

# Table Wala'au (Talk) Not Just a Meal

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

## "He pili wehena 'ole"

*A relationship that cannot be undone.*

'Ohana meals together help to build healthy and happy relationships and a strong 'ohana bond. Mealtimes are an opportunity to help your child build a sense of belonging to 'ohana, which help to increase your child's self-esteem. You are your child's first teacher such as for social skills, and conversation during mealtime provides the perfect opportunity to practice. During mealtime listening and respecting them will show them how to do the same for others. You may also build your child's self-esteem by listening and valuing what they say, because it shows what they say matters.



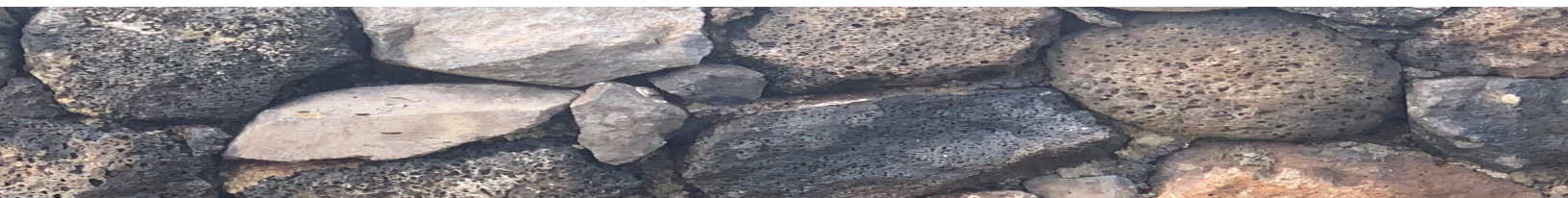
### Benefits:

Mealtime together is an opportunity for 'ohana to have nourishing conversations through telling & listening to mo'olelo (stories) from one another, which will increase and strengthen language and literacy skills.

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

### Process:

1. For at least one meal, each day sit down as an 'ohana for the entire duration of the meal.
2. Have each family member choose one topic to share OR choose one topic and let all family members take turns in sharing their thoughts on the topic.
3. Use Conversation Cards to start storytelling or sharing conversations.
4. Use Story (Mo'olelo) Guide to help spark discussion by using:



- a. The 5Ws & H may help to build prompt questions to expand family stories for example:
    - i. Where do you think the recipe from the meal came from?
      1. Why did grandma change the recipe?
    - ii. Who did you see today?
      1. What did you do with your friend today?
  - b. The 5 Senses will enhance stories
    - i. What did the dessert taste like?
    - ii. How did the sand feel?
5. Encourage every family member to share their thoughts or story.

**Tips:**

- Allow and encourage ALL family members to share.
- All family members can share something, no matter what age!
- No phones at mealtime to allow quality time together
- Listen sincerely

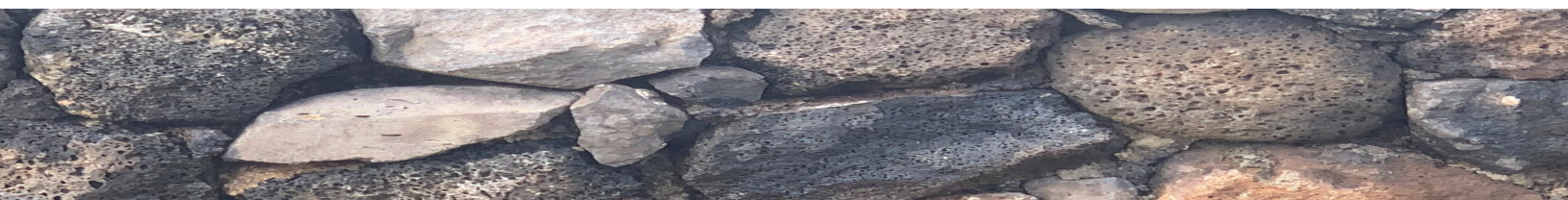
**A**-Alaka'i (What did you learn? What can you teach?) To lead, Guide, Direct

**Extension activities:**

- After dinner write these stories down in a journal or voice/video record stories to keep 'ohana memories to tell future generations.
- Stories can be made anywhere for example on a car ride or while making a meal together.

**Observe:** Things to think about...

- How does sharing my stories and feelings with my 'ohana make me feel?
- How does listening to the stories and feelings of my family members make me feel?



# Conversation Cards

Tell a story about a holiday event.

What do you dream of?

Tell a story about what you want to do on the weekend.

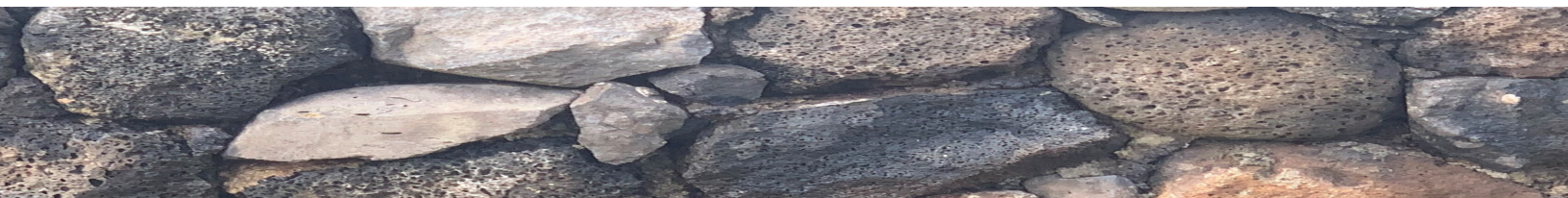
What did you do at school or work today?

Make up a prented story.

Say something nice about a person your are with.

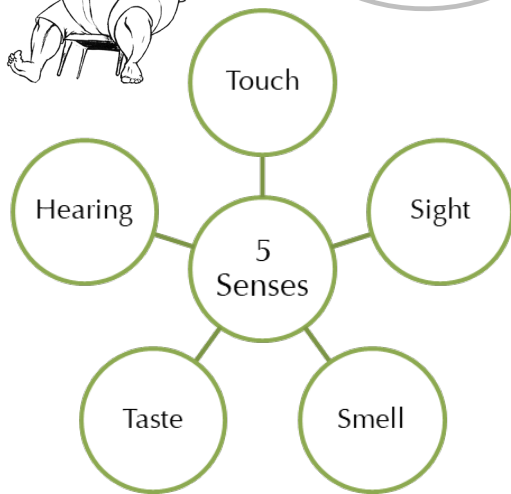
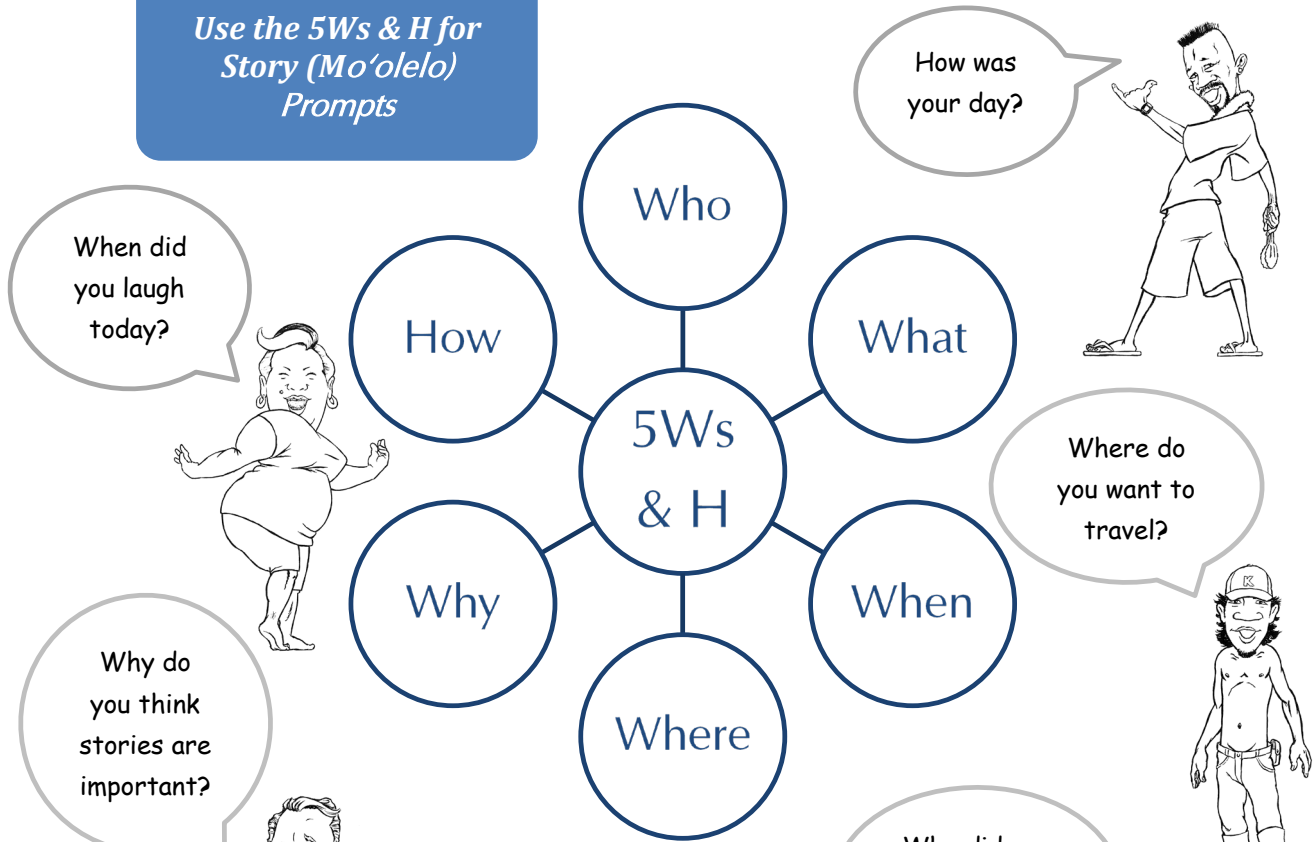
Tell a story about a person you are with.

What do you want in the future?



# Story (Mo'olelo) Time Guide

*Use the 5Ws & H for  
Story (Mo'olelo)  
Prompts*



*Express answers with your 5  
senses help us to understand and  
perceive the world, which may  
help to enhance stories (mo'olelo)*

