

KEPAKEMAPA 2025 HOPE KE AO LONO



TS Gold: Bags & Exercise

Although bags are ordinary items that most people use every day, young children often find them intriguing and enjoy imitating how the people in their lives use them. In this study, children engaged in hands-on explorations as they discovered different kinds of bags, what bags look like, what bags can carry, what we can do with bags, and what bags are made of.

Hope Happenings

Many of us have seen our children exploring our bags, driven by their natural curiosity. In August, our toddler class incorporated bags into their play, allowing them to investigate concepts like size, design, and uses. This hands-on experience also helped them develop important skills like understanding volume and mass as they filled, emptied, and carried the bags around.

Our PACT time study on "Exercise" concluded at the end of this month. This study was both engaging and purposeful, allowing 'ohana of all ages to participate. We were fortunate to have our talented mākuā share their passions for various types of exercise and sports. During the celebration, family members joined us to share their experiences. We had the opportunity to try surfing, basketball, dancing, and other sports. Additionally, we enjoyed a delightful and delicious snack of homemade vanilla ice cream, which the keiki had to exercise their arm muscles to make. On this day, we also participated in our Hawaiian Makahiki activities. Some of the favorite games that keiki did were ulu maika (lawn bowling), kūkini (running), uma (arm wrestling), and hākā moa (standing chicken fight). Thank you to all who contributed and participated!



Kumu Kukui



By Pua Aquino

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.

Building children's resilience

Resilience is defined as the ability to withstand and recover from difficulties. While some children are naturally resilient, others need a little more help honing in on that skill. Resilience can be taught to children by having supportive relationships, age-appropriate freedom, coping skills, and emotional language. For example, parents should give their children the language to use to describe how their child is feeling. Then parents can ask children "how questions", such as, "How can we solve this," and give the child the space to come up with a solution. By walking through these steps alongside your children, you are giving them the skills they need to be resilient people.



By Tara Linhares

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