playful mele while you clean ensures you have given enough time to brush off the germs. As keiki learn to ho'omalulu lā'au, they are also practicing mālama i nā lā'au (care for plants). It is our kuleana (responsibility) to instill these values in keiki so they can continue these practices for future generations.

LE'ALE'A

Home play activity that promotes learning



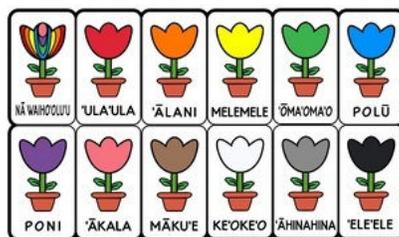
Ancient Hawaiians used many parts of lā'au (plants) to dye their kapa (cloth). The lau (leaf), mole (root), pua (flower), hua li'ilii (berry), and hili (bark) all contributed to the variety of nā waiho'olu'u found on traditional kapa pieces. Collect

different parts of lā'au from your home or your garden. Look for lā'au that have the colors green, red, yellow, blue, orange, and pink. Remember to mahalo the lā'au as you collect from the 'āina (land) and never take more than you need. Scan the QR code below and sing along to the mele "Nā Waiho'olu'u" with keiki while rubbing each part of the lā'au onto a piece of white material such as a pillowcase, a sheet, or a t-shirt. Ask keiki, "What colors do you see on your cloth?" Read books such as "Nā Waiho'olu'u" as another way to help keiki learn their colors. Enjoy teaching keiki colors in English and 'ōlelo Hawai'i.

NĀ WAIHO'OLU'U MELE



THE COLOR SONG



www.teacherspayteachers.com

Tūtū Mana'o

Try this with your 'ohana

Mālama I Nā Lā'au



No boot brush station? Mālama i nā lā'au and prepare to clean your shoes before entering

an area that is home to native lā'au. Clean a pair of shoes with keiki by following these easy steps:

- Brush off dirt from the outside of your shoes with a dry scrub brush or toothbrush.
- Spray the outside of your shoes with 70% alcohol.
- Wait for 15 seconds to dry.

Scan the QR code and enter one of Hawai'i's ulu lā'au. Learn the significance of each lā'au to the Hawaiian people and their culture. Talk with keiki about the lā'au that is familiar to you and your 'ohana.



KE OLAKINO MAIKA'I

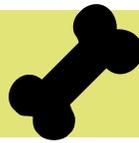
Ways to keep your 'ohana healthy



Nalo Meli Maoli (Hawaiian Yellow-faced Bee) is also called the "Hawaiian Pollinator." These bees play a critical role in pollinating plants that provide us with healthy nourishment. Due to climate change and invasive species, Hawai'i has seen a sudden decline of Hawaiian Pollinators across the islands. It is our kuleana to help bees thrive. Your 'ohana can kōkua (help) by adding pollinating plants to your home garden. The Nalo Meli Maoli thrives on lā'au kama'āina (native plants) such as the 'Ōhi'a Lehua, Naupaka, and Koki'o 'ula. These plants help our Hawaiian Pollinators consume nectar that will allow pollination to happen. Visit a local nursery in your community and find out what lā'au kama'āina are available. Let's "Bee the Change" and mālama (take care of) our Nalo Meli Maoli so they can continue to mālama i ka 'āina (take care of our land).



*Mālama
Holoholona*



KO'U KAIĀULU
Community Resources for your 'ohana



Without clean and flowing streams in the ahupua'a (land from the mountain to the sea), native plants and animals can not survive. An animal sanctuary plays the role of an ahupua'a for animals left abandoned, mistreated, sick or in need of rehabilitation. Without kahu holoholona (animal keepers), these animals would not have a place to heal and thrive. Visit an animal sanctuary in your community and hear a mo'olelo (story) of an animal there. These experiences help keiki learn empathy, kindness and the importance to mālama holoholona (care for animals). When keiki has opportunities to mālama holoholona, they develop a sense of kuleana. If your 'ohana is looking to adopt a pet, a local animal sanctuary is a great place to do so. Remember you are not only supporting local kahu holoholona but you are helping an animal find a "forever" home!

MANAWA 'AI MĀMĀ

Snack recipe for the entire 'ohana

Māmaki is a native Hawaiian plant found only in Hawai'i. The entire plant can be used for many purposes. Māmaki leaves can be brewed into a caffeine free tea, and the berries can be used for medicinal purposes. Hawaiians also used the bark from the māmaki to make kapa clothing and blankets.



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FRESH Māmaki TEA

Directions:

- Harvest 3 large māmaki leaves for 5 cups of water.
- Slice each leaf into slivers and place them into a teapot or tea cup.
- Boil water, then pour it over the māmaki leaves.
- Allow the tea to steep for about 10 minutes, then strain it.
- Enjoy with honey or lemon.