

O kou aloha ka ikena aku

I ka hana lalo

A pono e haele'olu

I loko o ke wa

Hele aku ai kupono

Ho'oheno mau kela

I kela maula makou e

Your love is great

for all the things gone by

It's time to move on swiftly

And it's only time

As we move forward we will cherish

What we know will always continue

And we'll be there



INSTRUCTIONS for SMALL GROUP, CULTURALLY GROUNDED, TRAUMA RESPONSIVE MELE AND ART ACTIVITY



TIME REQUIREMENT: Approximately 1 HOUR

TRAUMA RESPONSIVE GOALS:

1. **GROUND** participants in **CULTURE** of HAWAI'I through an appropriate mele that is connected to their place.
2. **SOOTHE** the nervous system through calming mele and connection.
3. Allow people to **CONNECT** to their NA'AU & **EACH OTHER** through this activity.
4. **EMPOWER AND GIVE VOICE** via creative expression and voluntary sharing.

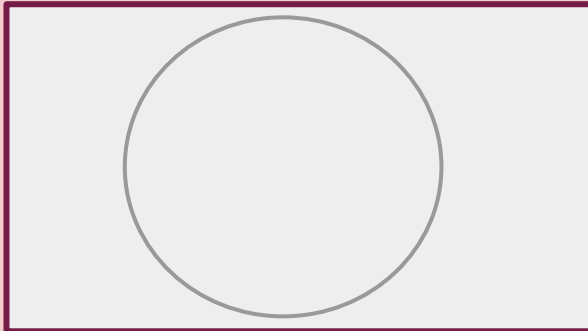


SUPPLIES

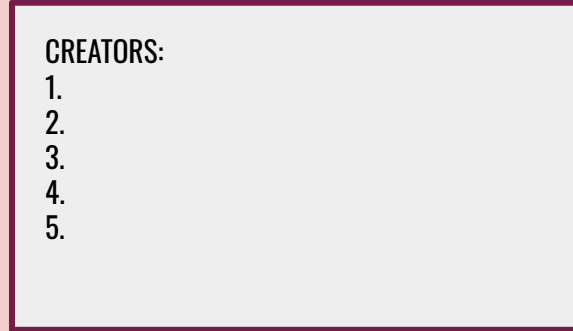
1. **Poster or slide with the words and interpretation of the mele** &/or copies for each person
2. **One Large Poster Board** (1 per group of 4-5)
 - a. Draw a large circle in the center of the poster board (use the whole board)
 - b. On the back of the board, write: "Creators:" and numbers 1-5.
3. **Multiple Color Markers**, fine and broad tips (at least two boxes per group of 4-5)
4. **Sharpened pencils** (1 per person)
5. **Erasers** (1 per person)
6. **Crayons** (2 boxes per group)
7. **Scratch paper** (1 per person)



FRONT (poster board)



BACK (poster board)



INSTRUCTIONS

1. **Prep poster boards by drawing a large circle in the center of each poster board with a pencil. On the back of the poster board, write “Creators:” and list numbers 1-5. (see images on supply list)**
2. **Allow participants to choose** their own groups.
Note: Make sure everyone feels some connection to at least one person in the group.
3. Take a few minutes to **help the group settle by taking 3-5 slow deep breaths,**
“Hanu: Breathe in through the nose”, “Hā: Breathe out through the mouth.”
4. **Introduce the mele** (sing for them or listen to a recording of O Kou Aloha). If time allows, teach the song and sing together.
5. **Refer to the underlined portions of the translation** as an inspiration/prompt.



INSTRUCTIONS

6. Script:

- a. When life presents us with challenges, **we can turn to our kūpuna through mele and ‘ōlelo no‘eau** for inspiration and guidance.
- b. As you **refer to this mele, take a few minutes to think about the underlined words.**
- c. **Notice that you have a pō‘ai (circle) on your poster board. Pō‘ai are symbols of wholeness, equity and multiple cycles in nature. Indigenous practices include sitting and sharing in pō‘ai/circle. We trust that pō‘ai/circles connect us & can hold our feelings & ideas when held with aloha for all.**
- d. **“We invite you to create a drawing, as a group/‘ohana, and be inspired by this mele, & especially the words that are underlined.”**
- e. **Trust & listen to your na‘au (gut/heart) as you create.**

7. **Invite each group to share out. Respect their choice** to share or not share.

8. Decide what will be done with the poster boards. Note: Some groups may want additional time if session was limited. Ask if it’s okay to take pictures of art.

