

Hana Lima (Working Hands)

O - 'Ohana goal (Why do the activity?) Family goal

Purpose:

- Why are hands so important in the learning process?
- Strengthen the hands so they can do good work at home, at school, and in the community. Prepare the hands for writing and communication.
- A Strengthen sense of Aloha and Excellence.

'Ōlelo No'eau:

Hele no ka 'āla, hele no ka lima
The rock goes the hand goes

To make good poi, the free hand must work in unison with the poi pounder. Keep both hands going to do good work.

MMK#752

Benefits:

- Hands are important in sharing aloha with others.
- Many people learn best through hands on experience.
- Hands on activities may bring joy to the keiki and 'ohana when it is purposeful and fun.

H - Ha'awina (Let's do the activity) Lesson, Assignment, Task

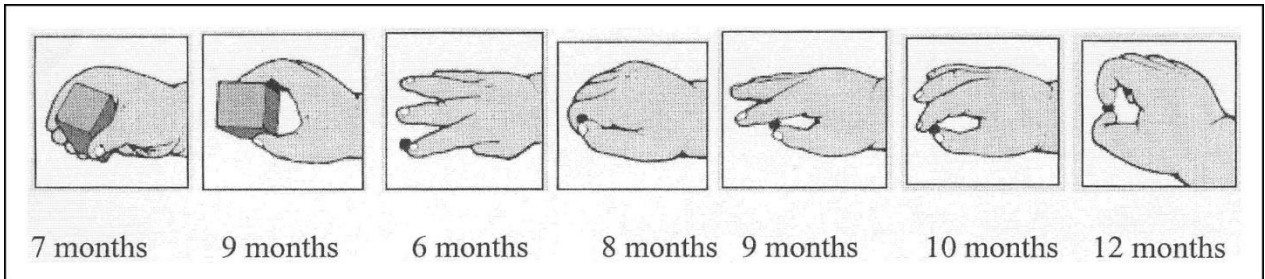
Materials needed:

- Working Hands

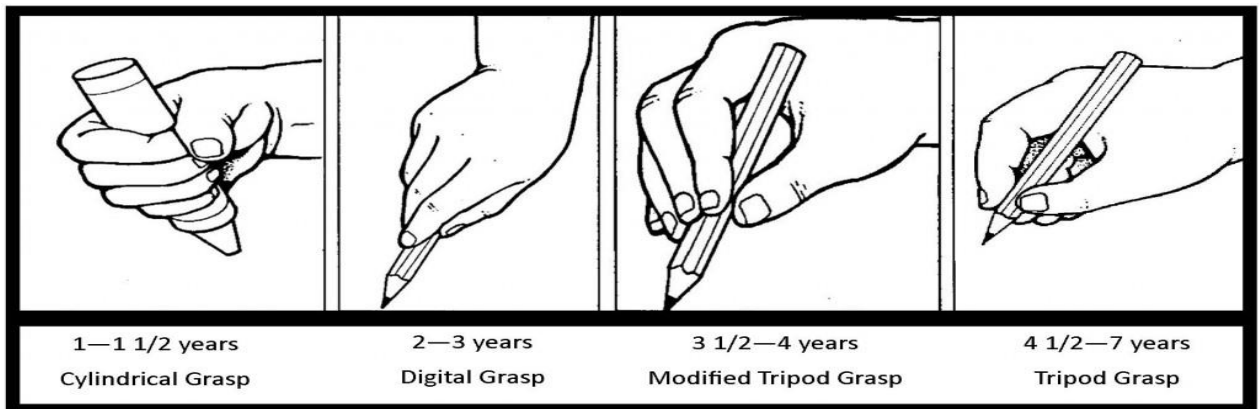


Process:

1. Understanding the hand development process: Hand development is a biological process in which children learn to grasp, rake, and pinch. This development leads to the ability to feed one's self, to make and create, to cook, to clean, to shake hands, to wave, to write and to communicate, etc.



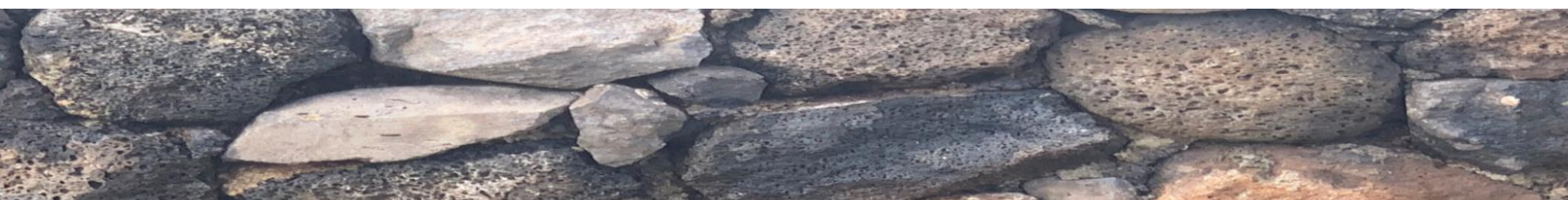
<https://pedsinreview.aappublications.org/content/31/7/267>



(Picture 1: Pencil Grasp Development, Erhardt, 1962)

<http://kidlink.net.au/classroom-tips-series-pencil-grasp/>

2. Utilize various activities to focus on strengthening the hands such as:
 - Digging
 - Mashing
 - Stirring
 - Stringing
 - Squishing
 - Cutting with age appropriate scissors
 - Writing and coloring with various materials
3. See additional activities after the resources section at the bottom the page.



Caregiver Tips:

- Keiki naturally gravitate to touching and manipulating things with their hands. Encourage keiki's appropriate use of touch through fun hands on activities that focus on your positive relationship with your keiki.
- Follow your keiki's lead during play. Play along with your keiki and let them have control over the activity.

A- Alaka'i (What did you learn? What can you teach?) To lead, Guide, Direct

Reflective Question(s):

- What kinds of hands on activities does your keiki gravitate to naturally?
- What are some new activities that your keiki may enjoy that help to work the hands?

Extension activities:

- Have your keiki draw a picture of anything that interest them. Ask them questions and write down their ideas. This action models writing skills.
- Have Keiki write out their own shopping list along with you before going grocery shopping. Don't worry about your keiki write letters yet just focus on the experience with a pen or pencil.
- Encourage your keiki to help around the house. Dusting is a good way to develop the hands.
- Pick flowers and make a lei -stringing a lei exercises the hands.
- Gather ti leaf and make a lei – twisting exercises the hands.
- Plant a garden and encourage your child to dig.
- Have a water fight with a water gun.(Squeezing helps build the muscles in the hand).
- Bake a cake or other goodies. Stirring, mixing, and scraping help to develop the hands.
- Show aloha by sharing what was made with your friends, family, and neighbors.



Observe:

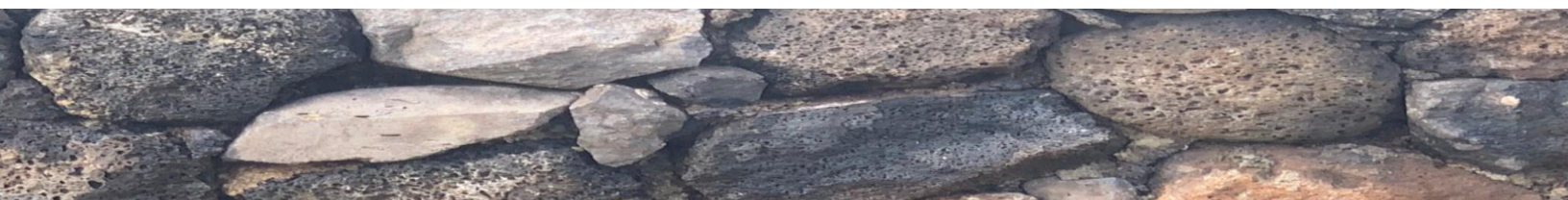
- Observe your Keiki's natural interest and build upon what your keiki already knows.
- Pay attention to your child's emotional cues.
- This is process that eventually prepares your child ability write and accomplish their goals and to communicate their thoughts.



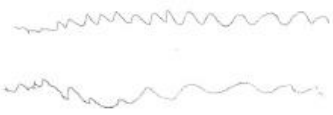






Resources:

<https://pedsinreview.aappublications.org/content/31/7/267>

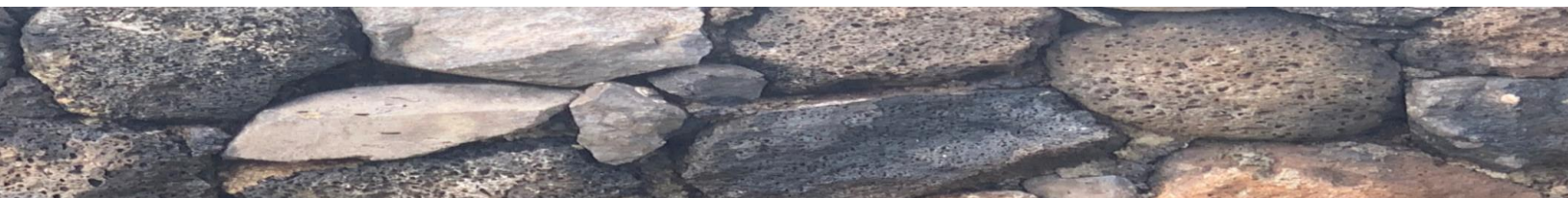
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<https://NAEYC.Org>



Stages of Emergent Writing		
Stage	Description	Example
Drawing	Drawings that represent writing	
Scribbling	Marks or scribbles the child intends to be writing	
Wavy scribbles or mock handwriting	Wavy scribbles that imitate cursive writing and have a left-to-right progression; child pretends to write words	
Letter-like forms or mock letters	Letters and marks that resemble letter-like shapes	
Letter strings	Strings of letters that do not create words, written left to right, including uppercase and lowercase letters	
Transitional writing	Letters with spaces in between to resemble words; letters/words copied from environmental print; letters often reversed	
Invented or phonetic spelling	Different ways to represent the sounds in words; the first letter of the word or beginning and ending sounds represent the entire word	
Beginning word and phrase writing	Words with beginning, middle, and ending letter sounds; short phrases	
Conventional spelling and sentence writing	Correct spelling of words, generally the child's name and words such as <i>mom</i> and <i>dad</i> ; sentences with punctuation and correct use of uppercase and lowercase letters	

(Naeyc.org)





Kool-Aid Playdoh Recipe

2 ½ cups flour

½ cup salt

2 packets unsweetened kool-aid powder

2 cups boiling water

3 tbs. oil

Measuring cups and spoons

Large Bowl

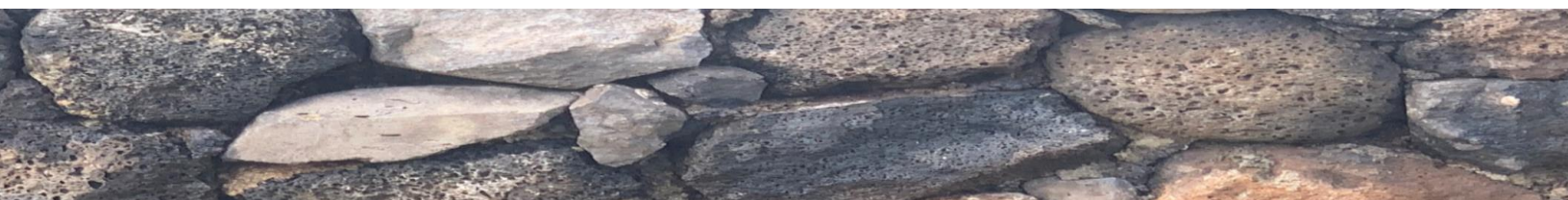
Mixing spoon

Hands for kneading

- Assist Keiki with measuring the dry ingredients and placing into bowl
 - Encourage keiki to mix dry ingredients together
 - Caregiver may add oil to hot water and pour over dry ingredients
- Since it will be hot caregiver might want to mix ingredients with spoon so that water doesn't splash (explain that you and your keiki are taking turns) This encourages positive social exchange.
 - When cool enough have keiki may knead by hand
 - Playdoh will keep for a few days in refrigerator

Ideas for extending play

- Encourage your keiki's imagination by telling them a story and encouraging them sculpt characters from that story.
- Model forming shapes and letters.
- Give keiki plastic disposable utensils to scoop and cut playdough.





Banana Bread Recipe

3-4 Ripe Bananas	1 ½ cups of flour
½ cup of Mayo	¾ cups of sugar
1 egg	1 tsp. of baking soda
	½ tsp. of salt

Large Bowls
Fork for mashing
Wisk for Mixing
Spatula for pouring
Loaf Pan for Baking

- Assist Keiki measure out Dry ingredients
- Encourage keiki to mix ingredients together
 - Encourage keiki to peel bananas
- Place bananas in separate bowl and encourage keiki to mash bananas with a fork
 - When bananas are mashed add in 1 egg and a ½ cup of mayo
 - Encourage keiki to use wisk to mix ingredients together
 - Pour in dry ingredients and have keiki mix together
- Have keiki grease pan and assist by pouring batter into pan and scraping with spatula

Bake at 350 degrees for 50-60 minutes. Poke with a fork if it comes out clean it is cooked.
Let cool and serve.

