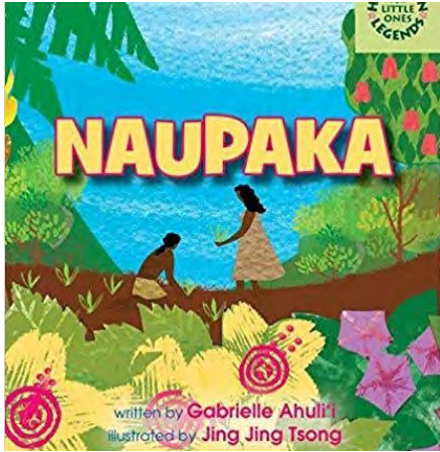


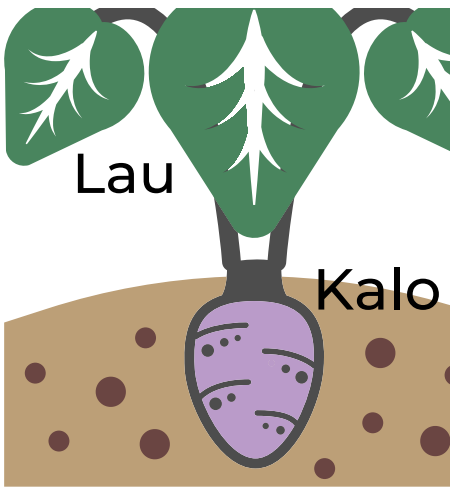
# Plants and our Environment Infant Activities

## Social-Emotional Support: ‘Āina Sound Bath



Time in nature can support your infant's emotional development. When your infant is upset, try an ‘Āina Sound Bath. Cuddle on a blanket outside and point out the calming sounds of the ‘āina, e.g. the swoosh of the makani (wind), rustling lau (leaves), or trickling wai (water). As your infant settles into your arms, read "Naupaka" by Gabrielle Ahuli'i. Your infant will hear a loving mo'olelo (story) about an emotional connection through the ‘āina.

## Cognitive Development: Kalo Sensory Stacking



Infant sensory play encourages cognitive development. Upcycle boxes to make sensory kalo (taro) blocks. Draw a kalo corm on a box and lau (leaves) on another box. Fill the boxes with bells or noisemakers and secure them with clear tape. Kōkua (Help) your infant and stack the blocks to make a kalo plant. Encourage them to look at the pictures with their maka (eyes), feel the textures with their lima (hands), and listen to the sounds with their pepeiao (ears). Your infant is using their senses while being introduced to parts of a kalo.

## Playful Parenting: It's Raining Pua!



Play is a wonderful time to learn more about your infant! Sing "It's Raining. It's Pouring" while your infant lays on their back. Drop a few pua (flower) petals over their belly when the song ends, ensuring they stay out of your infant's mouth. Hana hou (repeat) if your infant smiles or kicks their legs. If your infant cries or looks away, they may be overstimulated and need a break. Following your infant's cues helps distinguish them as the special individual they are!

## Plants and our Environment Toddler Activities

### Social-Emotional Support: Mālama ‘Āina Bracelet

[Meaningfulmama.com](http://Meaningfulmama.com)



When toddlers mālama i ka ‘āina (care for the land), they are introduced to the emotional connection many Hawaiians feel in nature. Show your toddler how to pull away weeds in your yard. After you are pau (finished), make a mālama i ka ‘āina bracelet together. Wrap clear mailing tape (sticky side out) around your toddler's wrist and stick the lā‘au (leaves) you collected from the activity below to the bracelet. Put words to how you feel when you mālama i ka ‘āina. Say, "I feel ha‘aheo (proud) when I pull weeds. Your smile looks hau‘oli (happy)!"

### Cognitive Development: Colors of the Lā‘au



Toddlers are learning how to match colors to objects. Use various markers to color in the bottom section of an egg carton. Play the Hawaiian Color Song and learn color names in ‘ōlelo Hawai‘i (Hawaiian language) while you color. Click here: <https://youtu.be/yRFsYEH7ZUc>. Take your carton outside and collect colored lā‘au (plants) together. Match the lā‘au to the colors on the egg carton. Using natural resources to learn allows your toddler to see the natural world in a colorful way!

### Playful Parenting: Keala Up the Kumu



Hawaiians would keala (climb) up a kumu (trunk) to develop strength and coordination. Find a sturdy kumu for you both to keala. Support your toddler's body as they use their hands and feet to wiggle up the trunk. Remind them that you are there to kōkua (help) when they need you. If your toddler grows unsteady and falls into your arms, say, "I got you! You're safe. Let's try again!" Make it playful and keala up the kumu yourself, pretending to fall, then asking for your toddler's kōkua.

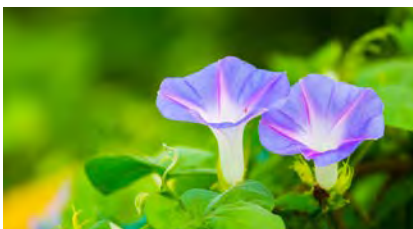
## Plants and our Environment Preschooler Activities

### Social-Emotional Support: Keiki O Ka ‘Āina



Learn about your preschooler's social-emotional development and observe how they approach new experiences. A kalo lo'i is a flooded garden where taro is grown in muddy conditions. Recreate a kalo lo'i at home with soil and water in a bucket. Encourage your preschooler to place their feet in the mud. Do they jump right in or dip their toes carefully? Ask your Keiki O Ka ‘Āina (Child of the Land) how it feels to wiggle their toes in the ‘āina! Their comfort level may range and that's okay!

### Cognitive Development: April is Lā'au Kama'āina Month



Plant lā'au kama'āina (native plants) with your preschooler in honor of Native Hawaiian Plant Month. Lā'au kama'āina has a root system made for the rain and draught of the ‘āina. Kōkua (Help) your preschooler and plant a Kupukupu (Fishbone Fern) if you live mauka (inland) or a Pōhuehue (Beach Morning Glory) if you live makai (near the beach). Teach them that plants need sun, water, and soil to grow. Preschoolers are learning the needs of living things as they mālama (care for), restore, and preserve lā'au kama'āina.

### Playful Parenting: Heluhelu Stick Rhyme



Rhymes are a fun way for your preschooler to develop phonemic awareness. Start on your front porch and sing the Heluhelu (counting) Stick Rhyme with your preschooler. Sing, "One, two, grab your shoes. Three, four, head outdoors. Five, six, collect sticks. Seven, eight, lay them straight. Nine, ten, play Heluhelu Stick Rhyme again!" As you rhyme, cue your preschooler to follow the prompts and complete the tasks. As your preschooler listens to the rhyme, they also practice following directions and counting!