



We're sending aloha to you and your ohana!

Your teachers are thinking of you and we want you to know your safety, health and well-being is our #1 concern!

COVID-19 can be scary but YOU can help your ohana be safe!

Keep your hands clean, keep your hands away from your face, stay six feet away from anyone outside of your household...but it is safe and recommended that you get outside as long as you practice safe behaviors...be sure and ask your parents about safe locations to be outside and whether or not to wear a mask – even better, try outside activities WITH your ohana!

Activity #1 – Practice your “Kilo-Vision”

Those who have the deepest understanding of a particular place are those that have lived there the longest – in our case, the Hawaiians. They called their observation practice **KILO** – a deep, sustained observation practice that was shared, discussed and used to create one of the most effective resource management systems in the world.

“Kilo” means to watch, observe, examine or forecast. Kilo can be used to describe the action of watching or to a person who is an expert in kilo practice. Kilo also references a Hawaiian observation approach during which practitioners focus on the less obvious, more subtle things in their environment.

Kilo practice in the modern world creates a means for individuals, and communities as a whole, to gain knowledge and wisdom that enables better management of natural resources – in any place.

Activity Instructions

1. YOU can develop “kilo-vision” and become an expert observer!
2. The key to becoming a kilo observer is practice – daily if possible, starting today!
3. The length of time of your kilo practice is up to you but it is recommended that it is AT LEAST 10 minutes a day and you will be asked to share and/or record your observations at the end of your practice.
 - Find a place to sit (or stand) AT LEAST arms length from any other person.
 - Be totally quiet and do not talk or use any technology during your kilo practice
 - Breathe deeply, at your own pace 5-10 times and try to clear your mind
 - Focus on what all your senses are bringing to you – including your feelings – the 6th sense
 - SLOWLY allow yourself to observe the sky....the land...nearby water...plants....animals (yes, that sometimes includes humans)
 - It's OK to turn SLOWLY and look around you – you are not stuck looking straight ahead but please, stay in one place
 - When you're done, discuss your observations with at least one member of your ohana or start your kilo journal (write, sketch, diagram what you observed – including your feelings during kilo) – share or record questions that come up during or after your kilo practice.
 - Consider calling a friend and ask them to start their kilo practice with you and discuss your kilo observations (and your questions) at a pre-arranged time of the day

Activity #2 – Focused Kilo Practice

Pick ONE thing in nature to focus your kilo observations on. We like checking out the moon phase every night (at the same time) or clouds, waves, birds – you pick!

Activity #3

Look outside for plant seeds and try growing it! Collect more than one of the same type of seed and try DIFFERENT ways of getting it to grow. Your seeds may not all grow – they don't in nature but it's a fun thing to try!

Activity #4

Make up a simple story about something you see outside – a bird, a plant, the clouds, etc. You can sketch or take photos while your outside to add to your story. Once you're back inside, turn your story into a fun, little book.

Activity #5

Take an outside walk with at least one ohana member and ask them about their favorite outdoor place or memory

- If they were raised in the place you live ask them what it was like when they were young
- If you could both visit any outdoor place in the world, where would it be and why do you want to go there?

Activity #6

Design simple machines that you can test outside. Good old fashioned paper airplanes, windmills, catapults are all fun to start with but let your imagination soar. Consider something your family can use like a device to catch rain that does not allow mosquitos to grow or making your machine out of things your family might recycle or throw away.

Activity #7

Figure out creative ways to measure things outside. For example:

- How much distance do you cover in each step when you walk (your pace)?
- How long does it take for the breeze to move an object a certain distance?
- How can I use the sunrise, sunset or natural landmarks to determine direction?

**All of these activities will help you build skills for projects you'll do when
you're back in school!**

Until then, have fun, stay safe and remember...

We're Thinking of You