

# Let's Wala'au (Talk)

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

Imagine a world without cell phones, internet, computers, texting. Our kūpuna (ancestors) lived in such a world and were able to communicate effectively within their ‘ohana and community through storytelling, listening, and memorizing oli (chants). By observing behaviors and phenomena our kūpuna were also able to communicate non-verbally through hula, using percussion instruments, and other cultural practices. Following the ways of our kūpuna are still important for us today when strengthening family communication.

Strong family communication is present when family members are able to share (verbally and non-verbally) their needs, wants, and concerns with each other in an open and honest way. When family communication is strengthened, family well-being is also strengthened.



**I ka ‘ōlelo no ke ola, i ka ‘ōlelo nō ka make.  
*In the language is life. In the language is death.*  
‘Ōlelo No‘eau 1191**

## Benefits:

- Doing language and listening skills activities as a family is a great way to strengthen family communication.
- Practicing communication skills may also increase vocabulary and writing skills.

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

## Campbell's Can Phones

### Materials Needed:

- Two recycled tin cans or paper cups
- 20-30 feet of string or fishing line
- Two paper clips
- A nail or other sharp object that can puncture can
- Hammer (optional)



### Process:

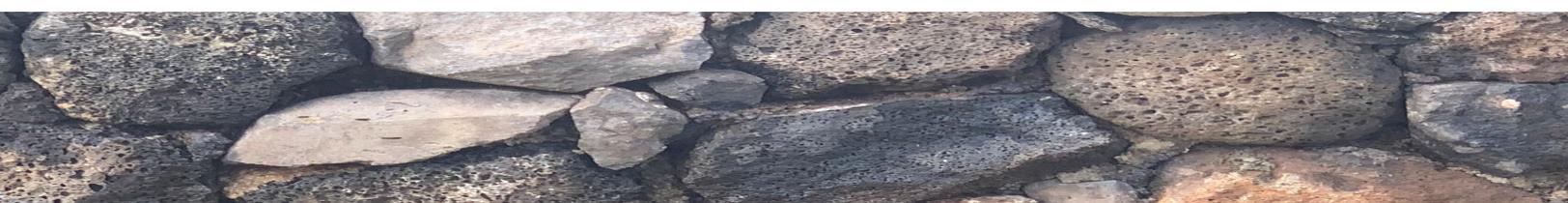
1. Puncture the top of both containers using nail or other sharp. Be careful when using tools. Ensure the hole is large enough for your string to pass through.



2. Pass the string through the hole and into the container, be careful with the sharp edges. Once through can tie on the paperclip to avoid the string from sliding out of the can. Repeat with both cans.



3. All pau!



**Tips:**

- Sound waves will travel further along the string and sound clearer when the line is pulled tightly between the cans.
- Fishing line works great to produce sound vibration. It allows users to pull the line very tight without breaking.

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

**Extension Activities:**

Keep the telephone fun going to help build communication such as language and listening skills with the below activities:

*Younger children*

- PVC Phones
  1. PVC phones may be used when reading books or pretend phone play materials needed:
    - i. Purchase a 3/4" PVC pipe and 3/4" elbow joints (you will need 2 for each phone)
    - ii. Cut PVC pipe into 3 1/2-inch sections
    - iii. Put an elbow joint on each end of the pipe
    - iv. Colorful duct tape can be wrapped around the center of the pipe for fun.
  2. Directions to make a PVC phone found at "Make, Take, & Teach" <https://blog.maketaketeach.com/how-to-make-a-phonics-phone/>



*Older children*

- Telephone Game
  1. Group sits in circle
  2. 1 person thinks of a message they want to whisper then whispers to the first person
  3. First person whispers to the next person
  4. Then that person passes to the next and so forth
  5. Last person says what they heard out loud to the group
  6. Ends with the first person saying their message they started

**Resources:**

Make, Take, & Teach. (2020, June 8). How To Make A Phonics Phone. <https://blog.maketaketeach.com/how-to-make-a-phonics-phone/>

