

Kūkulu Kumuhana

Mauli Ola

P U K E

K A L A

H O ' O N Ā

Keiki coloring book to promote
Native Hawaiian well-being and
harm reduction through cultural practices

Kūkulu Kumuhana Mauli Ola

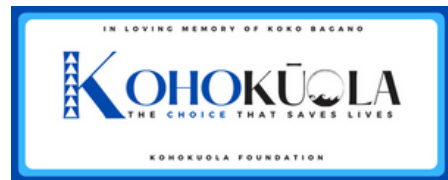
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UNIVERSITY of HAWAII at MĀNOA
THOMPSON SCHOOL
SOCIAL WORK & PUBLIC HEALTH



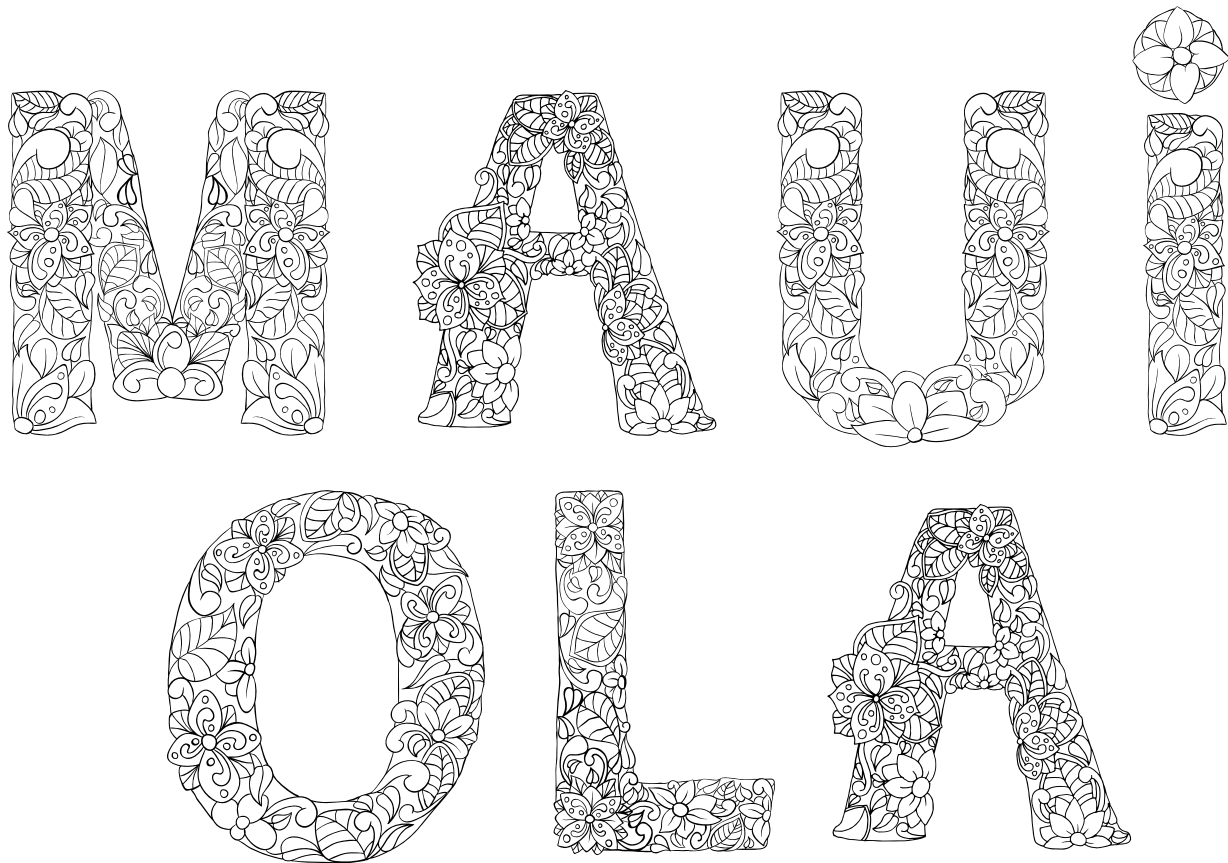
The Overdose Data to Action (OD2A) Care Coordination & Capacity Building (C3) project is funded by the Centers for Disease Control and Prevention (CDC) through the Hawai'i State Department of Health (DOH), Behavioral Health Administration (BHA), Adult Mental Health Division (AMHD).



Illustrations done by Kimo Apaka

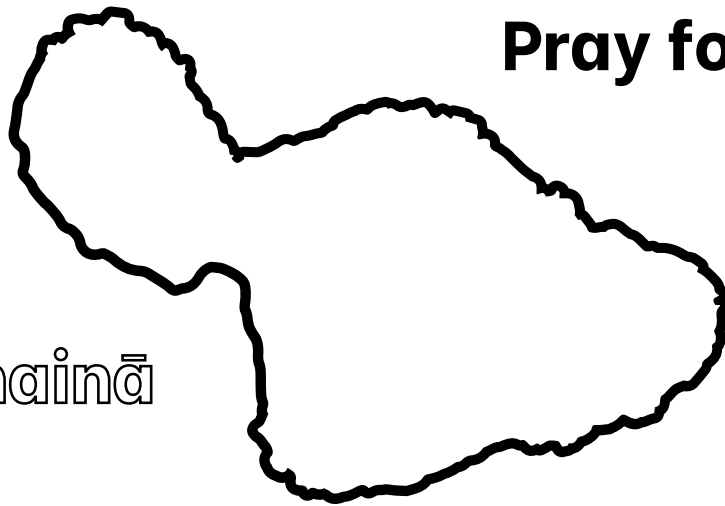
Kūkulu Kumuhana Framework of Wellbeing was developed by Lili'uokalani Trust, The Office of Hawaiian Affairs, Kamehameha Schools, Consuelo Foundation, and others.

This coloring book was developed in partnership with ALU LIKE, Inc., Papa Ola Lōkahi, and Kohokūola Foundation. Special mahalo to Kawena Bagano, Ho'āla Hou Department, and graduate student of the UH at Mānoa OD2A C3 project, who created the content of this coloring book and the Hawaiian translations, and to Malia 'Alohilani Rogers for proofreading and helping with the Hawaiian translations. Mahalo to Lilinoe Kauahikaua for helping with enhancing images and coordination of this project.



Pray for Lāhainā

E pule no Lāhainā



'Au ana ka lae o Maunauna i ka 'ino. #234

Maunauna point swims in the storm.

Said of a courageous person who withstands the storms of life.

This coloring book is designed to promote Hawaiian well-being through the Kūkulu Kumuhana Framework. The multi-dimensions of Native Hawaiian identity that promote and build on:

- Ea: Self-determination
- ‘Āina Momona: Healthy life and productive land and people
- Pilina: Mutually sustaining relationships
- Waiwai: Ancestral abundance, collective wealth
- ‘Ōiwi: Cultural Identity and Native Intelligence
- Ke Akua Mana: Spirituality and the sacredness of mana

The Kūkulu Kumuhana Framework was developed by Kānaka Maoli and others, as a model for kānaka and their ‘ohana to be used for holistic well-being with emphasis on making healthy choices for themselves, the ‘āina, and the community.

This coloring book can be used by educators to foster social and emotional learning to keiki ages 7–11 or used independently.

No parts of this coloring book may be reproduced without written permission from the publisher.

Ua haku ‘ia kēia puke kala i mea e kāko’o ai i ka mauli ola me ke kuana ‘ike Hawai‘i me ka ho’ohana pū i nā ‘ikepili o Kūkulu Kumuhana. ‘O nā māhele o ka ‘ōiwi Hawai‘i e a’o ‘ia nei ‘o ia ho’i:

- Ea: Ho’oholo a koho pono nou iho
- ‘Āina Momona: Ke ola kino kūpono o ka ‘āina a me nā kānaka
- Pilina: Nā pilina kāko’o
- Waiwai: Ka waiwai o ka lāhui
- ‘Ōiwi: ‘Ike ku’una a me ka na’au maoli
- Ke Akua Mana: Pili ‘uhane, a me ke kapu o ka mana

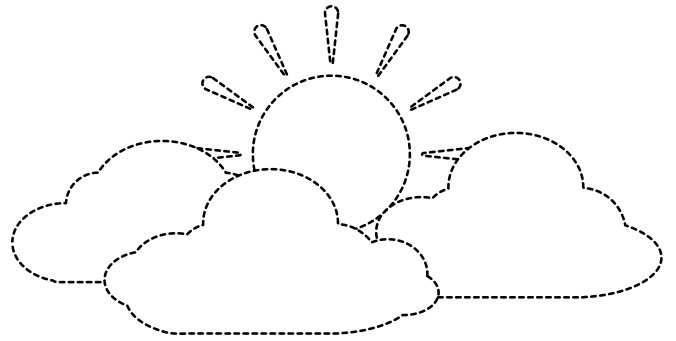
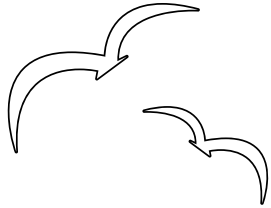
Ua ho’okumu ‘ia ke “Kūkulu Kumuhana Framework” i la’ana no nā kānaka a me ko lākou ‘ohana ma ke koho pono ‘ana no ke ola pono o ke kanaka, ka ‘āina, a me ke kaiāulu.

E ho’ohana ‘ia kēia puke kala e nā kumu a me nā mākua e a’o ana no ua mau mana’o nui, i nā keiki he 7 a i ka 11 ona mau makahiki. A na ke keiki paha e a’o iā ia iho ma kona kala ‘ana.

He kāko’o kēia puke nei i ke keiki ma ke kuana ‘ike Hawai‘i.

‘A’ohe māhele o kēia puke kala i hiki ke ho’opuka hou ‘ia me ka loa’a ‘ole i ka ‘āpono mua ‘ia mai nā mea kākau a ho’okumu ‘ia.

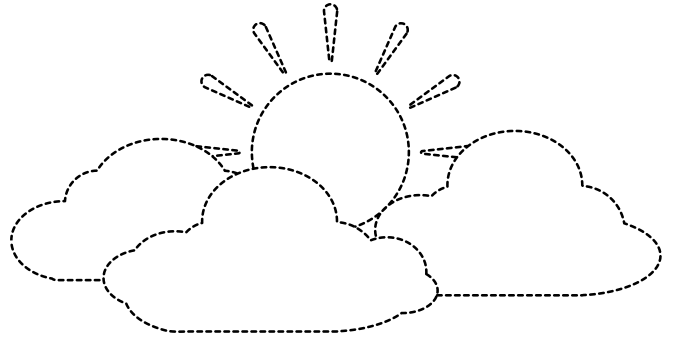
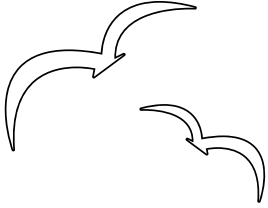
Ea is knowing who you are,
and making pono choices



Choose to enjoy doing things
you love like surfing.

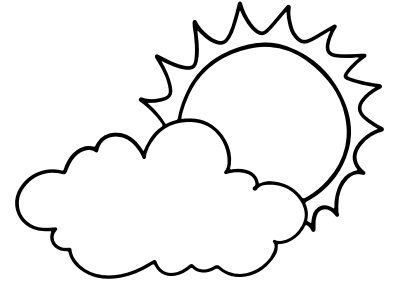
Ea

E koho pono nou iho



E nanea ma ke komo 'ana i nā
hana e hau'oli ai 'oe e like me
ka he'enalu 'ana.

Ea helps you to serve others



Make a lei for someone to
show your aloha.

Ea

E mālama aku i nā kānaka



E hō'ike i ke aloha iā ha'i ma ka
hana 'ana i lei nona.

Ea is having control of
yourself and your choices



Seek advice from an adult
when you need help with a
hard decision.

Ea

Nāu e koho i kāu mau hana



E 'imi i kōkua mai kekahi kanaka
makua ke pono ka ho'okele 'ana i
kāu mau koho.

Ea helps you to set
boundaries and make
healthy choices



Saying no to drugs and
tobacco because you want to
keep your body healthy with a
clear mind.

Ea

E ho'okumu i nā palena ola
a e koho kūpono



E hō'ole i ka lā'au 'ino a me ka puhi
paka no ka pono o kou ola kino
me ka no'ono'o mōakāka 'ana.

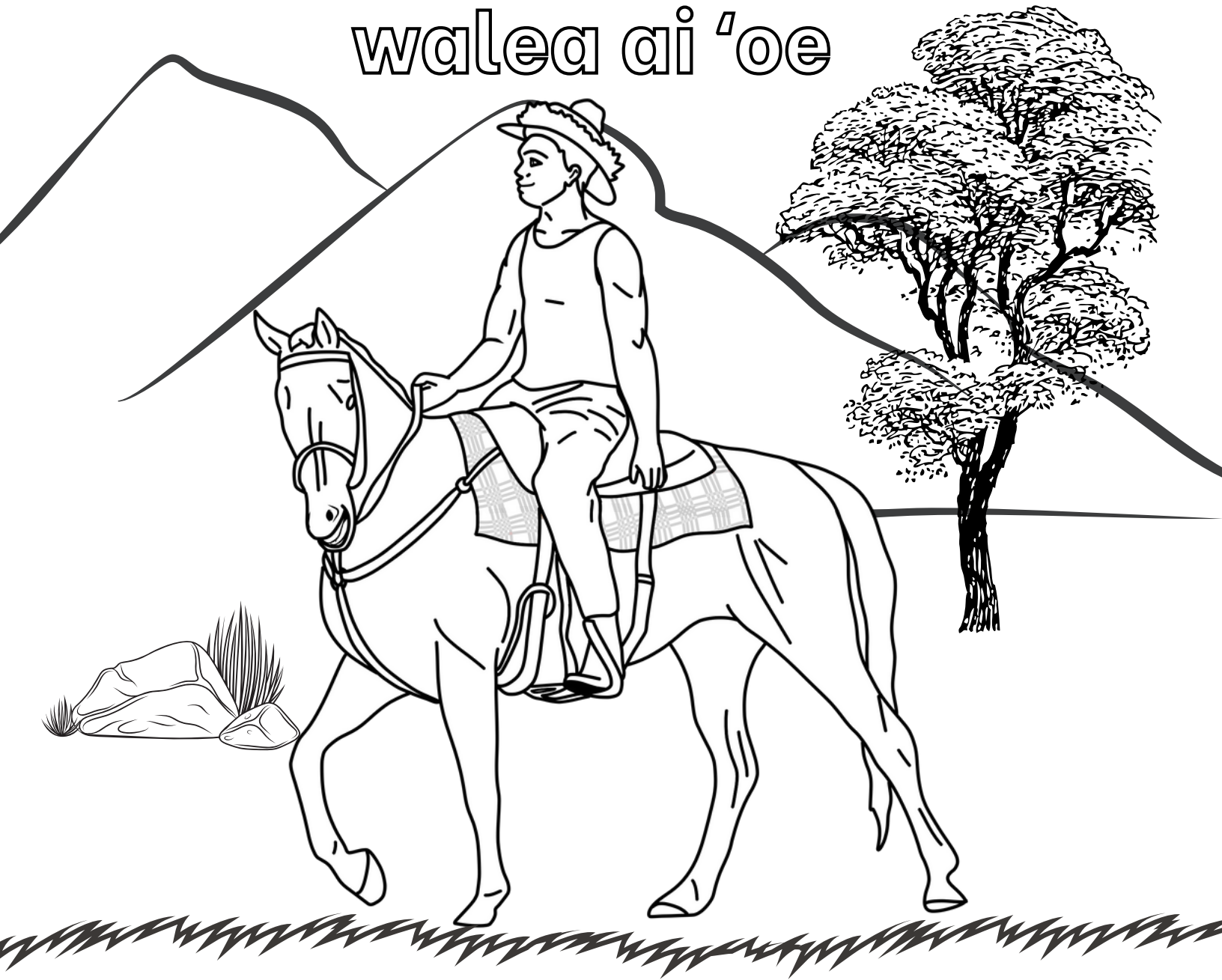
Ea means recognizing
your own strengths



Be proud of who you are!
Recognize your talents and abilities,
like horseback riding, fishing, hunting,
and drawing.
Remember, you are amazing!

Ea

Ho'omaopopo i nā hana e
walea ai 'oe



E ha'aheo 'oe iā 'oe iho! E 'ike le'a i kāu
mau kālena e la'a me ka holo lio 'oe, ka
lawai'a 'oe, a me ke kahaki'i 'oe. E
ho'omaopopo, he keiki kupanaha a keu
a ke akamai nō 'oe!

'Āina Momona is being in
harmony with nature and one
another



Learn about place names,
the wind, the rain, chants,
hula, and stories of the past.

‘Āina Momona
E lōkahi ka ‘āina a me nā
kānaka



E a’o i nā wahi pana, nā inoa o nā
makani a me nā ua, nā oli, ka hula,
a me nā mo’olelo o ka wā kahiko.

‘Āina Momona helps to
encourage healthy and
productive land and people



Spend time outside in nature
under the sun and under the sea.

‘Āina Momona

E ‘ai pono me ka mālama ‘ana i
ka ‘āina a me nā kānaka



E nanea i nā ‘ano hana ma
waho – ma ka ‘āina a me ke kai.

‘Āina Momona encourages you
to care for the land as you
would care for your ‘ohana



Spend time in the lo‘i with
your kūpuna. Listen to their
mo‘olelo or stories.

‘Āina Momona

E mālama i ka ‘āina e like me
ka mālama ‘ana i kou ‘ohana



E ho‘ohuli i ka lima i lalo a e
komo i ka lo‘i me kou kūpuna, a e
a‘o e pili ana i ka waiwai o ka
lāhui Hawai‘i.

Pilina is building healthy and helpful relationships in your 'ohana & in the community



Enjoy family gatherings with music, dancing and no drugs.

Pilina

E kūkulu i nā pilina waiwai ma
loko o kou 'ohana a me kou
kaiāulu ho'i



E nanea i ke kani ka pila a hula pū
'ana me ka 'ohana ma nā pā'ina
me ka lā'au 'ino 'ole.

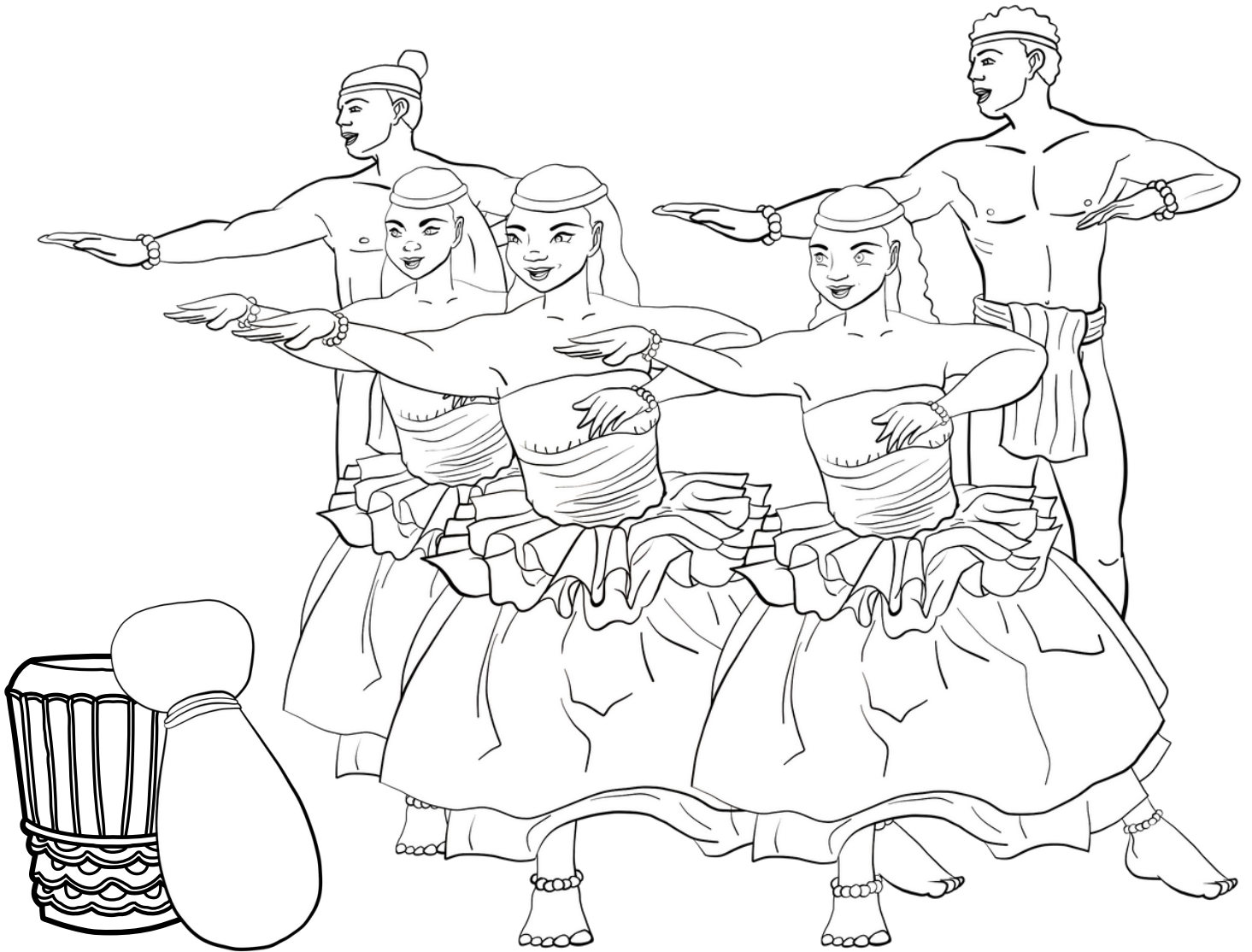
Pilina is surrounding
yourself with aloha &
supportive people



Build connections with like-
minded people by joining in
activities like hula, soccer, or
other sports.

Pilina

E launa pū me ke aloha a
me nā kānaka kākō'o



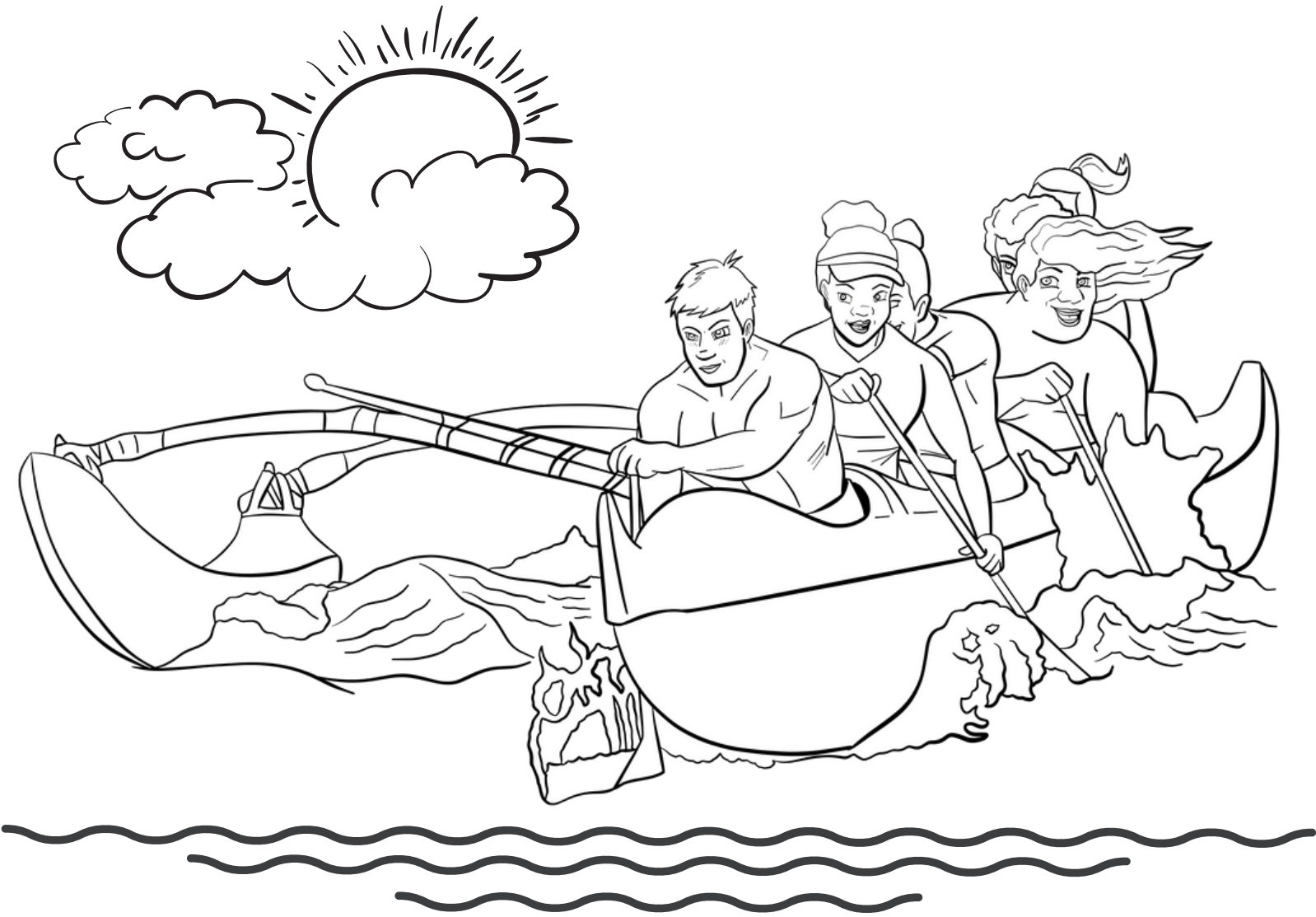
E kūkulu i nā pilina waiwai me nā
kānaka i launa like ai ka mana'o
ma ke komo 'ana i ka hula, ka
pōwāwae, a me nā ha'uki 'ē a'e
paha.

Waiwai is exploring and
taking chances



Explore new interests like
canoe paddling or a different
sport. Uplift your teammates
by telling them “Good job!”

Waiwai E ho'ā'o i nā mea hou



E ho'ā'o i nā mea hou e la'a me
ka hoe wa'a 'ana a i 'ole kekahi
ha'uki 'ē a'e paha, a e paipai
mau i nā hoa kime
“Maika'i kāu hana!”

Waiwai is seeing value in
everyday things



Be patient with yourself when
learning a new skill or sport like
archery. Focus on your progress
not perfection.

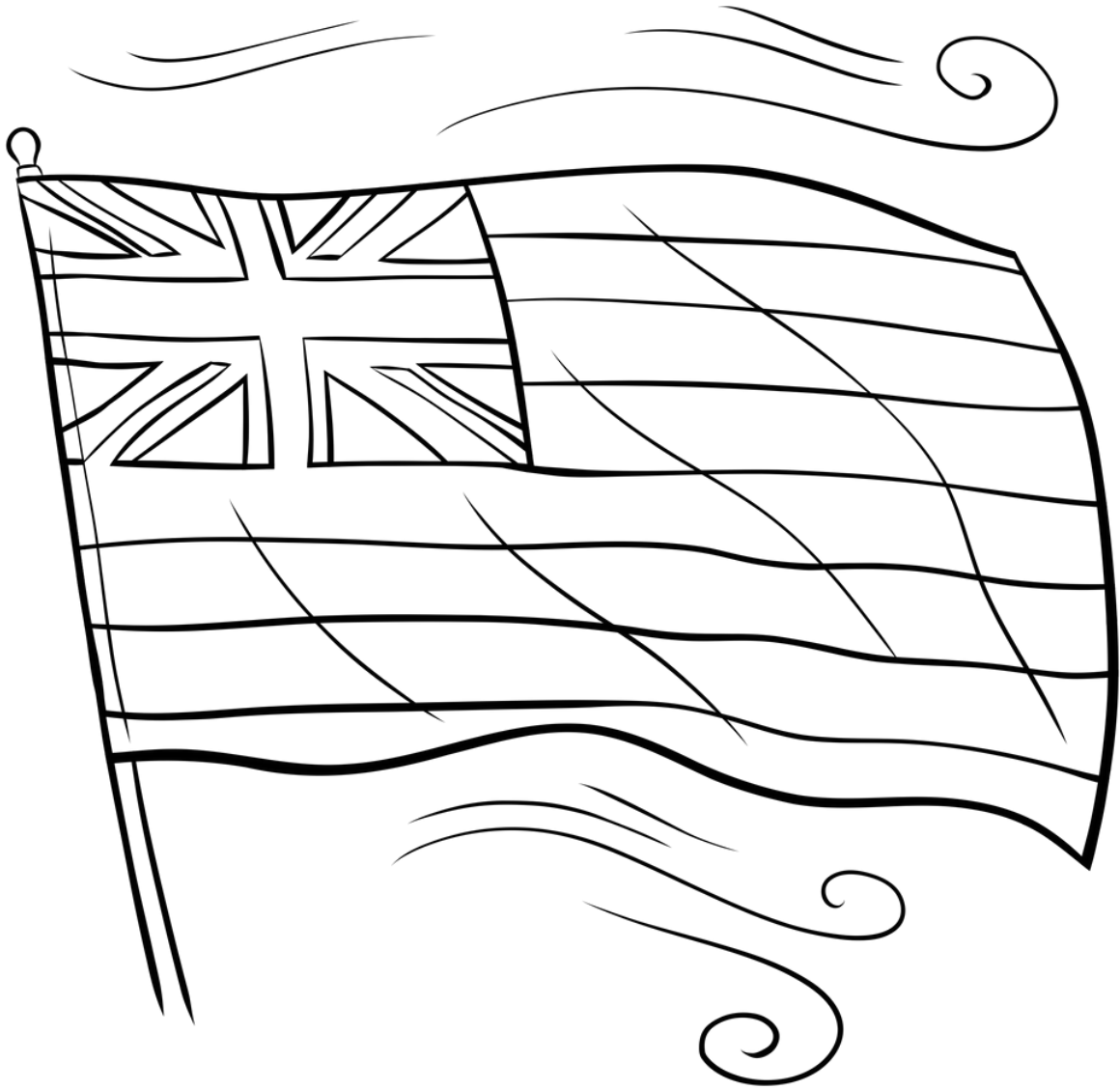
Waiwai

E 'ike i ka waiwai o nā hana
ma'amau o kēla a me kēia lā



E ho'omanawanui ke a'o 'ia kekahi
mākau hou a i 'ole kekahi ha'uki
hou. E 'imi i ka holomua 'ana, 'a'ole i
ka hana hemolele.

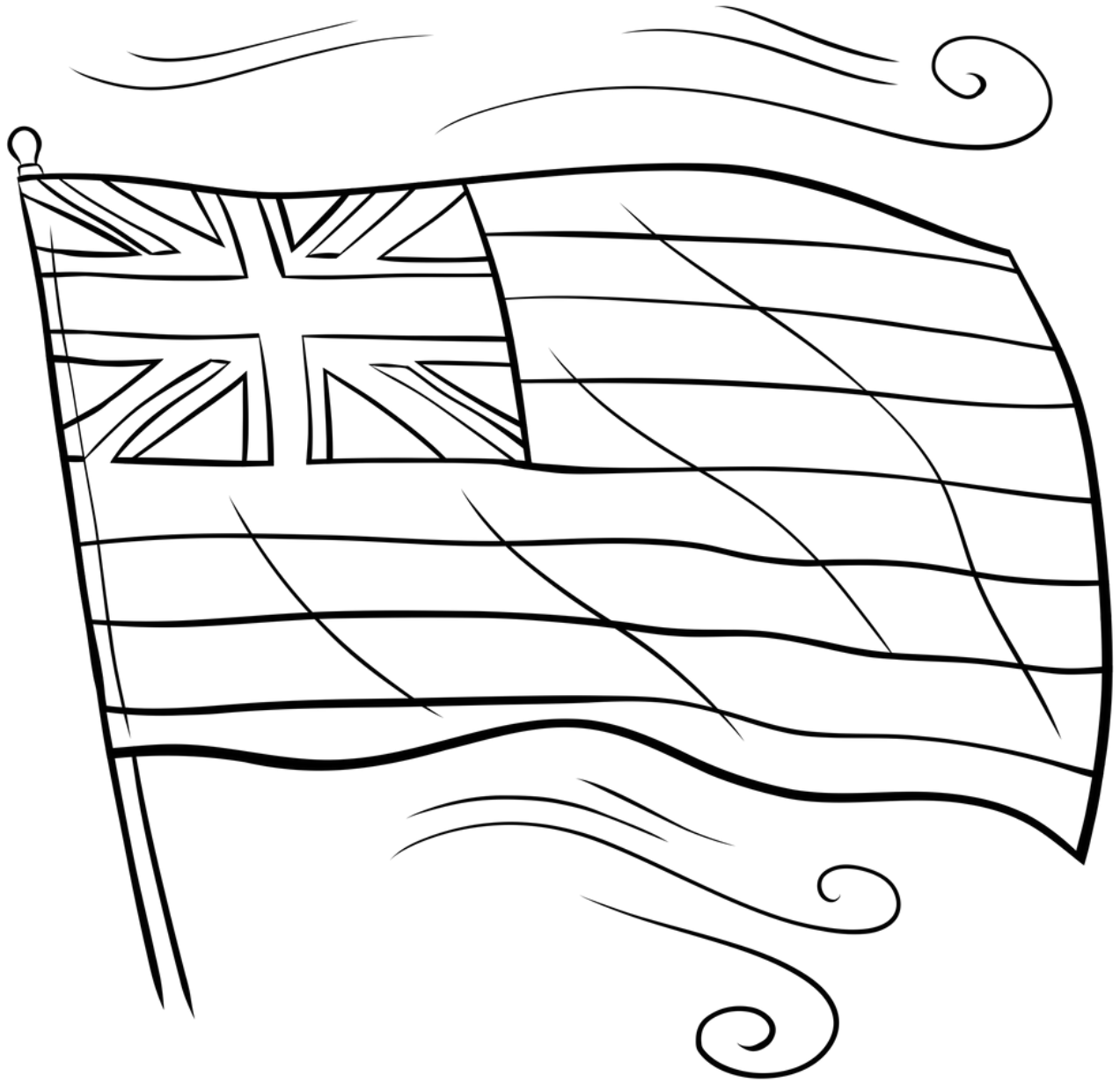
‘Ōiwi is rooted in cultural
identity or knowing who you
are and where you come
from



‘Ōlelo Hawai‘i helps you learn
your history and culture.

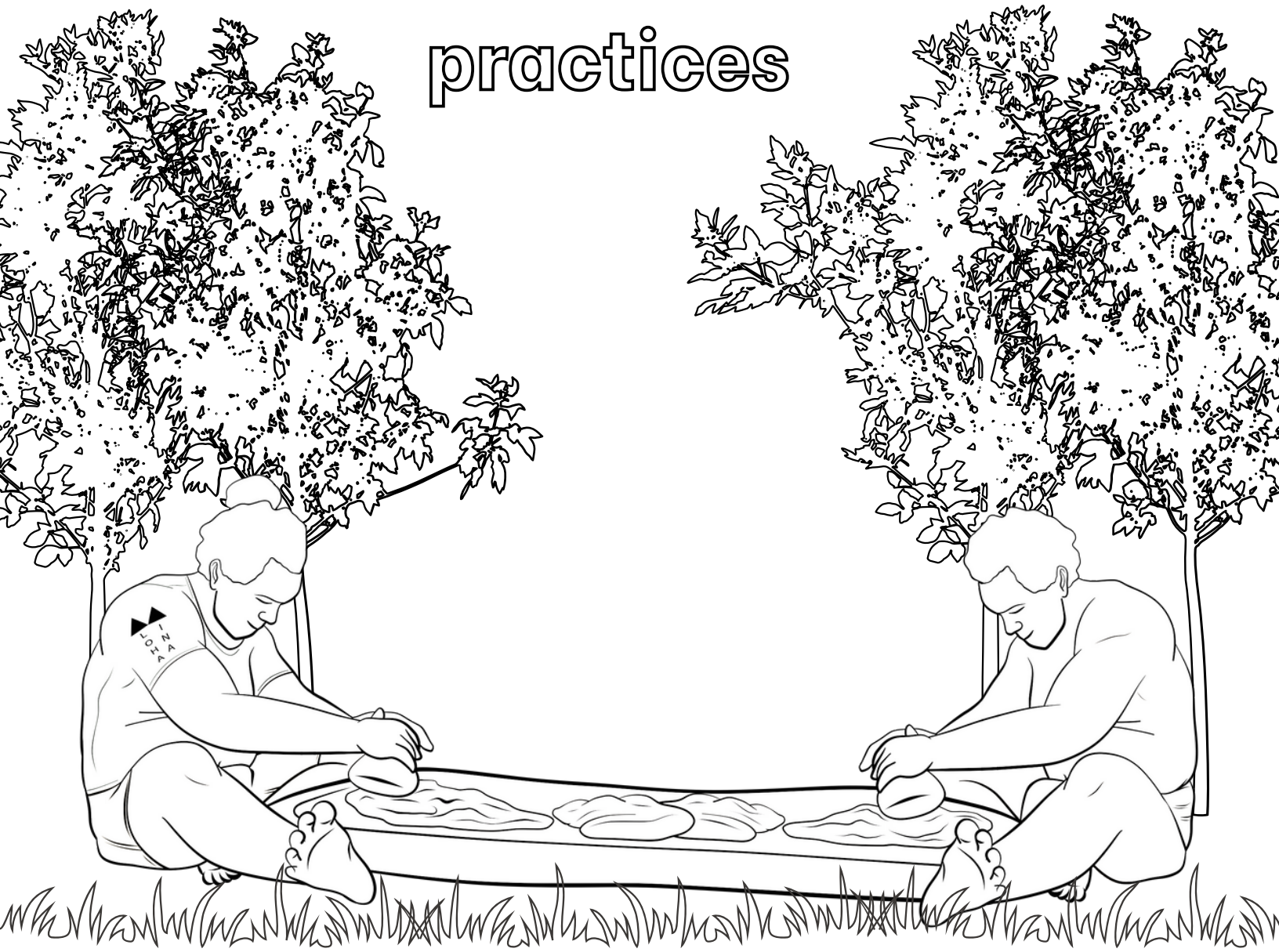
‘Ōiwi

‘A’ole nō e poina kou lāhui a
me kou kulāiwi



He kōkua ka ‘Ōlelo Makuahine i
ka maopopo ‘ana o nā mo’olelo
o ka wā kahiko.

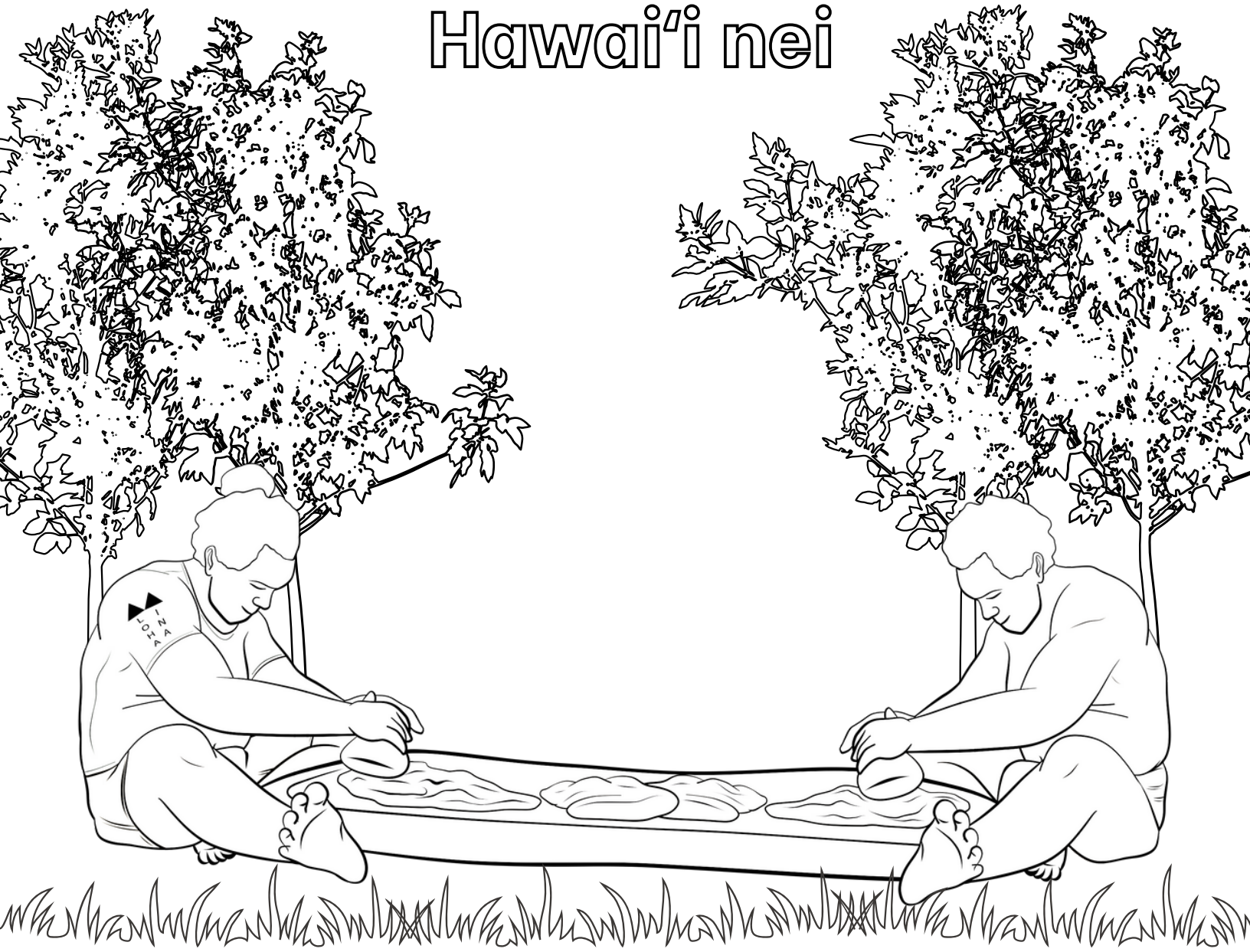
‘Ōiwi means engaging in
cultural and ‘āina
practices



Like poi pounding, preparing
food, fish pond restoration, and
surfing. Doing things that will
make you feel proud.

‘Ōiwi

E komo pū i nā hana ku’una o
Hawai’i nei



E a’o i nā hana Hawai’i, e like me
ke ku’i poi ‘oe, ka ho’omākaukau
‘ai ‘oe, ka mālama loko i’a ‘oe, ka
he’enalu ‘oe. ‘O ia ho’i nā mea e
ha’aheo ai ‘oe.

Ke Akua Mana means to be aware that your words have mana or power to heal or hurt



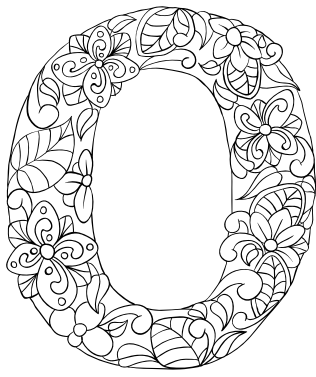
Use encouraging words.
This is important during the preparation of ho'okupu and 'ai.

Ke Akua Mana

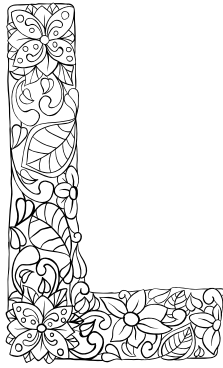
“I ka ‘Ōlelo no ke ola, i ka
‘Ōlelo no ka make.”



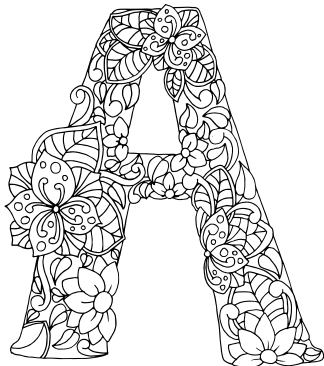
E ho’opuka i nā ‘ōlelo e ho’ōla
ana i nā kānaka a pēlā pū ma
ka ho’omākaukau ‘ana i ka
ho’okupu a me ka ‘ai.



'O wau kēia: This is me,
having a strong self-concept



Lapa'au: Develop healthy
coping strategies to better
manage stress & emotions



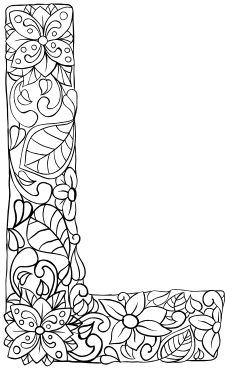
Aloha: Showing love and
compassion towards all

O.L.A. – which means life in Hawaiian is also
used as an acronym that encompasses holism
and well-being for Kānaka Maoli. It symbolizes
important components that make up a healthy
psychosocial self.



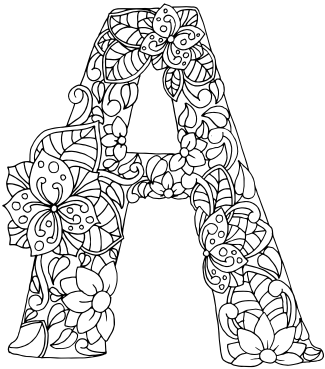
'O wau kēia

I am confident in who I am and am
proud of where I come from



Lapa'au: to Cope

I can manage my emotions and
have self-control



Aloha kekahi I
kekahi

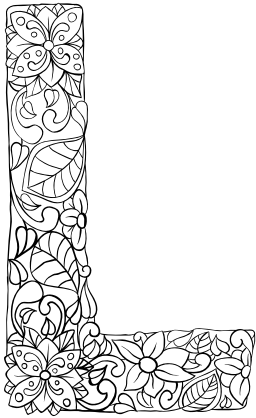
I can show compassion and love
towards myself and others

I choose O.L.A.
(life)



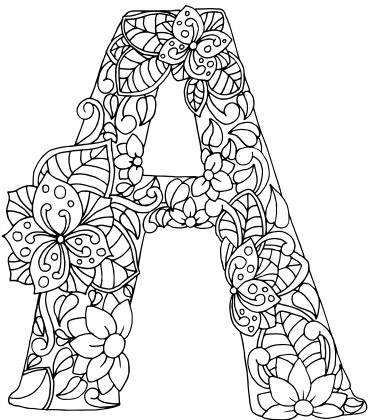
Write 3 words to describe you:

- 1.
- 2.
- 3.



Write 3 words that help you remain calm or make you happy:

- 1.
- 2.
- 3.



Write 3 ways you show your aloha towards others:

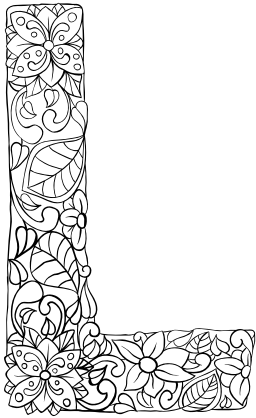
- 1.
- 2.
- 3.

I am valuable,
and so is Ola (life).



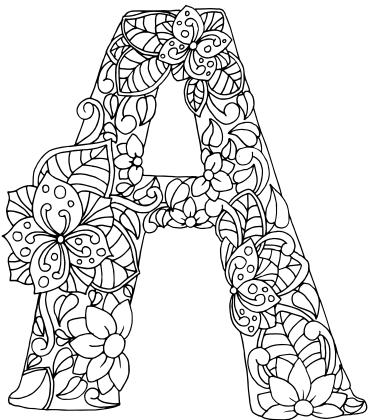
E kākau i 3 mau hua'ōlelo
'ā'ano e wehewehe ana iā 'oe:

- 1.
- 2.
- 3.



E kākau i 3 mau mea e kōkua ai
iā 'oe e ho'onā:

- 1.
- 2.
- 3.



E kākau i 3 mau hana e hō'ike
ai i ke aloha iā ha'i:

- 1.
- 2.
- 3.

Waiwai au, pēlā pū ke Ola.



Mahalo

This coloring book is dedicated to Kānaka Maoli and our Lāhui Hawai'i, those residing here in Hawai'i and those who have moved abroad. A special dedication to our 'ohana in Lāhainā, Maui who have been impacted by the Maui fires on August 8, 2023. We hope that this coloring book will bring healing and hope into your space and for your keiki. Mahalo to all first responders, community partners, organizations, and especially the lāhui who came together in efforts to kōkua and kāko'o our people.

Together we stand, united as one lāhui.

“E Mālama I ka Maui Ola Hawai'i”
May the Wellness of our Kānaka Maoli Thrive

**If you are in need of crisis, mental health, or substance use services,
you can call, text, or chat 988,**

***For similar content for adults, please download “E Hui Ana Nā Moku: A cultural resource guide for harm reduction in Native Hawaiian communities” -
polhi.org/RequestEHuiAnaToolkit***

He lālā kamahale no ka lā'au kū i ka pali. #717
A far-reaching branch of the tree standing on the cliff.
A boast of a strong person who, like the tree on the cliff, can withstand gales and pouring rain.

