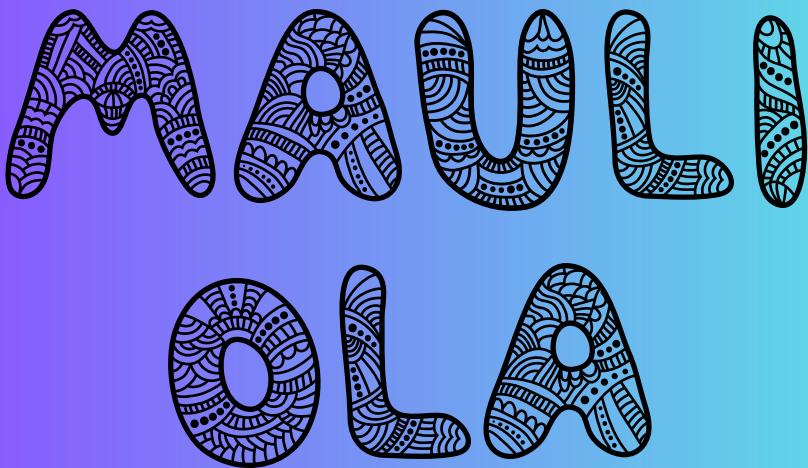


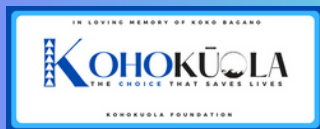
Native Hawaiian Kūkulu Kumuhana Meditation Wellness Cards



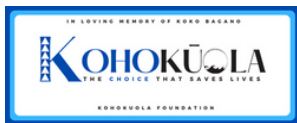
**Interactive Activity Coloring Cards to
Promote Well-being for keiki**



ALU LIKE, Inc.



Native Hawaiian Kūkulu Kumuhana Meditation Wellness Cards



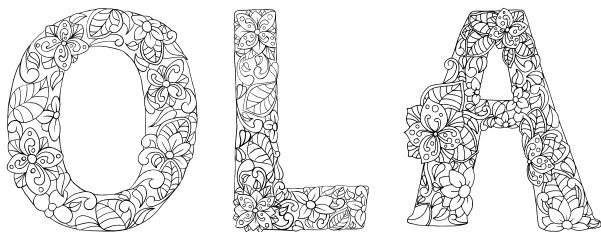
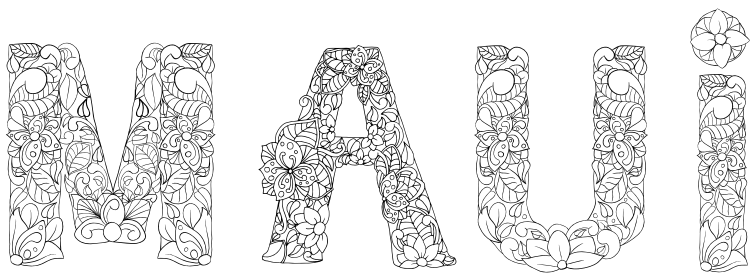
Illustrations done by: Kimo Apaka

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

These cards were developed in partnership with ALU LIKE, Inc., Papa Ola Lōkahi, and Kohokūōla Foundation. Special mahalo to Kawena Bagano, Ho'āla Hou Department, and Founder of Kohokūōla Foundation, who created the content of these meditation wellness cards, including the Hawaiian translations. Mahalo to Lilinoe Kauahikaua for helping with enhancing images and coordination of this project.

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



Pray for Lāhainā



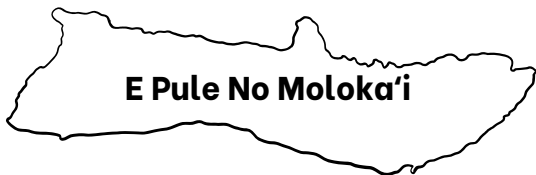
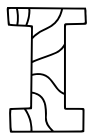
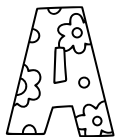
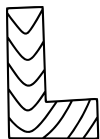
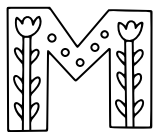
E pule no Lāhainā

‘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.

Source: Pukui, M. K. (1983). ‘Ōlelo No’eau Hawaiian Proverbs & Poetical Sayings. Honolulu, Hawaii: Bishop Museum Press.



E Pule No Moloka'i

Moloka'i Nui a Hina



Hā'awe i ke kua; ki'i i ke alo. #401

A burden on the back; a babe in the arms.

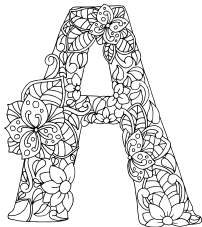
**(Said of a hard-working woman who carries a load
on her back and a baby in her arms.)**



'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.

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Kohokūola Foundation, a charitable non-profit, working to reduce and prevent suicidal acts,
behaviors and overdoses in Hawai'i.

This deck includes 46 interactive cards and images that can be colored, with activity and writing cues on the back. These cards can be used by educators to teach 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

Kānaka Maoli and others developed the Kūkulu Kumuhana Framework as a model for kānaka and their 'ohana to be used for holistic well-being while promoting pono, healthy choices for themselves, the 'āina, and the community.

How to use these cards

Educators can use the cards to foster social and emotional learning through a cultural lens to kids ages 7-11 or use them independently. Children under the age of 7 should be accompanied by an adult.

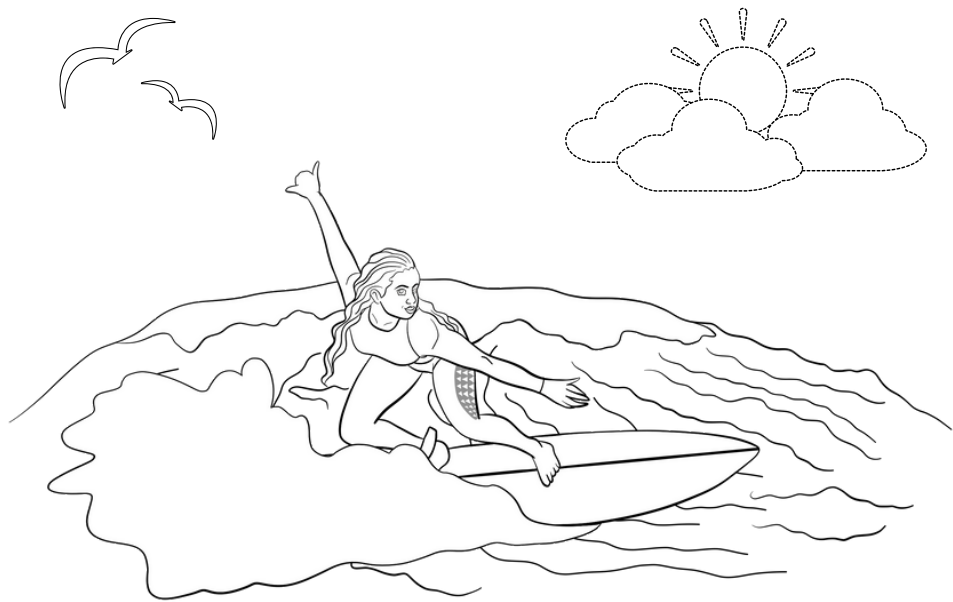
It also includes affirmation and mindfulness practices at the end that can help to build:

- Self-esteem
- Confidence
- Growth mindset

These cards can be incorporated into lesson plans that teach these dimensions while utilizing the writing cues and activities to help better understand each concept as reinforcement.

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Ea is knowing who you are,
and making pono choices



Choose to enjoy doing
things you love like surfing.

Draw a picture of yourself
doing something that
strengthens your EA.

Ea is knowing who you are,
and making pono choices.

Ea helps you to serve
others



Make a lei for someone to
show your aloha.

Draw how you can serve
others with aloha:

I can _____ for someone
to show my aloha.

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.

Check the boxes ☒ to show how you keep healthy boundaries

☐ I spend my extra time at home reading

☐ I say no to harmful substances like e-cigarettes & drugs

☐ I spend time exercising



☐ I finish my homework before playing video games

Ea helps you to set boundaries and practice self-reflection.

Ea is having control of
yourself and your choices



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

Circle  the things that
you have control over and
cross out  the things that
you don't have control over

Reaching out to an
adult for help

How my friends
treat me

My grandma
smoking

Eating healthy

My thoughts &
actions

Being nice to others

My brother's sickness

Classroom rules

Going to bed on time

Things that I regret doing in the past

Each is having control of
yourself and your choices.

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!

Write 3 words that describe
your strengths or your
“superpower”

1. _____

2. _____

3. _____

Ea means recognizing your
own strengths.

'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.

Fill in the blanks below for
your kulāiwi (homeland)

My district is _____

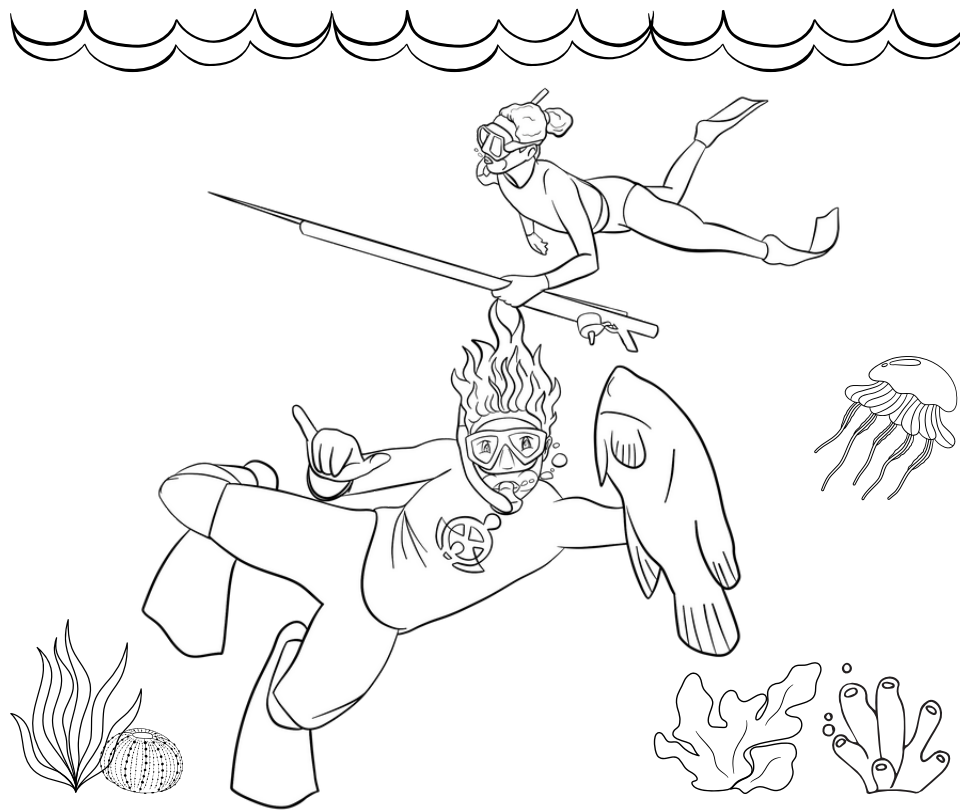
My mountain is _____

My ocean is _____

My wind is _____

‘Āina Momona is being in
harmony with nature and
one another.

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



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

How do you practice 'āina momona? Name three things that you can do under the sun or under the sea to help you connect with 'āina:

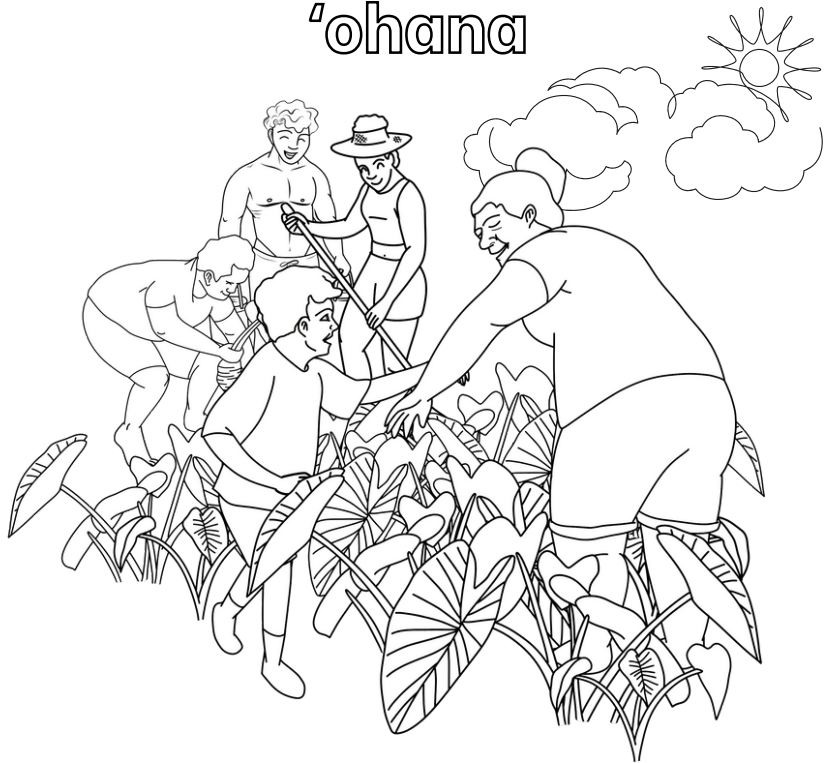
1.

2.

3.

'Āina Momona helps to encourage healthy land and people.

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

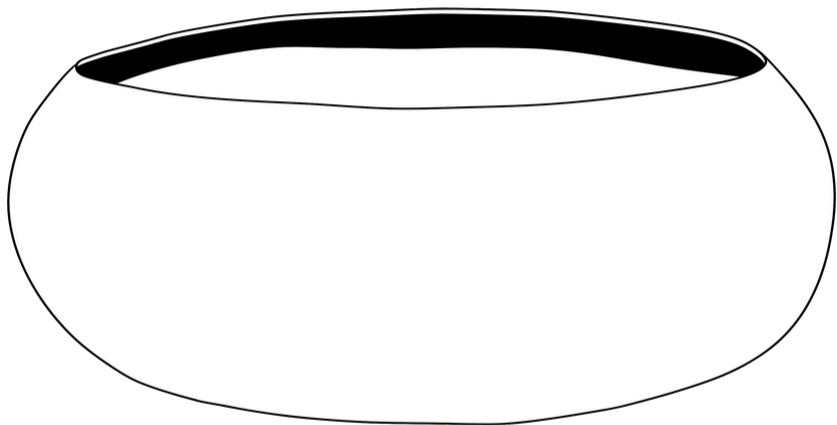


Spend time in the lo‘i with
your kūpuna. Listen to
their mo‘olelo or stories.

Draw yourself working in the
'āina with your 'ohana whether
it be a lo'i (taro patch), a loko
i'a (fish pond), or mahi'ai 'ana
(farming).

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

'Āina Momona encourages
healthy eating to support
a strong mind and body



Learning to grow and cook
'ai pono like pa'i'ai or taro.

Draw some of your favorite
hua 'ai (fruit) and lau 'ai
(vegetable) you like to eat.

'Āina Momona encourages
healthy eating to support
a strong mind and body.

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



Enjoy connecting at family
gatherings with music &
dancing with no drugs.

List 3 people who
encourage you and gives
you good advice:

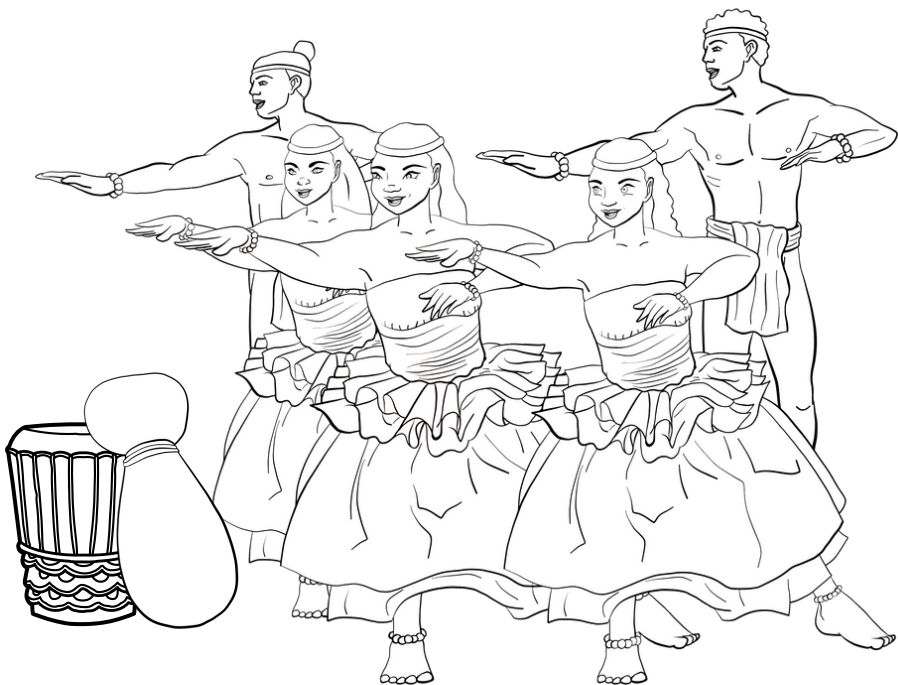
1. _____

2. _____

3. _____

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

Pilina is surrounding
yourself with aloha &
supportive people



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

How can you show aloha
towards yourself?

How can you show aloha
towards others?

Pilina is surrounding
yourself with aloha &
supportive people.

Waiwai is exploring and
taking chances



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

Think of a time when you took
a chance at something even
though you were afraid at
first

What or who helped you
overcome your fear?

Waiwai is exploring and
taking chances.

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.

Name 3 things, people, or places that you are grateful for that cannot be bought with money.

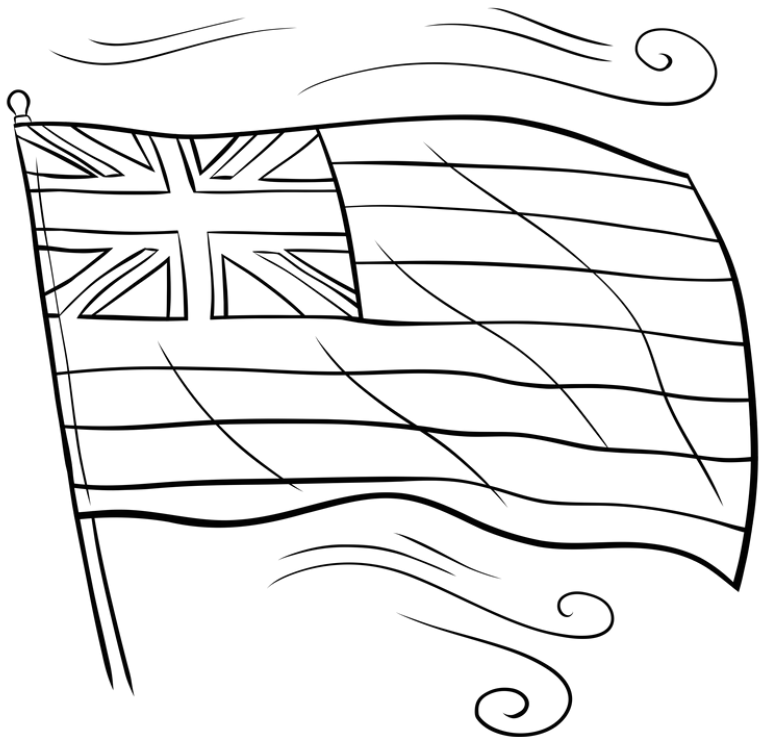
1. _____

2. _____

3. _____

Waiwai is seeing value in everyday things.

'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.

How can you practice
learning 'Ōlelo Hawai'i and
why is it important to learn it?

I can practice by

It's important because

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

‘Ōiwi means engaging in
cultural and ‘āina
practices



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

Stay connected to your past.

Write 3 lessons you've learned from your kūpuna (grandparents) or write how you connect with them:

1. _____

2. _____

3. _____

‘Ōiwi means engaging in cultural and ‘āina practices.

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.

Write affirmations you can say to yourself or someone you know that would give mana.

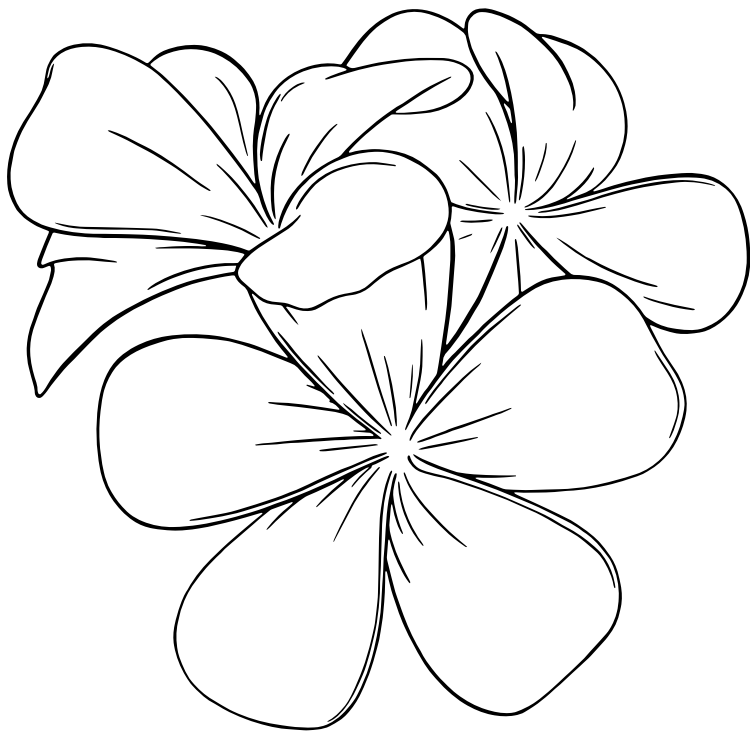
1. _____

2. _____

3. _____

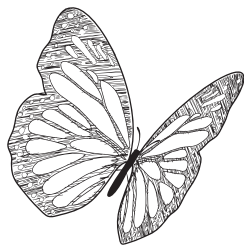
Ke Akua Mana means to be aware that your words have mana or power to heal or to hurt.

I have values
He mau lolina ko'u



Ea

Check 3 values that are most important to you:



- ☐ 'Ohana: family
- ☐ Kuleana: Responsibility
- ☐ Alaka'i: Leader
- ☐ Aloha: Love
- ☐ Ola Kino: Health
- ☐ Pili 'Uthane: Spirituality
- ☐ Kōkua: Helping
- ☐ Pono: Righteousness

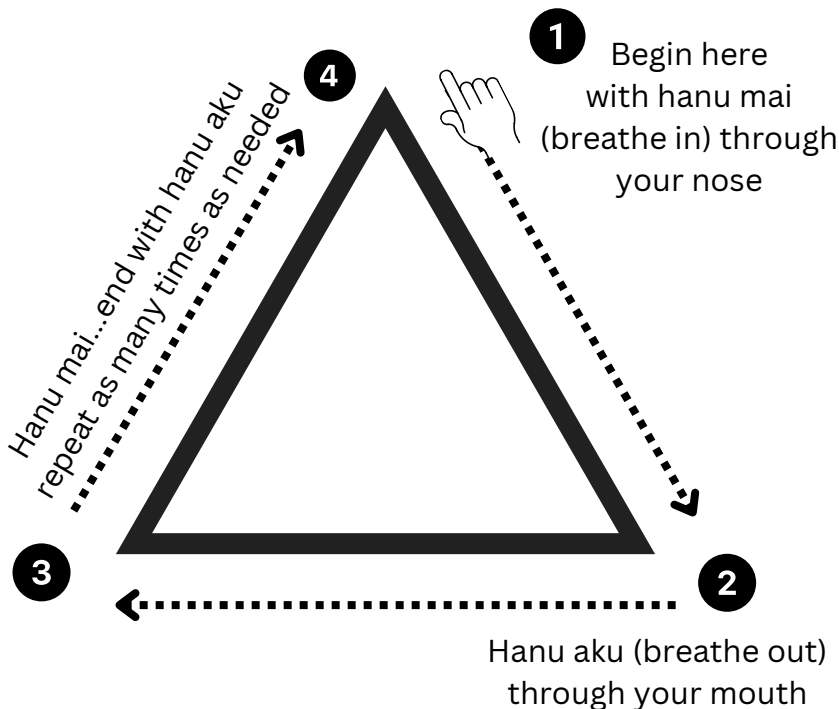


I choose peace
Koho wau i ka māluhia

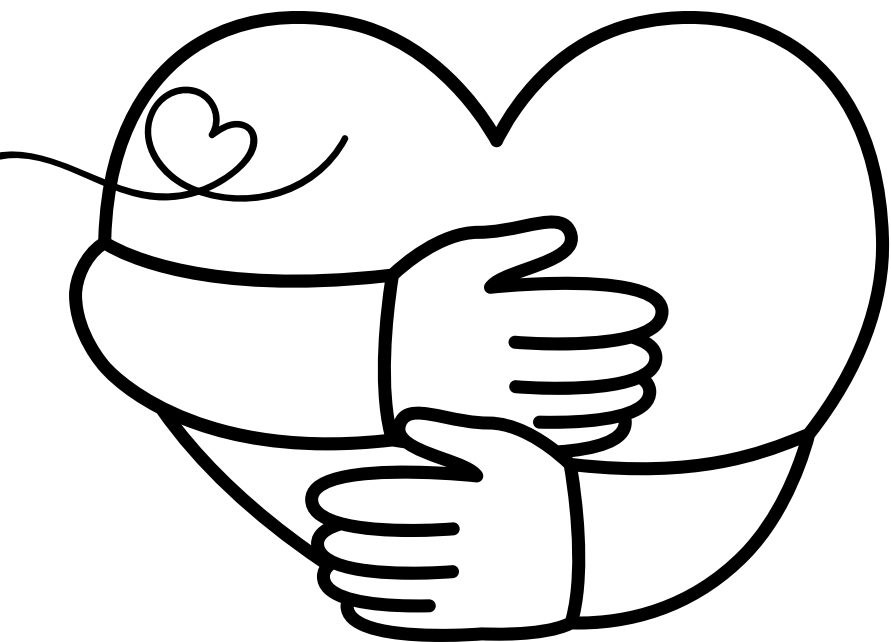


Ke Akua Mana

Practice doing hanu hā
deep breaths while tracing
your finger over each side
of the triangle until you
feel calm.



I am loved
Aloha 'ia wau



Pilina

I feel loved when:

Hearing someone say:

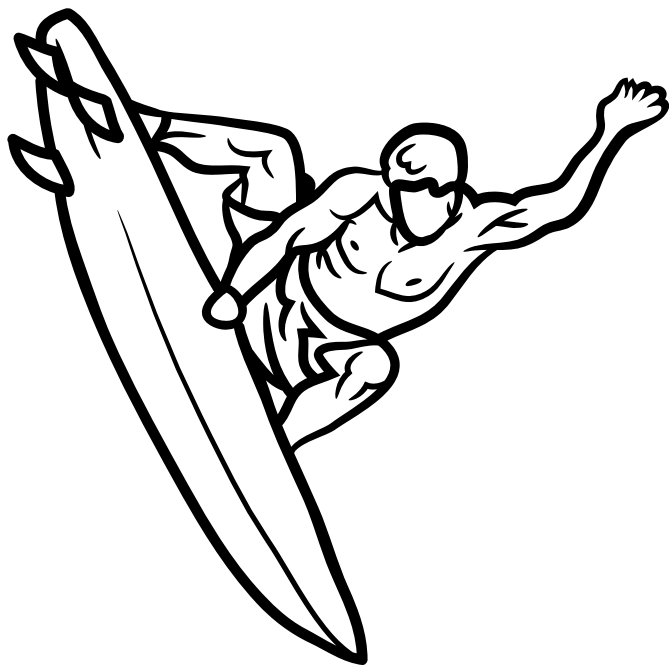
to me, makes me feel
loved.

Spending time with:

makes me feel loved.

I have people
who love me.

I believe in myself
Hilina'i ia'u iho



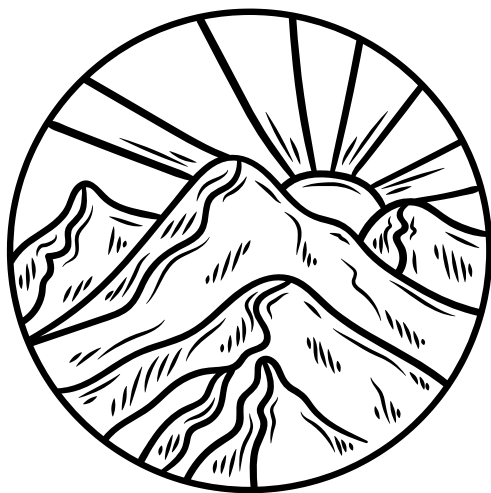
Waiwai



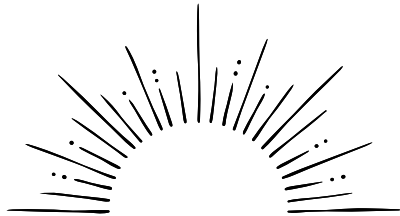
No cliff is so tall that
it cannot be climbed

*‘A’ohe pu’u ki’eki’e ke
ho’ā’o ‘ia e pī’i*

-‘Ōlelo No’eau, Mary Kawena Puku’i #209



I can do anything
I put my mind to
Hiki ia’u



I am special.
Waiwai au



‘Ōiwi

My Culture is unique
Waiwai ko'u lāhui



I am proud to be Hawaiian
Ha'aheo wau i ko'u lāhui
Hawai'i



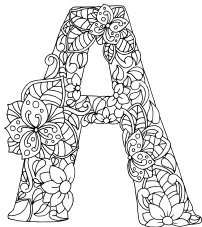
'O wau kēia

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

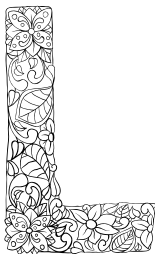
I can show compassion and love
towards myself and others

I choose O.L.A.
(E Kohokūola)



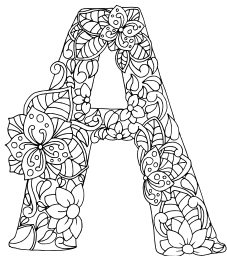
Write 3 words to describe you:

- 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.

Waiwai au, pēlā pū ke Ola
I am valuable, and so is Ola
(life).



Mahalo

This card deck 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 Well-being of our Kānaka Maoli Thrive

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you can call, text, or chat 988**

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guide for harm reduction in Native Hawaiian communities” -
polhi.org/RequestEHuiAnaToolkit***

He lālā kamahēle 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.