

‘Ohe Pū

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

Purpose:

- To learn how to make and blow an ‘ohe pū.

‘Ōlelo No‘eau:

‘Ike aku, ‘ike mai. Kōkua aku, kōkua mai. Pēlā ka nohona ‘ohana.
Watch, observe. Help others and accept help. That is the family way.

Benefits:

- Spend time together as ‘ohana
- Practice protocol for gathering
- Strengthen ‘ike and nohona Hawa‘i

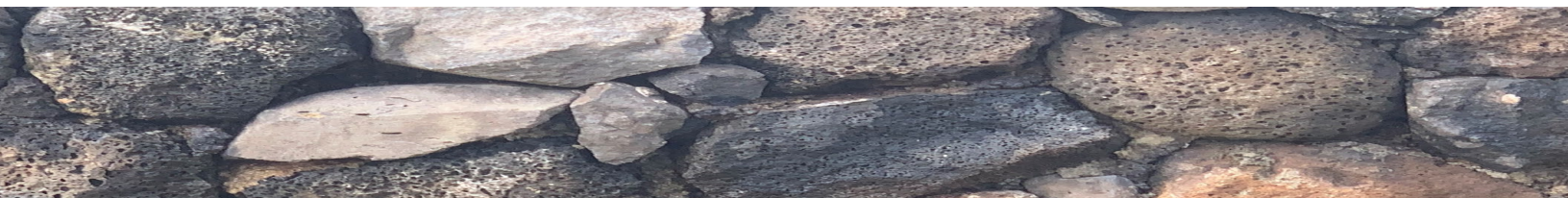
H-Ha‘awina (Let’s do the activity) *Lesson, Assignment, Task*

Materials needed:

- Protocol, bamboo, hand saw, sandpaper

Process:

1. Before gathering take a moment to...be still and quiet. Feel. Look and watch. Listen. Pay attention to everything that is happening around you. We want to acknowledge the space that we are in and ask permission to be here. We are visitors here, this is not our home, and there are many things such as plants, animals and insects that live here. We are visiting their home. We must be mindful and respectful as we visit their home, being careful not to break any branches or step on little plants that are starting to grow.



Protocol will vary depending on the family or tradition. Basic elements include: Prayer – All things in Hawaiian culture begin and end in prayer. If we don't know what to do, we pray. And if we don't know why we're praying ... we pray to find out. Asking permission – to enter the place and to gather. Say who you are, where you're from, why you're here, what you need, and what you're going to do with what you take. Give thanks – to Ke Akua, the place, kanaka from that place, the plants...

2. Bamboo naturally falls as it matures so you don't need to cut it down. Look for 'ohe without any cracks, rot, or mildew.
3. Use the handsaw to cut the excess length and make it easier to carry out. When you have what you need, clean up the area, and say mahalo.
4. Take one of the stalks and cut right above the node.
5. On the other end of piece, make another cut below the next node.
6. Use sandpaper to smooth any rough spots.
7. Purse your lips and blow the pū. Either side will work.

Parent Tips:

Teach respect with social emotional concepts like modeling good behavior. If you want your child to grow up to be kind and respectful, show them what that looks like through your own example.

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

Reflective Question(s):

- How did you feel doing the gathering protocol?

Extension activities:

- Teach your friends how to make and 'ohe pū.
- Have a friendly competition to see who can blow the longest.
- Take your pū to the next rally.

Resources:

Bishop Museum Ethnobotany Online Database:

<http://data.bishopmuseum.org/ethnobotanydb>

