

# KE AO LONO

The monthly newsletter of Ka Pa'alana



## Celebrating pets

Our short study on pets, which started in December and ended in January, was a joyful journey for our keiki as they learned about various types of pets. They started with a broad understanding of the animal kingdom and then drilled down their investigation to specific animals we keep as pets.

Learning about pets helped our keiki develop important social-emotional skills, such as controlling their excitement while gently interacting with pets, caring for the needs of their animal companions, discovering where they live, understanding their means of communication, and recognizing how much pets rely on humans for survival.

Our keiki developed empathy, responsibility, and respect, learning to appreciate the importance of kindness towards animals, understanding their needs, and discovering the value of being caretakers. This experience also encouraged teamwork and cooperation as they worked together to better understand and care for the diverse pets they encountered.



## We Love our Fur Friends

In January we concluded our restful winter break and jumped right back into our Pet Study. We furthered our investigation of our fur friends, learning about what and how they eat, how we care for them, and how they make us feel. The toddler class really enjoyed grooming the animals using all types of brushes, and the preschool class made amazing habitats for their pets.

We celebrated our study of Pets and Brushes by having a show-and-tell and gallery walk during PACT time. Caregivers and keiki shared what they learned about pets and explored with brushes in various ways, like painting with water outside, creating art with brushes, and caring for animals using brushes. We also read new books about pets and brushes at our monthly literacy day. We look forward to our “Reduce, Reuse, Recycle” study in the upcoming months.

By Lauren Somera



By Nida Otto



# Kumu Kukui



Mālama is a Hawaiian value that means to care for, preserve, attend to, and protect. Once while the staff of Ka Pa‘alana prepared an imu, Uncle Aaron Mahi reminded us to keep the area surrounding the imu cleaner than it looked when we first arrived. He said, “It should look like no one was here.” This is a great example of how to mālama what is being used.

Hawaiians have a very close relationship with the land because it is believed that if you take care of the land, it will take care of you. The same can be said of the relationship the Hawaiians had with their ali‘i, or chiefs, in old Hawai‘i. Chiefs protected their people and the people took care of their chiefs by taking care of the land that produced the food for the chiefs. The ‘ōlelo no‘eau below states this very concept.

“I kanaka nō ‘oe ke mālama i ke kanaka.”

You will be well served when you care for the person who serves you.

By Pua Aquino

## Gratitude in the New Year

As we enter 2024, some are starting their new year by reflecting on their lives and thinking about where they would like to be by the end of the year. New Year’s resolutions are an excellent starting point to prioritize your health and wellness on your terms. That may look like embracing attainable goals that don’t focus so much on overhauling your current life but make room for new routines and habits that will make you feel great about yourself.

One suggestion is to start a gratitude journal. Keeping track of things, people, and events you’re grateful for throughout the year can help you improve your mental and physical wellness. It breathes new life into us. Just a few minutes a day can make all the difference.

Remember, even if the path to reinventing yourself starts a little rocky, you can always get back on track at any time throughout the year, so don’t give up.



By Dolly Naeole

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