



## TS Gold: simple machines study

Simple machines are all around us. The slide on the playground, the scissors in the art area, and the cap on the water bottle are all examples of simple machines in children's lives. In this study, children learned about the characters that make up the six different types of simple machines and investigated how each type of simple machine helps make work easier.



## Exploring simple machines

Did you know we are constantly in contact with different simple machines daily? That is right! They are everywhere: at home, school, and playgrounds.

Last month, our keiki explored the characteristics of simple machines: inclined planes, pulleys, screws, levers, wedges, wheels, and axles. They learned about simple machines through hands-on activities like playing with ramps, cutting materials, planning and building their simple machines, and trying them out to see if they worked. They also acquired new vocabulary during the exploration.

Teaching children what a simple machine is at an early age helps them become curious about how things work around them. Talk with your keiki about simple machines at home and ask them, "How is that simple machine used, and what does it do?"





# Kumu Kukui



Welina mai kākou!

Hawai'i is known for producing some of the finest kapa in the Pacific and some say this is because they had enough time to perfect the craft. In order to have enough time to perfect something as labor intensive as making kapa, which involved soaking the bark of the wauke or māmaki plant and pounding it with a beater into a fine cloth, all the other kuleana, or responsibilities, needed to be taken care of.

Hawaiians were and many still are strong believers of the saying, "Work hard so you can play hard." They took advantage of opportunities to do things when they would be most productive, like working in the lo'i when the sun was either coming up or about to go down. Each member in the old Hawaiian community had their own responsibilities, or kuleana, and everyone helped one another to ensure the work was completed in a timely manner so there would be time to perfect crafts and enjoy leisure activities.

"Ai nō i kalo mo'a."

One can eat cooked taro.

The work is done; one can sit at ease and enjoy himself.

By Pua Aquino

## Taking care of yourself is key

May is Mental Health Awareness month and what better way to take care of your mental health than with some self-care? What is self-care? It's taking the time to do things that help you improve both physical and mental health. Taking care of your mental health can help you manage stress, lower your risk of illness, and increase your energy.

Here are some self-care tips:

- Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health.
- Eat healthy, regular meals and stay hydrated.
- Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep.
- Try a relaxing activity. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.
- Practice gratitude. Remind yourself daily of things you are grateful for.
- Stay connected. Reach out to friends or family members who can provide emotional support and practical help.



By Maria Cueva

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