

# 'APELILA

(April)

## Plants and our Environment

*infant*

### SMELL THE PUA

Infants use their sense of smell to explore their surroundings. In Hawai'i, we are fortunate to have wonderful smelling nā mea kanu and pua to smell in our backyards.

### KEIKI DEVELOPMENT:

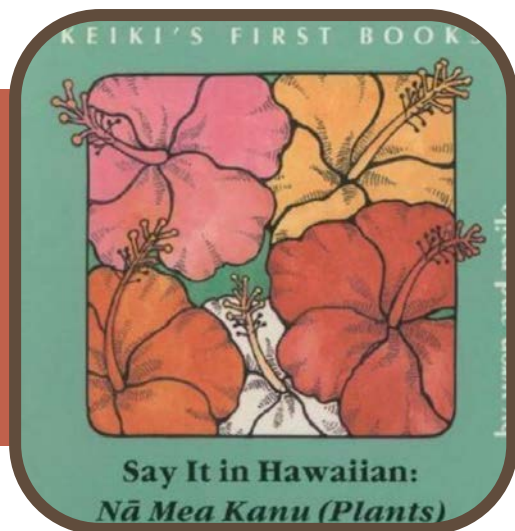
- Sensory development
- Exploration of the environment

### 'ŌLELO HAWAI'I:

- Nā mea kanu - Plants
- Pua - Flower

### MATERIALS:

- Book: "Say It in Hawaiian: Nā Mea Kanu (Plants)" by Wren and Maile



[Digital storytime here](#)



### INSTRUCTIONS:

1. Read the book "Say It in Hawaiian: Nā Mea Kanu (Plants)" together.
2. Carry your infant outside and point to the different nā mea kanu and pua you see.
3. Smell the pua and say "Mmm! This plumeria smells maika'i (good)." Allow your infant to also smell the pua.
4. Spending time exploring gives your infant a sense of safety and security to the 'āina.

*At-home 'ohana activities use common household, recycled, or natural materials that set the stage for keiki-led exploration, developmental mastery, and social-emotional bonding.*

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### toddler

## HUAKA'I TO THE FARMERS MĀKEKE

The farmer's mākeke is a great place to buy locally grown food. Use this huaka'i as an opportunity to teach your toddler about the ono hua and vegetables found in Hawai'i. E hele kākou! (Let's go!)

### KEIKI DEVELOPMENT:

- Language and literacy
- Social emotional skills

### 'ŌLELO HAWAI'I:

- Mākeke - Market
- Hua - Fruits

### MATERIALS:

- Book: "Kai Goes to the Farmers Market in Hawai'i" by Catherine Toth Fox



Digital storytime here!



### INSTRUCTIONS:

1. Read the book, "Kai Goes to the Farmer's Market in Hawai'i" together.
2. Take a huaka'i (trip) to your local farmer's mākeke. Remember your hat, comfortable footwear, and a reusable bag.
3. Invite your toddler to help pick out various hua and vegetables.
4. Label the hua or vegetable by saying, "This is a mīkana (papaya). Let's eat it for breakfast."
6. Going on a huaka'i to the farmer's mākeke is quality time together and a way to model olakino maika'i (good health).

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preschooler

### KU'I I KE KALO

Poi is a traditional Hawaiian staple made from kalo. For many keiki in Hawai'i, it is one of their first foods. Make playdough with your preschooler and ku'i i ke kalo.

### KEIKI DEVELOPMENT:

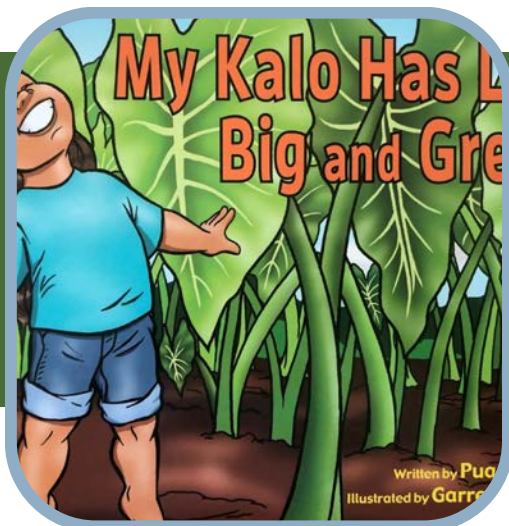
- Fine motor skills
- Recount key ideas from a story

### 'ŌLELO HAWAI'I:

- Kalo - Taro
- Ku'i - Pound

### MATERIALS:

- Book: "My Kalo Has Lau, Big and Green" by Pua Aquino
- Playdough recipe ingredients
- Something to use as a poi pounder, e.g., plastic cup or kala'au stick



[Digital storytime here!](#)



**PARTNERS IN DEVELOPMENT**  
FOUNDATION

### INSTRUCTIONS:

1. Read the book "My Kalo Has Lau, Big and Green" together.
2. Make this simple playdough recipe together (courtesy of [www.iheartnaptime.net](http://www.iheartnaptime.net)).
3. Ask your preschooler to recount the steps to make poi. Say, "What do we do first?"
4. Roll the playdough into balls together to make kalo.
5. With a safe object such as a plastic cup or kala'au stick, ku'i the kalo to make poi.
6. While your preschooler is making poi, sing "Ku'i i ke kalo, ku'i ku'i mai (Pound the kalo, pound pound)."
7. E 'ai kākou - Let's eat!

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