

KEPAKEMAPA 2024 HOPE KE AO LONO



TS Gold: Study

Studying tubes and tunnels allows children to discover more about the tubes and tunnels they use daily. This study offers many opportunities to investigate tubes and tunnels firsthand, which helps children develop their skills in literacy, math, technology, and the art of gathering information. The investigation also allows the children to learn more about how tubes and tunnels are used and the variety of things they do in our community.

'Ohe and konela puka

We started a new study in August: Tubes and Tunnels. Tubes ('ohe) and tunnels (konela puka) are everywhere, and children use them constantly in practical and playful ways.

We started the study through exploration. Keiki learned about the characteristics of tubes and tunnels and acquired new vocabulary words like hollow, cylinder, and circumference. They sorted the tubes according to their attributes and experimented with creating tunnels using construction paper, tape, and empty boxes. They also made a variety of artwork using paper towel rolls.

The toddler class also started to explore containers for their mini-study. They had plenty of hands-on experiences where they learned how to open and close containers, and experimented with filling and emptying different containers. They had a lot of fun learning.

Let us not forget our field trip to Kids City, where the keiki and their ohana explored more tubes and tunnels. We cannot wait to discover more about this study! Next time you go out, look around. Tubes and tunnels are everywhere!



Kumu Kukui



Welina mai kākou!

Have you ever admired someone? What did you admire about them? When we admire someone, it's usually because we hold them to a high standard based on what that person is able to do or who that person is. Admiring someone can be a great motivator to be better yourself. Sometimes, the people we admire most are the people closest to us. Children often look up to their parents or caregivers because they model for them what an adult is supposed to be.

What do you think your keiki admire about you? I admire my mom's strength and perseverance. She modeled for me that I could be anything I wanted to if I worked hard at it and didn't give up. What qualities do we have as adults that we want our keiki to admire and strive for?

"He koa'e, manu o ka pali kahakō." It is the koa'e, bird of the sheer cliffs. An expression of admiration for an outstanding person. The koa'e build their nests on cliffs.

By Pua Aquino

Helping keiki overcome anxiety with deep breathing exercises

Educating our keiki about anxiety and how it affects their brains helps them understand that stress and anxiety are normal feelings when they are overwhelmed.

Teaching them deep breathing and calming their minds will prepare them for stress management as adults. Tell your keiki to relax their body and lay their hand on their stomach. Have them take a deep breath in through their nose. Hold it for the count of three. Then, have them slowly breathe out through their mouth for the count of three.

Other fun ways to practice breathing include:

- Staring at a candle flame for ten seconds, then slowly blowing out the flame like they're blowing out a birthday candle.
- Blowing bubbles in a bubble bath for younger keiki teaches them how to have fun while deep breathing.
- Flower breathing involves pretending their fist is a flower, and putting that flower up to their nose. Then, they take a deep breath, smell the flower, hold their breath briefly, and slowly breathe out.

Source: <https://www.hawaiiparentmedia.com/empowering-young-hearts-helping-children-overcome-anxiety/>



By Maria Cueva

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