



## Mālama 'Āina DAILY Challenge

Aloha mai kākou!

As we continue to learn from home in new ways, today's lesson is on **mālama**. This is a value that we have learned a lot about at school this year in the māla. When we mālama or show care, we show our aloha or deep love and appreciation for all around us. One easy way to practice mālama is to kōkua or to help and assist others. Please take time to kōkua your 'ohana at home. **Maka'ala!** Be alert, watchful, wide awake... **"WAKE UP!!!!"**

Look around your home and kōkua your 'ohana with something. Kōkua with ANYTHING! Pick up those toys, tidy up your room, help with the laundry, help clean up... do something!

What can you do to kōkua at home everyday? Do it!!!! Your 'ohana will appreciate the help. I promise!!!!

### Homework:

With that said here is the real challenge...

- **Everyday... Go outside and take time to mālama 'āina for at least 1 hour.**

Yes, I want you to go outside and help in your yard, māla, garden, orchard, patio, wherever. Go outside and make your 'āina beautiful. Make the flowers, vegetables, trees, plants, and yard beautiful! Remember the rule from our māla... only positive thoughts, words and actions. We don't want any negative energy to be absorbed into the plants we raise to eat. Take a deep breath and let it all go before you begin!

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

- Save a plant from weeds that are taking it over!
- Pull weeds around any food plants (potted or in the ground)
- Pull weeds around any beautiful flowers, bushes or ferns
- Prune a tree with a member of your 'ohana (Don't know how? Click [here](#) for a quick video)

- Build a raised garden bed with materials that you have around the house (rocks, tree branches, scrap wood, anything you can find to make a small container to grow some food in)



To the left is an example of a raised bed made by my son. He built it with rocks stacked and filled with a little soil he scraped up from around the house and then covered it with ti leaves and other dead plants for mulch.

Use anything you can find around your 'āina to make a "container" to grow something to eat in. Anything that will help to hold in any mud, dirt or cinder soil you can scrap up around your 'āina will work..

- Create a compost pile in your yard- a place to pile all your weeds, branches, leaves, other dead plants and vegetable cooking scraps to let them decompose and turn into soil.
- Plant something to eat at your house (herbs, fruits, vegetables)
- Pick up trash around your house, in the bushes, and anything that the wind moved and put it back where it belongs
- Or choose anything you like that will help to make the 'āina around you cleaner or more beautiful

## Share out your observations:

Each day, after your mālama 'āina time, take a few minutes to self reflect.

Create a journal to write about what you did, describe in detail what you did and how you felt during or feel after. Somethings to think and write about are:

- How did you feel being outside?
- What did that area where you worked look like before?
- How much has the 'āina you worked on changed?
- What were you thinking about while you were working?
- How does it make you feel to have helped that area of 'āina?
- How does it feel to have made it more beautiful?
- What does your 'āina mean to you?
- Why is 'āina important to you and your 'ohana?

### \*\*\*\*CAUTION\*\*\*\*:

Be careful working around 'Ōhi'a Lehua trees! They need our kōkua because they too are under attack from an invisible attacker.

DO NOT weed around any trees with any metal tools that could cut or bruise the tree's bark. If you are working around the base of 'Ōhi'a Lehua trees, be very careful to only hand clear the weeds or just avoid the area altogether if possible.

Damaging the 'Ōhi'a Lehua trees bark or roots can kill the tree. The ROD or "Rapid 'Ōhi'a Death" is an invisible fungus which enters 'Ōhi'a Lehua trees through damages caused to its bark and roots.

The two species of fungus that cause Rapid 'Ōhi'a Death disease are called *Ceratocystis lukuohia* and *Ceratocystis huliohia* and are both in Puna.

For more information of ROD check out the website: [www.rapidohiadeath.org](http://www.rapidohiadeath.org)

For more 'Ike Hawai'i Enrichment Home Activities please see the link below:  
<https://tinyurl.com/wyj536s>

## Questions:

If you have questions please don't hesitate to email me and ask @ [nifraci@ksbe.edu](mailto:nifraci@ksbe.edu)