Ocean Life

infant

HUAKAʻI MA KE KAHAKAI
The kahakai is a large outdoor classroom. The sounds, sights, and sometimes taste offer a rich sensory experience for infants. Let's huakaʻi ma ke kahakai! (take a trip to the beach!)

KEIKI DEVELOPMENT:
- Sensory Development
- Exploration of the Environment

ŌLELO HAWAʻI:
- Kahakai - Beach
- Sand - One

MATERIALS:
- Book: "I Kahakai - At the Kahakai" by Kaʻōhua Lucas

INSTRUCTIONS:
1. Read "I Kahakai - At the Kahakai" with your infant.
2. Take a huakaʻi (trip) to the kahakai. Remember your hat, sunscreen, and a beach blanket.
3. Gently introduce your infant's feet to the one. They may not like the feeling at first. This is normal! Encourage them to wiggle their toes and say, “This is one!” How does it feel?”
4. When your infant is done exploring the one, gently dust the one off of their feet. Make it playful with a little tickle on the toes!
5. Take a breath and enjoy the fresh air!

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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MEI  
(May) 

Ocean Life

**toddler**

**HOʻOLEI ʻUPENA**

In Hawaiʻi, some lawaiʻa (fishermen) may say "E holoholo kāua" (Let's go for a stroll), without directly saying “Let's go fishing” so that the iʻa (fish) don't hear your intention. One of the ways to catch iʻa is with a hoʻolei ʻupena (thownet).

**KEIKI DEVELOPMENT:**
- Connection to our ocean
- Large motor skills

**ʻOLELO HAWAIʻI:**
- Hoʻolei ʻUpena - Thownet
- Holoholo - Go for a stroll or (fishing).

**MATERIALS:**
- Book: "Uncle's Magic Thownet” by Todd Yamashita
- Lightweight blanket

**INSTRUCTIONS:**
2. Pause while reading and help your toddler notice Uncle's Magic hoʻolei ʻupena. Point out how he is holding his hoʻolei ʻupena, and how it looks when he is throwing it.
3. Give your toddler a small blanket and pretend to throw the hoʻolei ʻupena. Place part of the blanket on their shoulder and gather the rest of the blanket with their other hand. Step forward and throw it out. Hana hou! (Do it again!) E holoholo kāua!

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**KEIKI DEVELOPMENT:**
- Fine motor skills
- Shape recognition

**‘ŌLELO HAWAI‘I:**
- Kinona - Shape
- Moku - Boat

**MATERIALS:**
- Book: "Things That Go on Water in Hawai‘i" by BeachHouse Publishing
- Recycled paper
- Writing tools, scissors, and glue.

**INSTRUCTIONS:**
1. Read the book "Things That Go on Water in Hawai‘i" together.
2. Cut out circles and squares using recycled paper.
3. Using the kinona, have your preschooler create different things that go on water, e.g., a moku or a surfboard.
4. Have your preschooler glue their kinona on plain paper.
5. Help them name and write the different things they created.
6. Next time you visit the beach, help your preschooler “nānā ka maka” and identify the different kinona they observe on the water.

**SHAPES ARE ALL AROUND US**
We rely on the ocean for so much, including things that “Go!” We can look for kinona all around us, even at the ocean. E nānā ka maka! (Look with the eyes!)

**Ocean Life**

**preschooler**

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