



Student Home Kilo Activities:

Just a reminder, “Kilo” is ***the close observation of nature using our 5 senses.***

Our kūpuna practiced Kilo to help them become Scientific experts in the environment around them and to help them survive.

**** BE SAFE****

- When you practice Kilo at home **do not eat anything** from your yard or street without carefully washing it first AND...
- PLEASE check with a family member FIRST to see if it is safe before you taste or eat anything!!!

Homework:

Right now our world is undergoing many great changes and challenges, take some time to go outside to enjoy our beautiful Hawai‘i, stop and breathe and observe your place. Take time to go and observe the changes around you at home.

Here is your assignment...

Everyday... Go outside and in complete silence sit in one place for 20 minutes, breathe and practice “Kilo”.

Here are some suggestions for you to choose from to help focus your kilo time. Choose any one (or more) that you would like to do at home:

- Observe what you see, what you feel, what you smell, what you hear
- What changes in our world you are able to observe with your senses each day?
 - What is the weather like?
 - How is the rain today? What direction is it falling from? What size do the rain drops appear to be? How would you describe the way it is falling?
 - How is the wind today? What direction is it blowing from? How does it affect the plants around you? How are the trees swaying because of it? How would you describe the way it is falling?
- Observe the same place, same plant, same direction (ex. East to watch the sunrise or West to watch the sunset), etc. each day to see how things change
- Observe the moon when it is out at night (while you are awake). How does it change each night? Where is it in the sky each night?
- Plant something and observe the plants growth daily to see how they grow and change
 - Measure your plants growth each day w/ a ruler, tape measure or with our traditional Hawaiian body part measuring units- Nā Anakahi Hawai‘i.
See ******Nā Anakahi Hawai‘i***** below for a picture
- How do you feel each day while you’re outside?
- How do you feel because of the changes in our world?
- Focus on your hā (your breath) as you breath in and out? How does focusing on your hā make you feel while you kilo?
- Observe in any way that you choose

Share out your observations:

Each day, after your observations, please describe what changes in our world you are able to observe with your senses.

Here are some ways you can express and share your observations from your Kilo sessions:

- Write about your observations
- Create a short poem
- Draw and color a scientific drawing
- Make a comic book that shows the changes in your environment
- Create a mele or song
- Any other way you choose

When you are done, share your observations and the creative way you expressed them with a family member (Uncle, Aunty, Mom, Dad, Grandma, Grandpa, Cousin, Sister, Brother, whoever is at home).

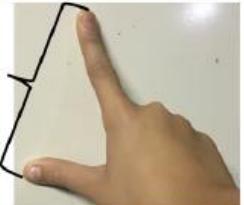
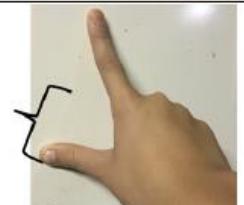
Questions:

If you have questions please don't hesitate to email me and ask @ nifranci@ksbe.edu

****Nā Anakahi Hawai'i****

Nā Anakahi Hawai'i

Hawaiian Body Part Units of Measure

Name	Description of Measurement	What does it look like?
Kīko‘o	Distance from thumb to index fingertip when making an “L” with hand	
Poho	Half the distance of a kīko‘o	
Pi‘ā	Distance of one hand	
Ha‘ili ma	Distance from elbow to finger tip	
Iwilei	Distance from collar bone (middle of chest) to finger tip	
Muku	Distance from fingertips of one hand to the outstretched elbow of the other arm	
Anana	Distance from fingertips of one hand to the other with both arms stretched out	



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