WALKING WITH MY WĀWAE
Physical movement keeps our body strong and healthy. Learning to walk is a big milestone for infants! This play activity motivates your infant to practice balancing on their wāwae and walk on their own.

KEIKI DEVELOPMENT:
- Big muscle balance and coordination
- Self help skills

‘ŌLELO HAWAI‘I:
- Wāwae- Feet, foot
- Hele- To move

MATERIALS:
- Book: “Koʻu Wāwae” by Liana Honda
- Small, bright toys
- Painter’s tape

INSTRUCTIONS:
1. Read the book, "Koʻu Wāwae,” with your infant.
2. Use painter’s tape to stick small toys to a wall. Make sure the toys are within your infant’s reach.
3. Help them to hele wāwae and reach for the toys on the wall. As your infant pulls toys off the wall, they will also develop balance and coordination!
4. If your infant is not quite walking, glue strips of material or add pom pom to a pair of your infants socks. Lay your infant on the their back watch their wāwae wiggle, wiggle as they reach for those items.
At-home ʻohana activities use common household, recycled, or natural materials that set the stage for keiki-led exploration, developmental mastery, and social-emotional bonding.

**KEIKI DEVELOPMENT:**
- Sense of humor
- Identifying images

**‘ŌLELO HAWAI‘I:**
- ‘Ōpū- Belly
- ‘Aka‘aka- Laughter

**MATERIALS:**
- Book: "ʻEha Koʻu ‘Ōpū" by Kaʻōhua Lucas
- Bright colored vegetables and fruit
- Paper, crayons

**INSTRUCTIONS:**
1. Read the book "ʻEha Koʻu ‘Ōpū" with your toddler.
2. Encourage them to scribble with paper and crayons while you prepare their snack.
3. Make a smiley face from small bits of fruits and vegetables on a plate.
4. As your toddler fills their ʻōpu with the happy looking snack, draw silly images on paper to bring smiles and ‘aka‘aka to both of you. Some examples are funny face drawings, upside down people or animals with mix and match parts.

Digital storytime here!
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Healthy Living

THE SEASON OF HOʻOMAIKAʻI

Makahiki is the season to acknowledge the people, places and things that bring joy to our lives. This activity brings your preschooler a sense of hoʻomaikaʻi for all good things!

KEIKI DEVELOPMENT:
- Independent thinking
- Social connections

ʻŌLELO HAWAIʻI:
- Hoʻomaikaʻi- Gratitude
- Pāʻani- Game

MATERIALS:
- Book: "The Thankful Book" by Todd Parr
- A familiar area in your home

INSTRUCTIONS:
1. Read "The Thankful Book" with your preschooler.
2. Now it's time for a pāʻani! Have your preschooler go on a hoʻomaik’ai scavenger hunt. Items to search for:
   - Favorite picture on the wall
   - Something that is silly
   - Something that brings comfort
   - Favorite activity or toy
   - Favorite snack from the fridge
   - Something in their favorite color
   - Favorite thing to wear
   - Special book

Gather everything in a cozy area and talk about the little things that bring great hoʻomaikaʻi!

Digital storytime here!

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