Native Hawaiian Kūkulu Kumuhana Meditation Wellness Cards

MAULI OLA

Interactive Activity Coloring Cards to Promote Well-being for keiki
Native Hawaiian
Kūkulu Kumuhana
Meditation Wellness Cards

Kūkulu Kumuhana Framework of Well-being was developed by Liliʻuokalani 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 Kohokūola Foundation. Special mahalo to Kawena Bagano, Hoʻāla Hou Department, and Founder of Kohokūola Foundation, who created the content of these meditation wellness cards, including the Hawaiian translations. Mahalo to Lilinoe Kauahíkaua 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
Maunauna point swims in the storm.
Said of a courageous person who withstands the storms of life.

Hāʻawe i ke kua; kiʻi 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.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.

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

Lapaʻau: Develop healthy coping strategies to better manage stress & emotions

Aloha: Showing love and compassion towards all

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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
- **ʻĀina Momona:** Healthy life and productive land and people
- **Pilina:** Mutually sustaining relationships
- **Waiwai:** Ancestral abundance, collective wealth
- **ʻŌiwi:** 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 ʻohana to be used for holistic well-being while promoting pono, healthy choices for themselves, the ʻāina, 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.
Ea is knowing who you are, and making pono choices.

Draw a picture of yourself doing something that strengthens your EA.
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.
Ea helps you to set boundaries and practice self-reflection.

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 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
- Classroom rules
- My brother’s sickness
- Going to bed on time
- Things that I regret doing in the past

Ea 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.
ʻĀina 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 ____________

ʻĀina Momona is being in harmony with nature and one another.
ʻĀina 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 ʻāina momona? Name three things that you can do under the sun or under the sea to help you connect with ʻāina:

1. 
2. 
3. 

ʻĀina Momona helps to encourage healthy land and people.
ʻĀina Momona encourages you to care for the land as you would care for your ʻohana

Spend time in the loʻi with your kūpuna. Listen to their moʻolelo or stories.
Draw yourself working in the ʻāina with your ʻohana whether it be a loʻi (taro patch), a loko iʻa (fish pond), or mahiʻai ʻana (farming).

ʻĀina Momona encourages you to care for the land as you would care for your ʻohana.
ʻĀina Momona encourages healthy eating to support a strong mind and body.

Learning to grow and cook ʻai pono like paʻiʻai 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.
ʻŌiwi is rooted in cultural identity or knowing who you are and where you come from.

ʻŌlelo 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.
ʻŌiwi means engaging in cultural and ʻāina 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 loina koʻu*

*Ea*
Check 3 values that are most important to you:

- ‘Ohana: family
- Kuleana: Responsibility
- Alaka‘i: Leader
- Aloha: Love
- Ola Kino: Health
- Pili ‘Uhane: 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.

1. Begin here with hanu mai (breathe in) through your nose
2. Hanu aku (breathe out) through your mouth
3. Hanu mai...end with hanu aku
4. Repeat as many times as needed
I am loved
Aloha ʻia 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
Hilinaʻi iaʻu iho

Waiwai
No cliff is so tall that it cannot be climbed

ʻAʻohe puʻu kiʻekiʻe ke hoʻāʻo ʻia e piʻi

-ʻŌlelo Noʻeau, Mary Kawena Pukuʻi #209

I can do anything
I put my mind to

Hiki iaʻu
I am special.

Waiwai au

ʻŌiwi
My Culture is unique
Waiwai koʻu lāhui

I am proud to be Hawaiian
Haʻaheo wau i koʻu lāhui Hawaiʻi
ʻO wau kēia
I am confident in who I am and am proud of where I come from

Lapaʻau: to Cope
I can manage my emotions and have self-control

Aloha kekahi ʻI 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).
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 ‘ōhana 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 Mauli Ola Hawai‘i”
May the Well-being of our Kānaka Maoli Thrive

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He lālā kamahele 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.