

HAWAII

Historically Speaking Patch Program

ABOUT THIS 'HISTORICALLY SPEAKING' MANUAL

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This **manual** was created to assist you or your group in completing the 'The Hawaii Patch Program.'

Manuals are books written to specifically meet each requirement in a country's patch program and help individuals earn the associated patch.

All of the information has been researched for you already and collected into one place.

Included are maps, crafts, games, stories, recipes, coloring sheets, songs, language sheets, and other educational information. These materials can be reproduced and distributed to the individuals completing the program.

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SPECIAL POINTS OF INTEREST:

- Celebrate Festivals
- Color maps and play games
- Create an African beaded necklace.
- Enjoy South African Food.
- Create your own shield

ORDERING AND CONTACT INFORMATION

After completing the 'The Hawaii Patch Program', you may order the patch through Patchwork Designs, Incorporated. You may place your order in one of the following ways:

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1. The Hawaiian Islands are known all over the world as the “Islands of Aloha.” What is the meaning of its nickname? The first capital of Hawaii was Lahaina. What is the capital of Hawaii today and what island it is located on? Identify the State bird, flower and flag.

Aloha- (Alo = in the presence of and Ha = the breath of life). This is a greeting used to say hello and goodbye. It is also means love.

The capital of Hawaii today is Honolulu. It is located on the island of Oahu.

There is a booklet to create located in the back of this manual about all the islands.



2 Some of Hawaii’s volcanoes are still active. Find out more about how Hawaii was formed. When a volcano erupts, what types of rocks form and how does it create new earth? For extra you can find out who is goddess Pele, make a volcano, draw or visit a volcano, study rocks, or learn more about geology.

Lava is hot liquid rock ejected by a volcano onto the surface of the earth. It creates new earth by when the lava flow from the volcano cools and turns into a hard black surface. Soon this new earth grows vegetation.

The goddess Pele is the goddess of fire. She resides in and controls the forces of the volcano.



3. The Hawaiian language, called Polynesian, consists of 17 letters. Did you know that all Hawaiian words end in vowels and never have double consonants? Another language that is spoken is called “pidgin English.” Find out what language it derives from. Learn to pronounce some Polynesian or pidgin words.

Pidgin English derives from a mix of English, Chinese, Hawaiian, Japanese and Filipino languages. Phonetic pronunciation for the Polynesian language:

5 vowels with kahakô:
(elongate the sound)

â (AH)
ê (EH)
î (EE)
ô (OH)
û (OO)

5 vowels stressed (pronounce as shown)

a (ah) as in car
e (eh) as in may
i (ee) as in bee
o (oh) as in so
u (oo) as in spoon

An `okina or accent over the vowel indicates a quick pause in the word.

8 Hawaiian Consonants:
Once the letter is placed with a vowel it blends with that sound.

h - `ehâ eh HAH' 4
k - `ehiku, eh hee' koo 7
l - `ole (oh'-leh) (zero) 0
m - `elima (eh lee' mah) 5
n - `eono (eh-(w)oh noh) 6
p - puka- (pooh-ka) hole
w - `ewalu (eh vah loo) 8

Please note that sometimes the "W" is pronounced the same as "V" as in Hawai'i. There is a Polynesian language booklet to complete in the back of this book.

There is a booklet to create located in the back of this manual about the Hawaiian language.
There is a card game in the back of this manual about the Hawaiian language.



4. There are eight islands of Hawaii. Seven of these islands are still visited today. Choose one island to learn more about. Discover their nickname and name a site to visit.

- Hawaii (Big Island) – Orchard Isle, Volcano Isle
- O’ahu (Gathering Place) – Pearl Harbor
- Kauai (Garden Island) - Waimea Canyon
- Maui (Valley Isle) – Akaka Falls, Haleakala National Park
- Molokai (Friendly Isle) – Makanalua Peninsula
- Lanai (The Pineapple Island)-Garden of the Gods
- Niihan (The Private Isle)- The island is closed to the public.
- Kahoolawe (The Forbidden Island)- Used for military exercise and cannot be visited.

▪ There is a booklet to create located in the back of this manual about all the islands.



5. Hawaiian food is a mixture of many different cultures. Try Hawaiian food or make a recipe to try. Authentic Hawaiian food may be hard to prepare in certain areas because the ingredients may not be available in local supermarkets. Some fairly easy to obtain are: tropical fruits, mochi, saimin noodles (ramen), macadamia nuts, or teriyaki chicken.

- Char Siu – Chinese style sweet flavored roast pork.
- Mochi – Sticky rice cake
- Saimin Noodles (ramen) – A common variety of Asian noodles often served with pieces of fish cake, cabbage, egg. It is served in soup or as an entrée.
- Macadamia Nut – Native Nut of Australia that is grown widely in Hawaii. It is a round, creamy, light brown nut that is known for its rich and oily flavor.
- Pineapple – Sweet fruit.
- Teriyaki chicken – Chicken that is marinated in a Japanese sauce made of soy sauce, sugar and fresh grated ginger and then baked or broiled.

▪ Refer to the Recipe section



6. For most occasions, clothing in Hawaii is very casual. Sometimes men wear Aloha shirts and women wear mu’umu’u dresses. Other items they wear include crazy shirts, leis, sandals, flip flops, and puka shell necklaces. Design your own shirt or dress; make a lei using real or silk flowers; find out what crazy shirts are; decorate a t-shirt; make a pareau, sarong or wrap around skirt; or turn your flip flops into an artistic display.

- Aloha Shirt- A shirt made from colorful, flowery art print fabric
- Mu’umu’u Dress – Full length dress made from the same fabric as the aloha shirt
- Crazy Shirt– This shirt creation started in the early 60’s. They create shirts with unique designs from surfboards to landscape designs on their shirts. Some are dyed in chocolate, hibiscus flowers or volcano ash.
- Luau – a feast
- Ukulele – a stringed instrument similar to a small guitar
- Lei – a garland of flowers, leaves, nuts and shells

▪ Refer to the Craft section for ideas on how to make lei’s, wrap around skirts or decorate flip flops.



7. South Point, located on the island of Hawaii, is the southern-most point in the United States. Hawaii has a lot of magnificent sites to see and enjoy! Some popular places to visit are canyons, mountain ranges, tropical bays and gardens, parks, beaches. Choose a terrain to study or create an artistic picture of a landscape you could see in Hawaii.

Kaua'i – Canyons, white sandy beaches, rugged rocky coastal areas, sea cliffs

O'ahu – Sandy beaches, sheer rocky cliffs, rugged lava fields

Lanaii – Broad flat plains, plateaus, dry deep gulches and ravines

Maui – Volcanoes, rocky sea cliffs, golden beaches and lava fields

Moloka'i – Sandy beaches, coral reef lagoons, has the highest sea cliffs in the world

Hawai'i – Volcano's, rocky shores, lava fields and high sea cliffs

Ni'ihau – No electricity, no paved roads, no crime, no privately owned vehicles, ranching is the way of life and the island can only be reached via a helicopter ride.

Kaho'olawe – Used for military exercise and cannot be visited



8. Enjoy a hula show, luau or the chord of the ukulele. Find out how luaus originated. Create your own luau or try to do the hula. You can make your own skirts, wear leis, and serve tropical fruits, drinks and Hawaiian food.

Hula – A Hawaiian form of communication using dance



9. Windsurfing is one of the most popular sports in Hawaii. It is no surprise that several of the popular sports are based around water. Some other sports that are enjoyed in Hawaii are swimming, scuba diving, boogie boarding, snorkeling, surfing, fishing, sailing, kayaking, golfing, hiking, biking, skiing, and walking. Learn more about one of these sports, make a collage or painting, or participate in one.

Activities to complete:

- 1) Make a collage from a magazine of outdoor sports.
- 2) Learn more about a sport you have played or heard of.
- 3) Play a sport with a group. (Make sure you have the proper training and equipment)
- 4) Create a painting, diorama, poster or art project depicting a sport enjoyed in Hawaii.



10. There is a large variety of animals in Hawaii. They consist of marine life, birds, and other unique creatures. Choose an animal and learn more about it. Some examples are: Puea (owl), Apapane or piwi (birds), Honu (turtle), whales, dolphins, mongoose, and the nene goose.

Refer to the booklet about animals in the back of this manual



11. The Native Hawaiians have a variety of myths and legends. To enhance the storytelling they create dances, chants, and use their gourd rattle, 'uli'uli or drum, pahu, accompany the dance movements. Create a dance, musical instrument, or read a Hawaiian story. Some examples include: The Magic Macadamia Nuts, The Legend of the Naupaka Flower, Kimo and the Tiki and The splash.

Refer to Legends Section in this manual



12. In 1810, Kamehameha I unites the Hawaiian islands for the first time under one leader. How long did he reign? Who was the last ruler and when did she reign? For extra find out more about the Iolani Palace or the Queen Emma Summer Palace.

Kamehameha I ruled the islands from 1778–1819. The last ruler was Queen Liliuokalani who ruled from 1887– 1893. The Queen Emma Summer Palace (real name Hanaiakamalama) is named after a goddess who was the foster child of the moon. It was built in 1848 and is now on the national Register of Historic Places. This home was used as a summer retreat by Queen Emma and her husband King Kamehameha IV. It has been meticulously restored and some of the royal family’s personal belongings are on display.

The Iolani Palace was built in 1882 during the rein of King David Kalakaua. It is the only royal palace in the United States and is on the National Register of Historic Places. It is representative of an era when kings and queens rode in horse drawn carriages.



13. During the mid 1800’s the sugarcane was planted in Hawaii. Pineapples were introduced into Hawaii in the early nineteenth century. Find out who started the production of sugar and pineapples got started in Hawaii. Create something from sugar or pineapple.

Sugar was introduced to Hawaii by decedents of American missionaries.

Pineapples got their beginning from Polynesian settlers from Talieti in 1813. The name Dole became synonymous with pineapple when James Dole arrived on the islands in 1898.

-Refer to the Recipe section



14. The early Hawaiians were skilled artists. These skills are passed on for generations and can be found today in quaint shops. Some examples are: Hawaiian quilting, flower lei, kapa, mats (makaloa), sculpting and wood carving, jewelry, painting, and feather work. View pictures of Hawaiian art work on the internet or books OR try your hand at some of these crafts, make a piece of jewelry, quilt, weave paper or sculpt.

Kapa – Cloth made from tree bark. Fragrant flowers are pounded into the material and then painted or stamped with a design. Used for clothing and linens.

Makaloa – Woven mats that are made from a sedge called *ahuawa*.

Wood Carving – Native people use their skills to make outrigger canoes, powerful hula drums, simple household items.

Feather work – This is a sacred art. Brilliant colored feathers are woven into cloaks, capes, helmets, leis or *kahilil*. (The feathers show a standard of royalty)

Hawaiian Quilt – Graphically strong quilt based on patterns from nature and family treasures.

-Refer to the Craft section



15. The Aloha tower in Oahu is over 184 feet tall. It is a beautiful picturesque view at sunset. Discover other buildings or structures to observe in Hawaii. There is an adventure on every island. Some examples are: Kokee Natural History Museum (Kauai), Kapalua Discovery Center, (Maui), Bishop Museum and Polynesian cultural center, (Oahu).

See flip book in the manual to learn more about each island.

<u>Structure</u>	<u>Location (City, Island)</u>
Capt. James Hook Statue (founder of Hawaii)	Waimea, Kauai
State Capitol Building (columns looks like palm trees, chambers shaped like volcanoes and central court is open to the sky)	Honolulu, Oahu
Kokee Natural History Museum (wildlife and hiking)	Kokee, Kauai
Statue of Kamehameha I (Hawaii's Great King, who united the islands into one nation)	Honolulu, Oahu
The Aloha Tower (was the tallest building in 1926. 184 feet high with a 7 ton clock at the top. It was used for greeting boats.)	Honolulu Harbor, Oahu
Kapalua Discovery Center (natural history and art displays)	Kapalua, Maui
Bishop Museum (Showcases the treasures of Kamehameha dynasty)	Honolulu, Oahu
Polynesian Cultural Center (teaches the history and culture of Hawaii)	Koolau, Oahu
Hawaii Maritime Center (interactive exhibits, Hawaiian canoes)	Honolulu harbor, Oahu
Chinatown and Sun Yat Sen Statue (Father of Chinese Revolution)	Honolulu, Oahu
Maui Ocean Center (walk through the tunnel beneath the sea)	Kihei, Maui

16. Have fun Hawaiian Style. Play a game with a water, a Hawaiian theme or make some easy variations to everyday games. Examples include: Fish, Fish, Shark; marine life charades; hot shark or lei to pass around.

Refer to the Game section

17. Hawaii follows all the USA holidays, but just like other states in America the have their own unique festivals. Some other examples of holidays are: Lunar New Year, Taste of Hawaii, Aloha festival and Hula Competition. Celebrate a festive event OR have a luau OR create a drawing, art project, or craft.

Refer to the Festival, Holiday or Craft section

PATCHWORK DESIGNS,
INC

Legends, Festivals and Holidays

Kama Pua'a, The King's Son

The Legend of the Naupaka Flower

Holidays and Festivals

LEGENDS

Kama Pua'a, The King's son

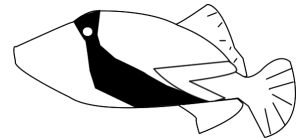


A long time ago before Hawaii was even a state a little boy named Kama Pua'a lived on the island of Oahu. His father was a very powerful king and very busy to say the least. The child was simply bored with no siblings to play with. So he decided he would entertain himself. He was always chasing his father's livestock and running through the taro crops. His father was very angry and told Kama Pua'a that if he ever caught him, he would punish him severely.

One day Kama Pua was playing in the livestock and his father seen him. Being a powerful king that he was, he yelled with great anger his name....*Kama Pua'a , you are in major trouble. Wait until I catch you!* To escape, he started running down towards the ocean. As he was running he felt a transformation surging over his body. Suddenly he had transformed into a giant hog. He glanced over his right shoulder and saw his father gaining on him. He glanced over his left shoulder and saw his grandmother. Oh! Grandmother what should I do?

His grandmother yelled "Jump into the ocean it is your only change to save yourself." When he got near the ocean he leaped in. When he became totally emerged in the water and he felt the water encompass his lungs. Within in seconds he was transformed into a fish.

The fish he was transformed into was a Humuhumunukunukuapua'a; a fish with a pig snout. And today, that fish is the king of fishes, labeled the Hawaiian state fish and protected by all.



The Legend of the Naupaka Flower

A long time ago there was a man and a woman that fell deeply in love. The woman was a princess, sister of Fire Goddess Pele. The man was not a prince, just an ordinary man, but also very sweet, carrying, loving. What they didn't know is Princess Pele had also fell deeply in love with this man.

One day Princess Pele asked the man to marry her. He refused stating that he was in love with another. "I am sorry, but I am in love with your sister and we will soon marry." he stated.

Princess Pele, the Goddess of fire was furious. She made lava flow to chase the man. The lava was so fast that he could not out run the flow of the hot liquid. Soon the lava encompassed the man and killed him by the ocean.

After the destruction of the man, she turned to her sister in rage. Her sister quickly started running up the mountain to get away from the hot lava. To her surprise, Pele's lava raced up the mountain and killed her.

A few days later a plant begin to grow where the two people died. The strange thing is that there is only a half of a flower on each side of the plant.

Those who are familiar with the Hawaiian plant called "naupaka" can tell you that there are actually two kinds: one grows near the sea and the other in the mountains. Each bears what appears to be half of a blossom and only when placed together do they form a perfect circular flower.

When you place the two flowers together, the man and the woman are joined together once again.

FESTIVALS AND HOLIDAYS

Hawaii follows all the USA holidays, but just like other states in America they have their own unique festivals that makes Hawaii the state it is.

January

Hula Bowl- College all-star football game

Opening of the State Legislature- Opens the state capitol with ceremonies, leis, music hula and speeches.

Molakai Makahiki- A celebration in *Molakai* of Hawaiian arts, crafts, games and food.

Lunar New Year- (2nd new moon after winter) This event opens the 5 week celebration of the Chinese Cultural Events, mainly in Chinatown and Honolulu

February

Mauba Kea Ski Meet- Located on the Island of Hawaii. (first weekend)

Waimea Town Celebration- Rodeo, food and entertainment of many different ethnic groups. Located in Kauai.

Buffalo's Big Board Classic- Surfers compete on traditional boards and canoes. *Makaha, Oahu.*

Captain Hook Festival- Canoe races, games, food, entertainment, to celebrate of this famous explorer.

Pro Bowl- All Star football game. Takes place after the super bowl. Takes place in *Honolulu, Oahu.*

March

Cherry Blossom Festival- Japanese Cultural demonstrations for over 11 weeks on *all the islands*. Flower arranging, origami, calligraphy. To learn more complete the Japan patch program.

Polo Season Opens- *Mokuleia, Oahu.*

Prince Kuhio Festival- *Lihue, Kauai.* Many games, entertainment and a royal ball.

Miss Kauai Pageant- Grace, fitness, athletic ability and beauty is judged in this competition.

April

Easter- Sunrise Church service and family events.

Merrie Monarch Festival- Week after Easter. Most spectacular Hula event in the islands. (Hawaii)

Kapalua Celebration of the Arts- A fun filled weekend of free art classes and cultural events at the Ritz Carlton in *Maui.*

Japanese National Vacation - This event takes place the last week of April and is mainly crowded in *Waikiki, Oahu.*



May

Lei Day- May 1st is national Lei Day for *all islands*. Everyone wears a Lei. They have lei making contests, dancing, and pageants.

The Filipino Fiesta- Celebrated all through the month with various festivities taking place in the Filipino community.

Taste of Hawaii- Chefs from around the island of *Kauai* offer samples of their finest cooking skills.

Molokai Ka Hula Piko- An outdoor hula celebration with arts and crafts and food booths. *Papohaku Beach, Molokai.*

June

King Kamehameha Celebration- Parades, floral floats, and cultural events, The King's statue is draped with a large lei. Celebrated by *all islands*.

Taste of Honolulu- Annual event in *Oahu* to help raise money for Easter Seals. Food taste testing, cooking demos and open market.

Hawaii State Fair- Carnival Rides, games, food, entertainment and Agricultural activities. *Honolulu, Oahu.*

Puuhonua O Honaunau Festival- Located the island of *Hawaii* in the National Historical Park. Fishing, crafts and games.

July

Prince Lot Hula Festival- The prettiest of the many hula events. Located in the Moanalua Gardens, *Oahu*.

Na Hula O Kaohikukapulani - A festival that takes place in Lihue. Hula dances of children from the Hawaiian culture.

During the week of the 4th of July there are numerous rodeos and parades located on all islands-

Makawao Rodeo Located in *Makawao, Maui* and Parker Ranch Rodeo located in *Waimea, Hawaii* are just a couple.

August

Koloa Plantation Days- Located in *Koloa, Kauai*. This week long festival is full parades, sports and a variety of cultural events recalling the plantation days.

Admission Day- This is the day Hawaii became a state. (Aug 21) But the celebration always takes place on the third Friday of the month.

Kauai County Fair- Arts and crafts, 4H exhibits, local food, games, and entertainment.

West Kauai Summer Festival- Concerts, arts and crafts, and contests.

Queen Liliuokalani Keiki Hula Competition- Hula competition located in *Honolulu, Oahu*.

September

Aloha Festivals- Starts late in the month. All the islands participate in this festival. The Aloha spirit is everywhere from parades, luaus, pageants, to street parties and major display of cultural foods and events.

Kauai Mokihana Festival- Located in Lihue and Waimea. This week long festival fills the air all week long from the local bands to classics.

October

The Waimea Town Celebration- A reenactment of Cook's famous landing, exhibits, arts and crafts, highlight the occasion.

Halloween- *Lahaina, Maui*. Annual spook off with costume contests and street parties.

Maui County Fair- Carnival rides, parade, exhibits, games, and entertainment.

Emalani I Alakai Festival- *Kokee, Maui*. Re-enactment of Queen Emma's visit to Alakai Swamp. Includes hula and nature events.

Makahiki- *Waimea, Oahu*. Traditional sports, art and dance is displayed in the botanical garden on the north shore.

Kauai Taro Festival- The celebration last for three days and features a craft and produce fair, music, and a cooking contest.

November

Kona Coffee Festival- Kailua Kona, Big Island Farm tours, parades, coffee tasting and recipe contests.

Hawaii International Film Festival - Takes place all over the island with free screenings of independent filmmaker's latest films.

Mission Houses Museum Christmas Fair- *Honolulu, Oahu*. Hawaiian crafters sell their local crafts and Christmas decorations.

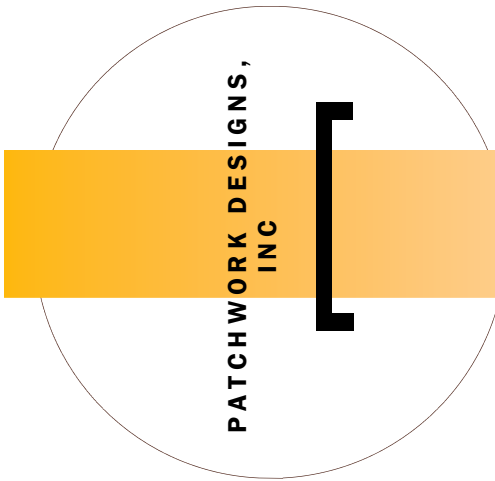
December

The Festival of Trees-The islands gives their support in decorating Christmas trees for charity. It is sponsored by the Coco Palms Hotel in Wailua.

The Kauai Museum Holiday Festival- A Christmas arts, crafts, and bake sale held at the *Kauai* Museum in Lihue.

Honolulu City Lights- *Oahu* downtown becomes a fantasia of lights, trees, and displays.

Honolulu Marathon- *Oahu*. Runners race from Aloha Tower along the eastern shore and back to Kapioniani Park, Waikiki.



Games



Tropical RE-LEI (relay)

Sand Treasures

Fruity Flip

Luau on the Run

Hula Chaos

Pass the Orange

Lei Toss

Fruit Bowl

Pahee

Noa

Water Games

Cup Relay

Coconut Milk

Digging for Clams

Sponge Toss

Shipwreck Discoveries

Ocean Waves

Other Games

Tropical RE-LEI (relay)

Sunglasses
 Hula skirt or beach towel
 Flowered button up shirt or beach cover up
 Flip flops
 Lei
 (Additional items can be added or substituted to add more fun)



Make two teams into two lines. Make sure the lines are about 2-3 apart to ensure the items don't get mixed up. Place the above items about 4 feet from the start line. On "go" each participant must run to the pile of items and place them on as soon as possible. It is easier if they place the shirt on before the lei. After all the items are placed on. Then they must yell "Aloha!" Then she takes off her hula gear, puts it back into the pile, and runs to tag the next person in line. Continue the process until everyone on the team has completed the relay race. As a person completes the relay, they need to move to the end of the line and either squat down or sit down. The team that finishes first wins.

Sand Treasures

Sand
 Large dishpan container
 Plastic tablecloth (if playing indoors)
 Sifter or shovel
 Treasures to hide: seashells, sea glass, plastic jewels, shiny stones. (All can be found at local dollar stores, around the house, or craft stores)



Place enough sand in the container to cover the bottom of the pan. Place some items in the pan place more sand in the container and continue until sand is about half way full, at least. For relay races have them find at least 3 different objects. Other participants may need to find specific items. They then place them in the cup or tray next to the container. Have examples or pictures of the items they need to find to complete the relay race. First team to finish wins. Younger participants may just want to dig for treasures to take home or create something with their findings.

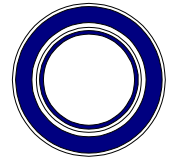
Fruity Flip

Orange, coconut or any other round fruit
 Caller



Sit in a circle. The fruit starts by being passed around the circle to the next person. Music can be played in the background for a festive touch. The person that is the caller must say STOP...right or left, before they turn around. The person that is on the right or left of the person that has the fruit is out. So if the caller says STOP>>>RIGHT (then turns around) the person on the right, of the person with the fruit is out. When it gets down to two people the person who has the fruit wins. The other person is the caller.

Luau on the Run



Variety of sweet things or finger foods (number of items equal the participants)

Paper plates

Table

Chopsticks (Option #2)

Divide your group into 2 teams. Place items on plates. It is easy for the participants to eat the items if they are creamy and soft. Some suggestions are jello, chocolate chips, bananas, marshmallows, pineapple chunks, grapes, etc. You will only place two or three grapes, about 10 chocolate chips, etc on each plate. Each person needs to come up to the table and with their hands behind their back try to eat the items. The first team to finish wins. You can use all the same items on both teams, but variety sometimes adds fun. Make sure you know all the participants allergies and use non choking items. They will find out how hard it is to keep the plate and objects from moving around without hands to guide them.

Option #2: Another twist is to make the participant pick the items up with chopsticks. Each participant should receive their own set of chopsticks. They can be found at local Asian markets.

Hula Chaos

Hula hoops (number of hoops depends on the number of participants)

This game you need work with two teams if you are doing relay. Your entire team needs to hold hands in a circle and the hoop needs to end up at the same place it started without anyone dropping their hands. The person that gets the hoop back to the starting point first wins.

If you are not doing the relay game. Then have your group join hands. The group still needs to try to transfer the hula hoop to each other without breaking their hands. Either turn the music off or have a caller yell stop. The person that has the hula hoop on their body is out of the game.

Pass the Orange

Oranges



The goal of this game is to avoid dropping the orange or touching it with your hands. The orange is held under the chin and is passed from chin to chin. Whoever drops the orange is out. This continues until one person is left. If you have a large group it is best to work in relay teams.

Lei Toss

Plastic buckets or containers to toss the lei in

About 6 cheap lei's for each team



Place your participants in two teams. Aline the containers about 2 feet from the tossing line. More or less depending on the age participating. You will need some one at each end keeping score of the leis that actually make it into the containers. Once the person has tossed the leis they will need to retrieve them and give them to the next person in line. They will then proceed to the back of the line. The team with the most points wins. Leis can be used for souvenirs of the day. If you have odd numbered of participants, then someone will need to go twice.

Fruit Bowl

Large plastic bowl or bucket (one on each end to hold the balloons)
 Medium sized to place on their head
 Water balloons (about 15 on each team)



Each participant gets a plastic bowl to place on their head. Make sure each team has about the same size bowl to be fair to each team. In order to complete their fruit bowl they need to be able to get all the fruit or water balloons down the end of the line, without breaking them. To make it more festive each team should have a variety of colored water balloons. Such as purple, (grapes) red, (apple) etc. The object is to get at least 7 balloons or fruit into the large container without bursting the others. If the balloon bursts while they are transporting or placing it in the container, then that balloon does not count. Let the race begin.... The first person grabs a balloon at the starting line. Places it in the bowl and then places the bowl on top of their head. They race to the bowl at the end of the line. About 3 feet or so. They then need to transfer the balloon to the bowl, without taking the bowl off the top of their head. After this is completed they run back and tag the next person. The first team to get 7 balloons and YELL FRUIT BOWL!...wins. Another option is trying to toss the balloons to person on the end. Then they place it in the fruit bowl. The first team with 7 or more depending on the sizes of the teams wins.

Pahee

A small twig made of hard wood, used as a javelin
 Large playing area outdoors
 Marking stones
 Two or more players



Each player chooses a stone to use as their marking stone. They should write their name on it or mark it with a color. Each person takes turns and throws the pahee or javelin toward the open area. The adult in charge marks the spot with their stone and picks up the javelin and gives it to the next person in line. One point is earned each time a player pitches the stone the farthest. Ten points wins the game. Be careful when the participants are throwing the javelin that no one else is in the field.

Noa

Hawaiian decorated cloth, cut in 2 X 6 inch pieces
 Small stone, representing the Noa



Cut the cloth in approximate 2 X 6 inches pieces. Using about six pieces of cloth per pile, create five different piles. The object is to hide it under the cloth without the other team knowing what pile it is under.

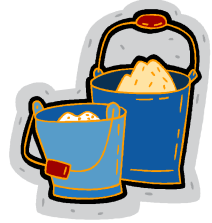
Two teams of equal players sit facing one another. The piles of cloth are in the middle between them. One of the teams leaders will volunteer to hide the noa, small stone, under a pile of the cloth. They should place the small stone, under one of the piles, without the other team noticing. They hold the small stone in their hand and move their hand through the piles of cloth. Making sure that they touch each pile. The opposite team guesses which pile that the stone is under. If they guess correctly then that teams gets a point. Each team continues to take turns until they reach ten points.

Water Games

There are eight islands of Hawaii. An island is a piece of land surrounded by water. Enjoy these fun water games.

Digging for Clams

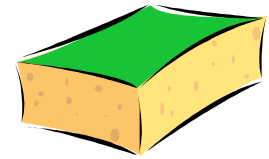
(2) buckets, plastic pools or large containers
 (2) buckets or plastic containers, to place the found items in
 Seashells or smooth stones (not rough ones)
 Water
 Sand (optional)



To start the relay race. Divide each team into two groups. Place the items and sand in the containers. Fill with water. The first person run to the pool or container and place their foot in the container. They have two tries to gather as many shells or stones out of the water with their feet. After they gather the items they need to transport them to the tray or container next to it. The team with the most items wins. You can also try it with hands.

Sponge Toss

2 large sponges
 Water
 (2) Buckets



Toss the sponge to person by the bucket. They ring it out in the bucket beside them and toss it to the next person in line. The team with the most water in their bucket wins.

Shipwreck Discoveries

Sand
 Water
 Bucket or container
 Bucket they can not see in
 Index cards
 Contact paper or ziploc bags
 Items in the container: Shells, coins, sand, small rubber fish, beaded necklace, marbles, key variety of safe household items etc



Place all the items in the bucket and give it a stir with your hands. Have each participant retrieve items from the bucket, using only their hands and not viewing the inside. So they need to turn their head sideways. Each team needs to pull one of the items that are enclosed in the bucket. Write the name of the object on a card and laminate it with contact paper or place each card in a zip lock bag. They do not need to laminated but, you can use it again if you do so. As they find the object they place it on the correct card on the tray. First team to find all the items wins.

Other Fun things to do to Add life to Your Event or Celebration:

- Crab Races- Participants need to race on all four legs
- Water Balloon toss, Tropical piñata- Fish, shark etc.
- The Limbo- How low can you go, without falling.

Make Some Easy Variations to Everyday Games Using a Water Theme

Hot Potato - Choose a stuffed marine life animal, a lei or fruit and use it as your hot item. You can name it HOT SHARK OR HOT LEI etc. The person that has the item when the music goes off is out.

Duck, Duck, Goose- Revise this game to be Fish, Fish SHARK !!

Charades-Use marine life, Hawaiian sports, volcano, hula, lei etc. Write the words on cards and pull each one out of a bag as a new person is acting the item out. Younger participants may need pictures or an older non participant to read the words to them.

Cup Relay

- (4) plastic cups (all the same size)
- (4) buckets or plastic containers



To start the relay race. Divide each team into two groups. The first person needs to dip their cup in the water bucket and place it on their head, race to the other end where there is a bucket or person with a cup on their head. No matter what they can not take the cup off their head. The person at the other end can squat down, but can not remove the cup from their head. After the team mate has left, they then can dump the contents in a bucket or plastic container. After the team has went through one cycle of transporting the water. The water should be measured. The team with the most water wins. As another twist of this game is to play it in the pool. See above photo of a group that played this game in the pool.

Coconut Milk

- Coconut (one for each team)
- Water
- (4) buckets or plastic containers

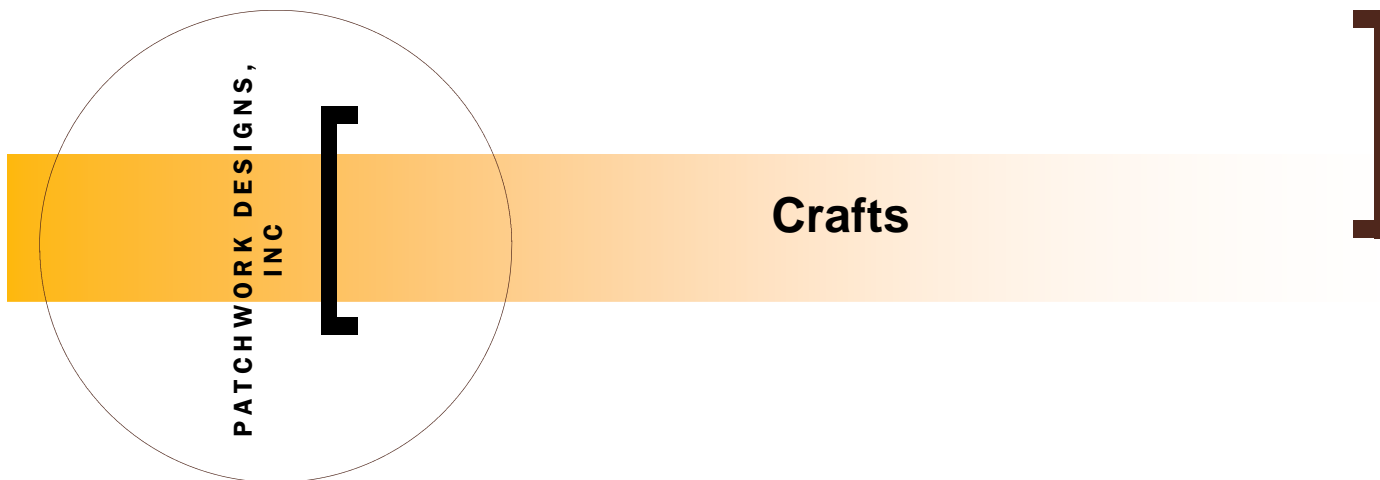
When you typically open a coconut you puncture a hole in the top of the shell to release the coconut milk. This creates one end of the shell that has holes in it and one end that does not. In order to make this a fair game. Either puncture holes at the end of the other coconut or use the bottom portion of two different coconuts. Make sure the containers at the other end are the same size so measuring can be easy. To start the relay race. Divide each team into two groups. The first person needs to dip their coconut in the water bucket and place it on their head, race to the other bucket and dump what is left in the shell in the bucket. After the team has either went one or two cycles of transporting the water. The water should be measured. The team with the most water wins.

Ocean Waves

- Beach ball
- Music



As the music plays the players pass the beach ball around the circle. As the music stops, the player that has the beach ball needs to name an ocean animal. There is no winners in this game. This is an easy way to keep a large group entertained in one area, while things are getting started, snacks are being served etc. Sometimes you may change this game a little bit to other objects. Another variation is to have them stay seated and move their arms like they are doing the hula.



Tropical Popsicle Stick Picture Frame

Rainbow Fish

Surfboard Bookmark

Hawaiian Flair Flip Flops

Tropical T-Shirt

Sea Escape Treasure Wreath

Sea Shell Butterfly Magnet

Hawaiian Flower Friends

Tropical Lights

Sand Art

Make your own Flower Lei

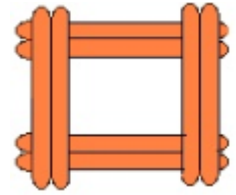
Wearing Silk flowers in your hair

Ocean in a bottle

Make a Beautiful Yarn Lei



Tropical Popsicle Stick Picture Frame



Eight clean Popsicle sticks
 Plastic grocery bag for gluing and decorating
 Glue in the bottle and a glue stick
 Photograph of yourself or a special person
 Scissors
 Cardboard or cardstock
 Yarn or string to hang the frame OR
 Magnet if you are using it for the refrigerator
 Decorative Items: Sequins, stickers, seashells, colored sand (sprinkled and used sparingly), glitter glue, tiny fake flowers, paint or markers.

Arrange the popsicle sticks as shown. Begin by placing TWO sticks side by side (horizontally). Lay them flat on the plastic bag surface. This forms the top of the square.

Next place, TWO sticks side by side (horizontally). This forms the bottom of the square.

Place TWO sticks vertical side by side on TOP of the top and bottom portion of the frame. You will need to adjust the top and bottom sticks so the vertical sticks fit on top of the TOP AND BOTTOM PORTION nicely as shown above. Mark your placement area with a pencil, if necessary.

Now we will begin GLUING. After you have found your placement place glue between the areas you marked, make sure you don't place too much glue. Wait a few seconds so the glue adheres to the frame. Otherwise it will slide a little while you complete the other side.

To complete the other side, repeat the same steps as above.

Let dry for a few hours or over night prior to decorating the outside with sequins etc.

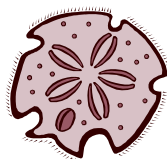
While you are waiting for the frame to dry. Adhere your photo to the cardstock or cardboard with a glue stick. Make sure you smooth out all the edges so there is no visible wrinkles on the photo. Before you cut the photo make sure it fits behind the frame. The opening in the frame should be about 1/2 inch X 1 1/2 inch square area.

Glue your picture to the back of the frame.

Once the frame is completely dried you can begin to glue on outside decorations such as seashells, glitter glue brushed lightly around the edges, tiny flowers etc.

For a hanging picture frame : Attach a string to the top of the frame. Cut about a 4 inch piece of string per frame. Glue one end to each top corner at the top of the frame let the dry.

Magnetic Frame: Attach magnetic strips to the back or hot glue magnets to the back.



Rainbow Fish

Fish Template, template located in the back of the manual

Tissue paper, vibrant colors

Glue stick

Scissors

Cardstock

Copy the fish template on cardstock. Cut the tissue into one inch squares. Glue them on the back overlapping the tissue paper to create scales. Hang in the window or on a display.

Surfboard Bookmark

Surfboard, template located in the back of the manual

Markers

Scissors

Cardstock

Copy the surfboard template on cardstock. Color the bookmark with the markers. Cut out the surfboard and place it in your book to keep your place when you are reading.

Hawaiian Flair Flip Flops

Silk flowers, gems, and other decorative items

Flip flops with foam soles and straps

Low temperature glue gun

Have the participants choose flowers and decorative items to place on the top of the flip flop. Help the participants hot glue the decorations to the strap. Let cool. Add decorative gems or other colorful items to the center of the flower if desired.

Tropical T-Shirt

Tropical themed stamps

Colorful T-shirt

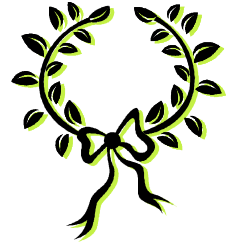
Fabric ink or Fabric markers

Optional: Use the fish and surfboard templates located in the back of the manual to trace

Have the participants trace the patterns on their shirt with a pencil. They can outline them with fabric markers create colorful designs on the fish or surfboards. Add waves and bubbles. If using fabric ink pad, stamp the design on the shirt and complete the look with waves or other accents. Follow the instructions on the fabric ink or marker with washing care. Add decorative gems or other decorative items to the shirt if desired.

Sea Escape Treasure Wreath

Gather your Sea treasures (Either at the seashore or your local craft store)
Foam or matting board or a small premade wreath to place the items on.
Ribbon or string to hang your wreath
Glue



Older Participants may wish to make larger wreaths and attach larger shells and ribbons. Attaching larger shells may work better with a hot glue gun. [*supervised by an adult.]

Local craft stores usually have premade small wreath frames. (wooden or woven textured, both will work fine) Another option is to use Styrofoam with a cardboard base glued to the top and bottom of the wreath.

Note if you use poster board or cardstock for the base of the frame, after you place the shells on it will buckle and collapse, due to the weight.

Prepare your wreath for decoration. Pre-cut a wreath shape on cardstock, for easy tracing. **Pattern located in the back of manual.**

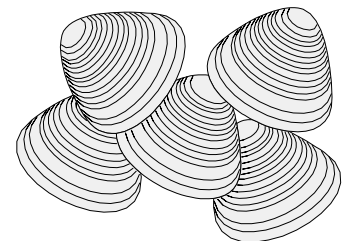
Once the wreath pattern is created or purchased. Begin to decorate! Place the sea items on the wreath as you would like them. Then begin gluing them on the outside frame.

After they are glued, then take a paint brush and slightly brush the shells or objects lightly with glitter glue to give it a shine and sparkle. This is just to enhance the shells not cover them. You can also fill in some of the empty areas between the objects with sand sprinkle over some glue. Younger participants may not be able to create this look without assistance.

Cut about 5 inches of string. Fold it in half and secure it firmly in the center of the wreath, on the back side. Wait for the attachment to dry prior to hanging it on the wall etc.

Sea Shell Butterfly Magnet

Clam-style sea shells
Goggles Eyes
Paint (optional)
Pipe Cleaner (preferably black)
Hot Glue Gun and glue sticks
Magnet strip (as long as the shells where they meet)



If you would like your butterfly to have colorful wings then you can paint the insides of the shells. If your shells are not joined together then hot glue them into one piece. Hot glue the magnet where the shells are joined together.

Measure the area, of the center of the butterfly extending about an inch for the extra length to make an antennae. To create the center take that measurement and double it. Fold the pipe cleaner in half and twist it together, leaving separate ends at the top, to create the antenna. Hot glue the pipe cleaner to the center of the shell. Glue on goggle eyes. Hang your butterfly when it is dry.

Hawaiian Flower Friends

Silk-Like Flowers
 Red\Pink markers
 Fine Tip Black Marker
 16 mm round wooden bead
 Pipe cleaner for body
 Wire Cutter
 Embroidery Floss (about 4 feet)
 Glue Stick and hot glue gun.
 Yarn for the hair



Separate the flower from the stem. If it does pull out use the wire cutters. Select as many layers of petals you like for the skirt. Use markers to draw a face on the wooden bead. Be sure the hole is at the top of the head. Fold the body pipe cleaner into 1\3's snip off 1\3. For the hair, wind the yarn around your hand 10 times to form a scan of yarn. Place it in the top of the bead and secure it with hot glue. Bend the longer piece of pipe place it up in the hole of the bead. Place some hot glue in the hole to hold it secure. Take 1/3 of the pipe cleaner and make the arms of the doll, by securing it under the head. Snip a hole in the flower petal, if it does not have a hole to slide up the legs. Secure the petals under the arms with a piece of floss. Tie it under the arms and secure with a spot of glue. As an option you can cover the legs and arms by wrapping embroidery floss around the pipe cleaners. If this is not a option for your doll, you will not need as much floss. Your doll is complete.

Tropical Lights

Tissue paper, vibrant colors (cut in small squares)
 Tea lights
 Clean glass jars, with the labels removed (small jars work best)
 Glue in a bottle
 Paintbrush or sponge brush (for glue application)
 Glitter glue (optional)



Clean the jars and remove the labels from jars. Cut your tissue paper in small squares. Apply glue to a small section of the jar. Place the tissue squares on the jar overlapping the colors. Continue this process until the entire jar is covered. With glitter glue or regular glue apply a thin layer over the pieces to ensure all the pieces are covered. Let the jar dry for 24 hours. Place a tea light in the jar, let your creation shine. Only adults can light the lights.

Sand Art

Clean glass jars including lids, with the labels removed (optional to purchase empty bottles)
 Colored sand in at least 3 different colors
 Spoon and funnel (a piece of cardstock can be rolled to create a funnel)
 seashells (optional)

Clean the jars and remove the labels from jars. Place two or three tablespoons of colored sand and place it in the funnel. Enough to fill the bottom of the container. Continue layering the colored sand until the container is completely filled. You can also add tiny seashells to the jar. Place them on the edge of the jar so you can see them from the outside. Glue the lid on the top to avoid spillage.

Note: If you do not fill it to the top the sand will slide and your design will be destroyed if it tips over.

Make your own Flower Lei

1 40-inch piece of heavy-duty thread on a needle
 silk flowers ABOUT 40 petals (taken from the artificial stem, or purchased in bulk at local craft stores)
 28 beads, straws or clear tubing



First cut your straws or clear tubing (same diameter as a straw) in about 1 to 1 1/2 inch pieces. If you decide not to use any of the above then you will need A LOT more flower petals. It is also nice to accent with beads in between also. This is completed sometimes in REAL leis by using the green berry plant. The green berry resembles a hard bead.

Thread your needle and knot about 2 inches from the bottom. Start with a flower, pushing it all the way to the end. Then add a bead, then a flower, then a straw, then a flower, then a bead, and so on, until about 2 inches of thread is left. The last item threaded should be a straw. Tie the two ends together, knotting close to the lei. Trim ends. This lei is sized to be worn around the neck of an adult. Children will require shorter threads, and fewer lei making materials.

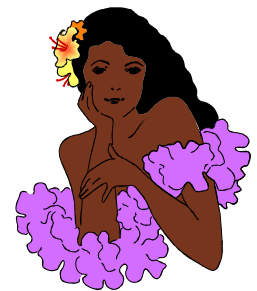
If the participants can not use a needle yet consider purchasing premade leis to use at your event.
 OR

Let them use yarn and a plastic needle to string their lei flowers. The flowers will need to be pre cut or punched in the center of the flower so they can thread the flowers on. You can complete this by folding the flower over and snipping the center, this will then form a hole. You would also want to use larger beads to thread on the yarn. (pony beads)

Wearing Silk Flowers in Your Hair

Left side means I am married
Right side means single

Place them behind your ear or attach flowers to bobby pins or clips.



Use the formula in the back of this book to create your Hawai'ian name

Ocean in a bottle

water
 water bottle
 oil
 blue food coloring



Fill the water bottle 3/4 full of water. Add a couple drops of blue food coloring to the water. Attach the cap to the bottle securely and shake gently. Next add oil to fill to the line before the neck of the water bottle. Do not fill completely full. You may also add seashells or a foam piece of a star fish. (where do you think the starfish will be as you turn it) Hot glue or squeeze a line of glue around the neck of the bottle to secure the water bottle to not open. Screw on the cap tight and let dry. Turn upside down and watch the waves come in. Note: Oil always separates from water!

Make a Beautiful Yarn Lei

2 Skeins eyelash or Nani yarn
 Jumbo Straw, usually found in bubble tea
 Piece of white, black, or tan ribbon 56 inches long [3/8 inch wide]
 Toothpick
 Tape
 2 kukui nuts, for the ends of the lei

Purchase two skeins of yarn for each lei that you would like to make. You can purchase two different colors for your lei. As you create the lei they will blend together.

Tape one end of the ribbon, covering all raw edges. Push the end with the tape through the straw. Once you have pulled the ribbon through the straw, take two inches of the end of the ribbon and attach it to the side of the straw with the tape.

Take your two skeins of yarn and tie the starting ends together. This blends the colors in the lei.

Tie a loose knot with the yarn around the straw.

Wind the yarn about 7 to 8 times around the straw.

Push the wound yarn down to the end of the straw.

Continue winding more yarn around the straw and pushing it down the straw. As you push it off the straw you will notice it is going on the string creating the lei.

When you have finished all of the yarn on the scans, push the yarn off the straw, leaving about 5 inches of the ribbon without yarn. Tie all the yarn pieces in a knot to the ribbon, twice. Trim the excess strings of the yarn.

Move your hands over the lei making sure that the yarn feels evenly woven. There may be some parts that feel tighter than other. Simply spread it out slightly with your hands.

Remove the tape off the ribbon that is attached to the straw. Using a toothpick push the ribbon end through the kukui nut. Push it to the end of the lei.

Repeat the same step to the other end of the lei.

Tie both ends of the ribbon together in a knot. Finish with a bow and slip it over your head to wear.





Teriyaki Beef or Chicken

Haupia (coconut pudding dessert)

Hawaiian Ambrosia

Five Cup Fruit Salad

Apple-Pineapple Salad

Guava Pie

Shaved Ice

Watermelon Boat

Pineapple Boat

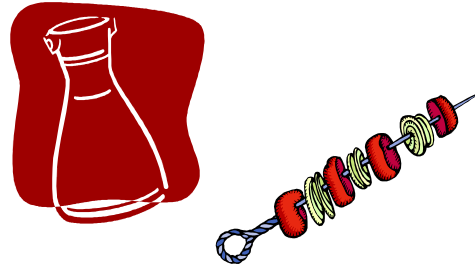
**Plan your Hawaiian Luau with easy to find items at
your local market**

Teriyaki Chicken or Beef (A “plate lunch” in Hawaii typically has two scoops of rice, macaroni salad and beef or chicken teriyaki.)

3 pounds of beef or chicken

Teriyaki Sauce:

2/3 cup soy sauce
 1/2 cup sugar
 2 Tablespoons cooking wine
 3 clove garlic, minced
 1 inch piece ginger, crushed
 3 stalks green onion chopped fine
 1 teaspoon Chinese 5 spice



Mix all the sauce ingredients. Place meat in a shallow pan or marinating pan, pour the sauce over the meat. Let soak for 4 hours or overnight in sauce. Making sure each side is covered with the sauce. Place on grill or preheat oven to 325 and bake in shallow pan in the oven. Half way through the baking or grilling, turn the meat over. Cook for one hour or until it cooked thoroughly through. This depends on the thickness of the meat.

Haupia (Coconut Pudding Dessert) (This is a traditional coconut based Hawaiian dessert)

12 ounces chilled coconut milk
 1 1/2 cups water
 1/2 cup + 2 T. sugar
 1/2 cup + 2 T. cornstarch



Combine all ingredients in saucepan and stir over medium heat until thickened. Lower heat and cook for ten minutes, stirring constantly to avoid lumps or scorching the mixture. Pour into a square dish, about 8X8 in size. Place in the refrigerator and let it set. About 2 hours. Cut into squares and enjoy.

Hawaiian Ambrosia

8 ounce can of crushed pineapple, drained
 11 ounce can mandarin oranges drained
 3 1/2 cups cool whip
 2 cups shredded coconut
 2 cups mini marshmallows
 1/2 cup milk



In a large bowl pineapple, mandarin oranges, whipped topping, coconut, marshmallows and milk. Gently fold all the ingredients together. Place in the refrigerator covered with plastic wrap for about an hour.

***Lychee can be substituted for the mandarin oranges.* This fruit is usually found in cans at the international or Asian grocery stores. A Lychee fruit is a small fruit that grows on a tree. It has a hard oval red shell and a white juicy edible inside.

Five Cup Fruit Salad (Coconut trees are common on the islands of Hawaii.)

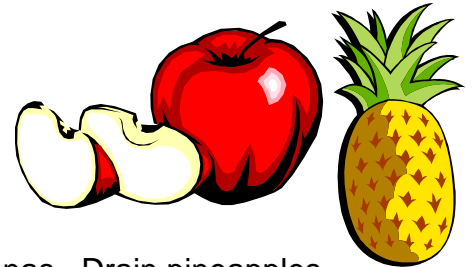
- 1 cup mandarin oranges
- 1 cup of shredded coconut
- 1 cup sour cream
- 1 cup of pineapple chunks
- 1 cup of miniature marshmallow
- Maraschino cherries for garnishing the top (optional)



Combine the coconut, sour cream and marshmallows in a large bowl. Drain the fruit. Gently fold in the fruits. Cover and refrigerate for 24 hours. Serve in bowls or dessert dishes, garnish with cherries.

Apple-Pineapple Salad (Hawaii still produces some pineapples for sale to various stores and companies)

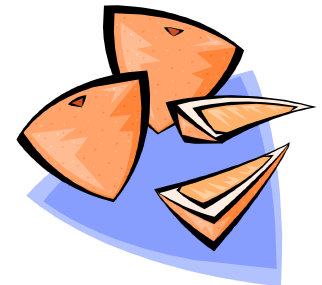
- 6-8 bananas
- 4 large red Delicious Apples
- 1 small can of pineapple chunks (about 9 oz)
- 1 small can of mandarin oranges (about 11 oz)
- 1/2 of a cup of raisins



Peel, core and cut apples into bite sized pieces. Peel and slice bananas. Drain pineapples and oranges. Place the raisins in a large bowl. Add the fruits one by one. Stir together. Cover with plastic wrap and place in refrigerator for about an hour.

Guava Pie (Guava is a fruit that grows on a tree in Hawaii. The taste is sweet and is used in drinks and desserts.)

- 1 1/4 cups guava nectar
- 1/2 cup sugar
- 1 T. lemon juice
- 1/4 t. salt
- 3 T cornstarch
- 3 T cold water
- baked pie shell



Combine guava nectar, lemon juice, sugar and salt in a saucepan and bring to boil over low heat. In a small bowl mix cornstarch and water to a smooth paste then stir into saucepan mixture. Stir mixture until thickened and clear then remove from heat and allow to cool. Pour into baked pie shell or graham cracker crust. Serve with whipped cream.

Shaved Ice (Enjoying Shaved ice in Hawaii is very common especially with the warm weather and location of shaved ice shops available)

- Ice cream
- Flavored syrup
- Cup and shaved ice



You may need to purchase a manual machine that shaves the ice. Start by placing one scoop of vanilla ice cream on the bottom of the cup top it with the shaved ice until it is full. It should have a dome shape on top. You can create this with a large serving spoon. Top it off with your favorite syrup or you can layer the syrup in stripes on top. Examples of flavor combinations are: Strawberry-banana; orange-pineapple, strawberry-kiwi, rainbow, or lemon-lime. Eat with a spoon and enjoy!

Plan your Hawaiian Luau with easy to find items at your local market. Some suggestions to arrange a tropical display would be:

- Sherbet or sorbet served in festive glasses or shells.
- Tropical Fruit is a highlight of any luau. Try some of the following at your luau or festive celebration.
- Pineapple chunks on a toothpick
- Watermelon, honey dew or cantaloupe carved out with a melon scoop and served in a watermelon shell, watermelon basket, or festive bowl. You can also cut the fruit in squares, place tongs in the container for easy serving.
- **Create a watermelon boat** Cut a watermelon in half, lengthwise. Accent the top of cut watermelon in a zig zag fashion. Scoop out the inside to make two baskets. You can then fill the watermelon shells with a fruit salad.
- **Create a Pineapple Boat** Cut a pineapple in half lengthwise, remove all the fruit inside. Refill the shell with a fruit salad or an easy display of pineapple chunks and coconut (shredded or fresh)
- **Kabobs** are an easy way to serve Teriyaki chicken or grilled chicken. Other items to substitute or stack with the chicken are pineapples, Spam©, onions, squash, zucchini, mushrooms. Serve with rice.



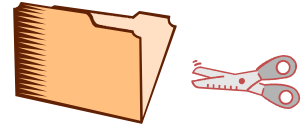
Other festive products to serve:

- POG (Passion fruit-Orange-Guava drink) or Hawaiian Punch©
- Goldfish Crackers
- Macadamia Nuts (chocolate dipped or plain)
- Fruit Smoothies
- Tropical themed Drinks (make your own creations using fruit drinks and sherbet)
- Fruit Platters [mango, pineapple, strawberries, grapes, apples, cantaloupe, bananas]
- Pineapple upside down cake
- Cupcakes with decorative flowers on top
- Blue Jello© cubes or Jello© jigglers in ocean animal shapes
- Spam© [served with crackers or rice]
- Hawaiian cookies [cut out in shapes of pineapples, ocean animals, etc]
- Banana Bread
- Banana or Coconut Cake
- Chicken Teriyaki
- Macaroni Salad
- Baked Sweet Potatoes

Some of the items listed above are not traditional in Hawaii but add a fun twist to a luau with kids and family members.

Create a book about Hawaii using a file folder.

Items needed: glue stick, scissors, file folder, stapler, and markers.



Step One: Prepare Copy all the template and booklet pages for each participant. Have them color where needed and cut along the outside lines. Folding instructions are included on each page.

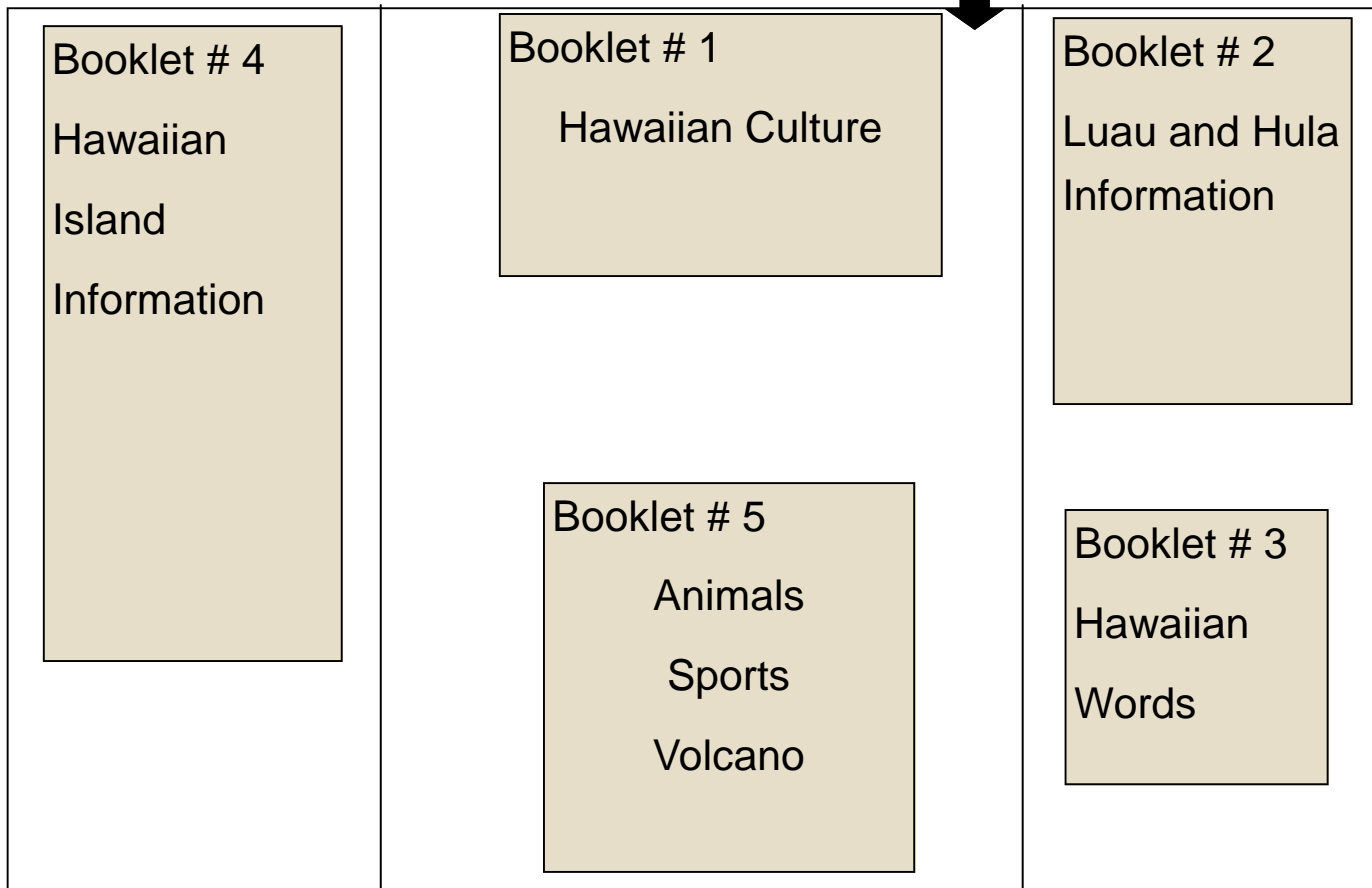
Step Two: Gather your supplies Participants will need glue sticks or glue to mount the templates or booklets to the file folder. A stapler will be needed to staple the Hawaiian Island flip book together.

Step Three: Create the front cover Fold the file folder in to form a book. (shown below) Have them color or decorate the sky prior to gluing on the items. Using the template # 1, the front cover of the book. Place all the items together as shown below. Older participants may wish to draw fish, seashells, coconuts etc in the bottom portion of the sand and water.

Step Four: Completing the inside Distribute the booklet patterns for the inside of the book. Make sure they color all the areas prior to cutting them out. See the below picture for placement. The black line is where the folder creases.

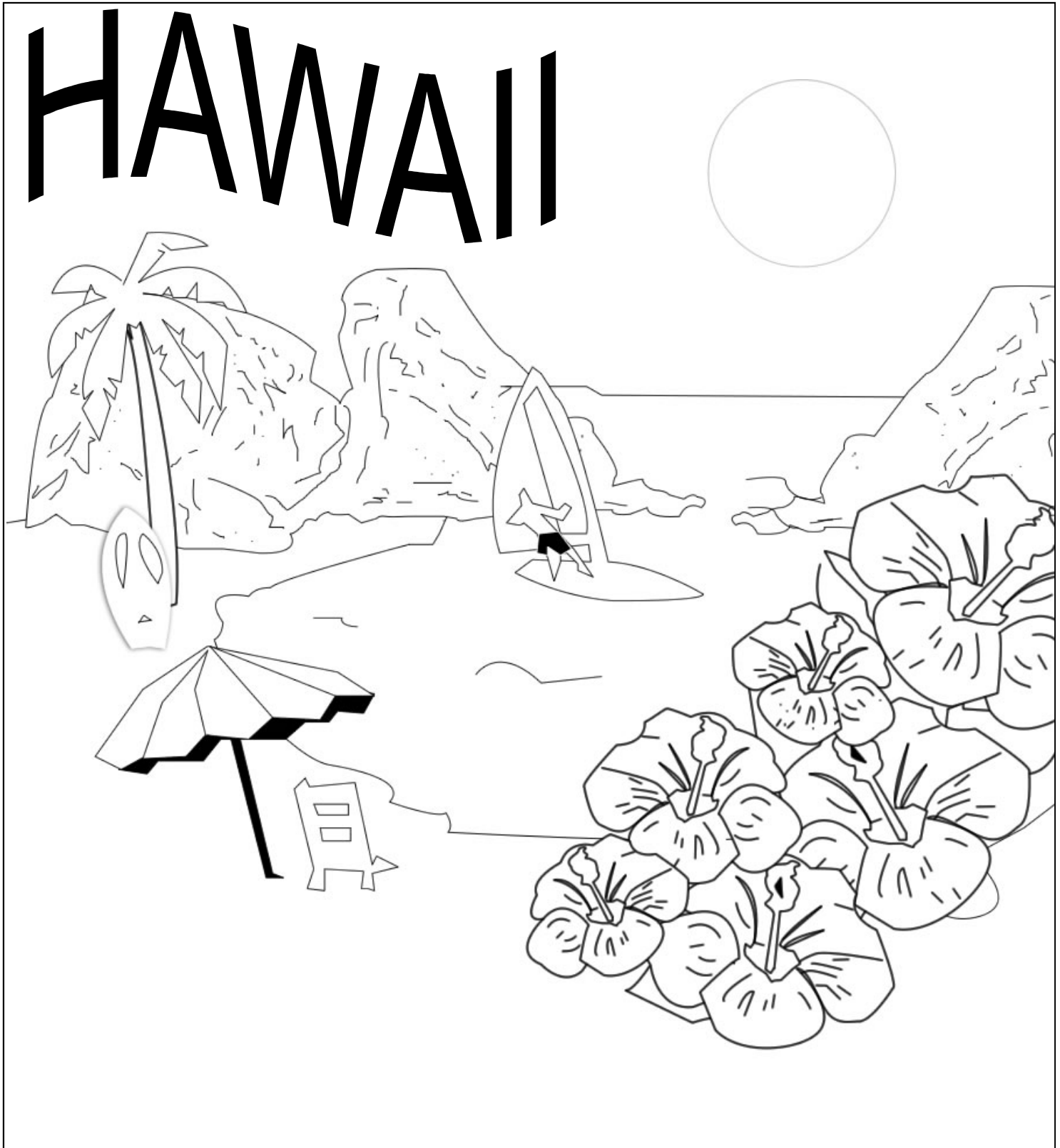
Embellish the outside of your folder by coloring the Hawaii template for the front cover that resembles the patch. You can also add stickers or foam shapes.

Layout of the booklets in the folder



After you have colored all the items, cut the square out and glue it on the front of your book.

You may also wish to draw fish, shells coconuts in the sand or water area.
You will need to cut up the middle of the picture so you can open the folder.

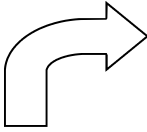


Booklet #1 (matchbook) Cut along the outside of the rectangle only. Fold along the center line. Fold the flap upwards so you can see the words below the map. This booklet will resemble a matchbook. Glue the information about the Hawaiian culture inside the cover below. Place it in the center of your folder.

The inside of this booklet is on the next page. Requirement # 1

FOLD

Hawaiian Culture



Fold
This flap
upwards
So you
can see
the
words,
right be-

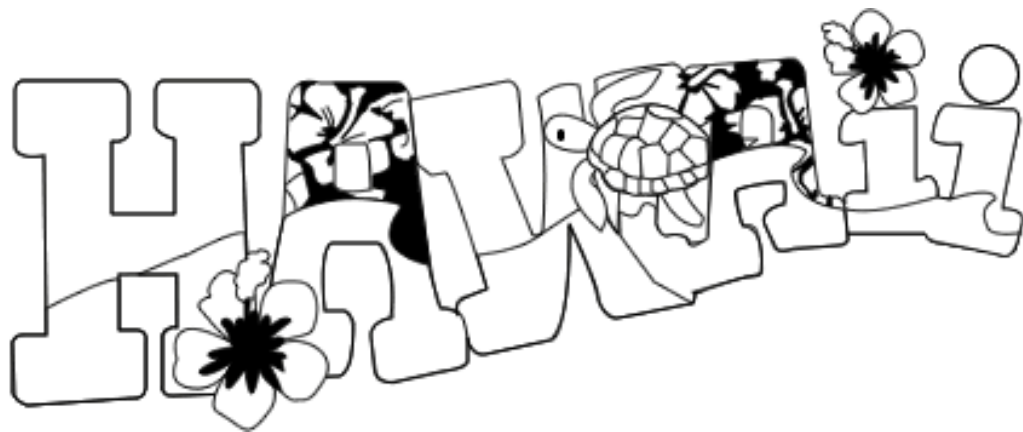
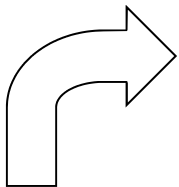
FOLD

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Place glue on
this side to ad-
here to the file

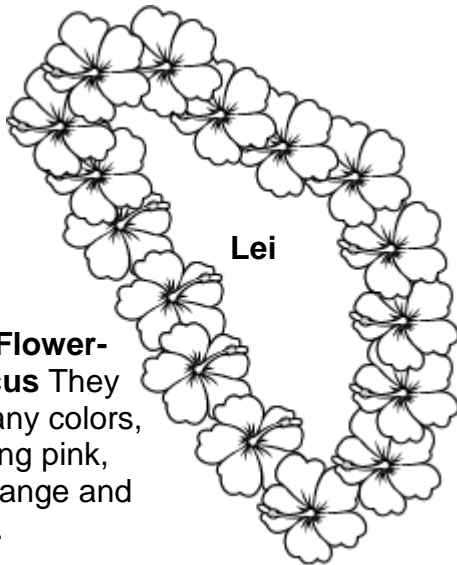
Fold on this line



Cut along the outside of the rectangle only. Fold along the center line. Glue the information about the Hawaiian culture inside the cover on the previous page. Place it in the center part of your folder.

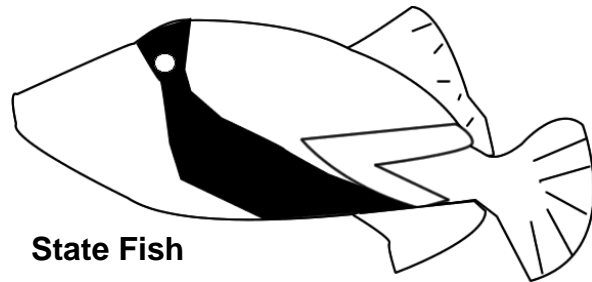
If you print the two pages front to back then the booklet will already be printed inside the matchbook and you won't have to glue it inside.

History of Leis Leis are used for decoration and ceremonies. They originated from Polynesian, native Hawaiians. They are traditionally made from flowers, yarn, tea leaves, shells, and kukui [ka-koo-ee] nuts. If you receive a lei as a gift, it should never be refused or remove it from around your neck in front of the person that gave it to you.



Lei

State Flower- Hibiscus They are many colors, including pink, red, orange and yellow.



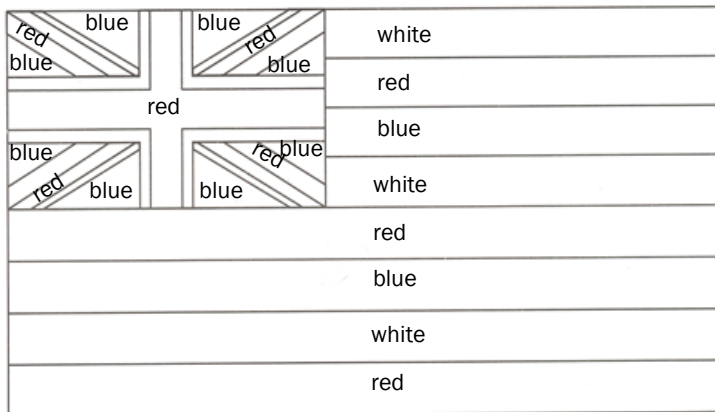
State Fish

Humuhumunukunukuapua'a

Pronunciation: hoomoo hoomoo nookoo nookoo ah poo ah ah

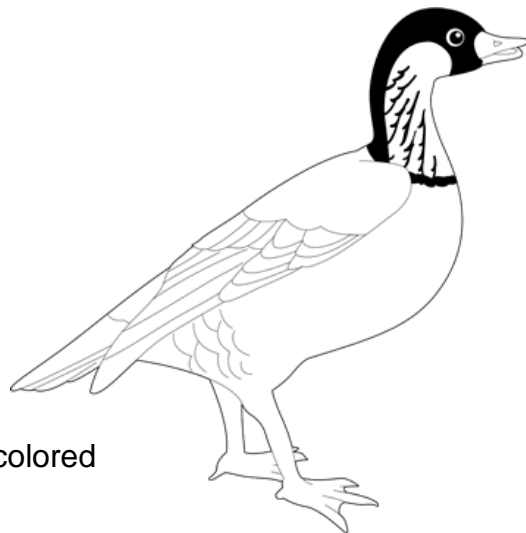
It is native to the reefs in Hawaii. The meaning of its name is a small trigger-fish, small snout, and pig. Color the fish, yellow, red, and blue.

BOOKLET # 1



State Flag

State Bird-Hawaiian Goose Nene (knee-knee)



The bird should be colored brown.

B O O K O O B

This booklet gives you information about the Luau and Hula. Decorate the front cover of your book with flowers, fish or other tropical items.

In ancient Hawaii, men and woman ate their meals apart. Commoners and women of all ranks were also forbidden to eat certain foods. In 1819, King Kamehameha II changed these rules and the luau was created. The traditional luau feast was eaten on the floor on lauhala mats, straw mats.

Hula- The hula is a dance that has been a part of Hawaiian culture for many years. Today, they dance the hula at luaus and other special occasions. There is also schools that teach this wonderful dance.

Clothing- If you are doing the hula you would probably want to wear a grass skirt at the luau. Other common types of clothing are the Aloha shirt, a brightly colored shirt with beautiful designs. The mu'um'uu dress, worn by women is also decorated with brightly colored designs and flowers.

Music- Many hula dances are performed by using music or musical instruments. Some of these instruments include a wooden drum, bamboo poles, (tapped together), lava stones, (tapped together) and shakers.

Lei- The lei is treasured and worn with pride by people of every age. In the 1800's, the lei was given out as visitors arrived by ship were greeted with aloha and presented with a floral leis. Today, they are given to all visitors.

Food-Some typical foods at luaus are char sui, (Chinese style pork), fried rice, tropical drinks, and tropical fruits.

LUAU



Cut along the outside of the rectangles only. Glue the inside of the book (left side with wording) inside the booklet # 2 cover. Make sure it is glued in the correct direction, so when you open the book you can read the words. Fold it in half on the line, and glue it inside your file folder. Color the items if desired.

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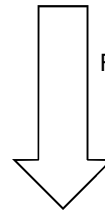
3

kai - (k-eye) ocean
mahalo-(ma-hall-low) thank you
nani-(non-e) beautiful
nui (noo-wee) big
puka- (pooh-ka) hole (puka shell is a shell with a hole in it.)
wikiwiki- (wee' kee wee' kee) quick
honu-(ha-new) turtle
hoku-(hoe-coo) star
kau kau- (cow -cow) food
pua- (pooh-wah) flower
Aloha (A-low-ha)- Hello/Good-bye
Kanikapila! (ka-knee-ka-pea-lah)- Let's play music!
Ohana– (o-ha-na) Family
'Ae - (A) Yes
Ono– (o-no) good food
ho'opono— (ho-o-po-own-o) to do the right thing
Lu'au- (Loo-ow) Hawaiian celebration
Your new Hawaiian name:

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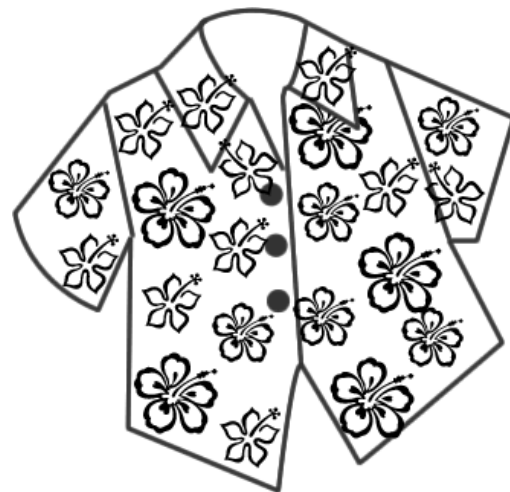
3

Place glue on this side to adhere to the file



Fold on this line

Hawaiian



Words

Page 1, the bottom page

O'AHU

The Gathering Place



State Capital - Honolulu

Official color: Yellow
Official Emblem: 'ilima
 (this flower is very popular in lei's)



Sites to see: Pearl Harbor, Polynesian Cultural Center, Macadamia Nut Farm, Pineapple Plantation, Hanauma Bay, and 'Iolani Palace.

Types of terrain: Sandy beaches, sheer rocky cliffs, mountainous areas

Facts: Honolulu is the largest city in the world, at least it has the longest borders.

*More than 14,000 coral blocks were taken from offshore reefs to build Kawaiaha'o Church in 1836.

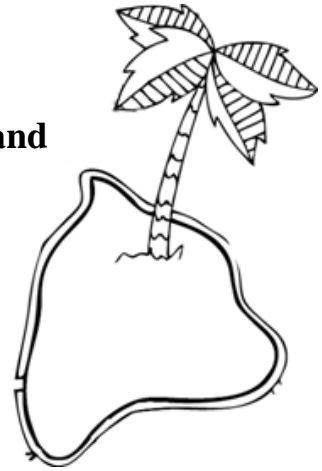
*Hanauma Bay holds over 100 species of fish. It has coral and rental gear for snorkeling.

OAHU

Page 2

HAWAII

The Big Island



Official color: Red
Official Emblem: Lehua Ohia
 (yellow or red in color)



Sites to see: Orchard Isle, Volcano Isle, Kealakekua Bay and Dolphin Quest.

Types of terrain: Volcano's, rocky shores, lava fields and high sea cliffs

Facts: The world's most active volcano, Kilauea, is located on the Big Island.

*The Big Island is the world leader in orchid and macadamia nut production.

HAWAII

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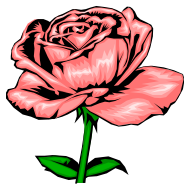
Directions on how to make a Hawaiian island flip book is listed on the next 4 pages. Each island has its own nickname, color and emblems. Have the participants color each island their official color.

MAUI

The Valley Isle or The Magic Isle



Official color: Pink
Official Emblem: Iokelani
 (“heavenly rose” or pink cottage rose)



Sites to see: Akaka Falls, Haleakala National Park and crater, Iao Valley and Poli Poli State Park

Types of terrain: Volcanoes, rocky sea cliffs, golden beaches and lava fields.

Facts: The second largest of the Hawaiian Islands. *Maui is the whale-watching capital of Hawaii.
 *Maui has more miles of swim able beaches than any other island.

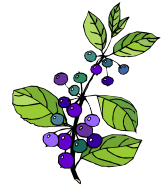
MAUI

KAUA'I

The Garden Island



Official color: Purple
Official Emblem: Mokihana
 (Green Berry)



Sites to see: Waimea Canyon

Types of terrain: Canyons, white sandy beaches, rugged rocky coastal areas, sea cliffs. Majority of cliffs and valleys only accessible by kayak or hiking trails.

Facts: *Largest coffee plantation in Hawaii.
 *More hiking trails than any other island in the world. *No building on Kauai is taller than a palm tree.

KAUA'I

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First, have the participants color the next 4 pages of templates to create a Hawaiian Island flip book. After they have been colored and decorated. Cut along the lines around the box templates.

Starting with the bottom page they are to be stacked on top of each other. Each layer gets shorter and shorter as it progresses to the top. After all the pages are cut out and layered upon each other, make sure they are straight and staple them together to form a book.

LANA'I

The Pineapple Island



Official color: Orange
Official Emblem: Kauna'oa
(yellow and orange air plant)



Sites to see: Garden of the Gods, Hulopo'e Bay, Lanai Art Center and Shipwreck Beach.

Types of terrain: Broad flat plains, plateaus, dry deep gulches and ravines.

Facts: Kaunolu Village on Lanai is a National Historic Landmark and is full of archaeological treasures.*There are no traffic lights on Lanai.

LANA'I

MOLOKA'I

The Friendly Isle



Official color: Green
Official Emblem: White kukui blossom



Sites to see: Makanalua Peninsula

Types of terrain: Sandy beaches, coral reef lagoons, has the highest sea cliffs in the world.

Facts: Molokai Ranch Wildlife Park is home to rare African and Indian animals.

*The water reservoir in Kualapu'u, Molokai holds 1.4 billion gallons and is the largest of its kind in the world.

MOLOKA'I

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Starting with the bottom page they are to be stacked on top of each other. Each layer gets shorter and shorter as it progresses to the top. After all the pages are cut out and layered upon each other, make sure they are straight and staple them together to form a book.

NI'HAU

The Private Isle



Official color: White
Official Emblem: Pupa Shell

Sites to see: The island is closed to the public, so there is no recreational visitor industry.

Types of terrain: No electricity, no paved roads, no crime, no privately owned vehicles, ranching is the way of life and the island can only be reached via a helicopter ride.

NI'HAU

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KAHO'OLAWE

The Forbidden Island



Official color: Grey
Official Emblem: Hinahina (beach heliotrope)

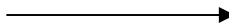


Sites to see: Uninhabited
Used for military exercise and cannot be visited.



KAHO'OLAWE

Top page- to be placed on the top of the stack.



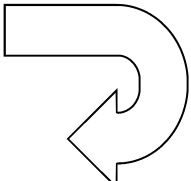
After the flip book is completed, you can place it on the left hand side of your lap book about 1 1/2 inches from the top of the flap. This can be adhered in the book with glue or a glue stick. Make sure you have enough to secure it to the manila folder. The last page will not be numbered because it is on top.



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Cut along the rectangle and fold the flaps inward. Cut out the below boxes of lettering and glue them on the front of the book making sure not to cover the opening.

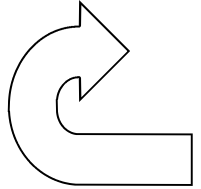


Covers

Requirement #4

FOLD
on the
solid
line,
inward

Decorate the outside with tropical items or animals.



Hawaiian Water Sports



Sailing



Wind Surfing

A surfboard with a sail.



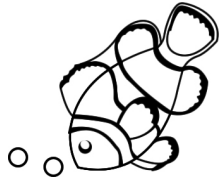
Scuba Diving

Diving in the ocean to observe sea life.

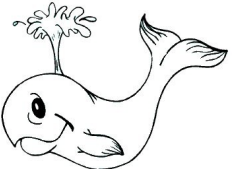


Canoeing

Animals in Hawaii



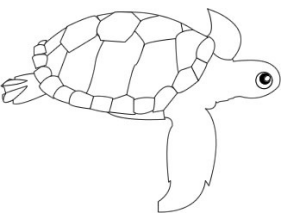
Clown fish are small fish that live among anemone. Color us bright orange with white vertical stripes.



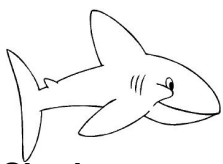
Whales are large, intelligent, mammals that live in water. Color me black.



A **Parrot** is a very talkative, intelligent, and sensitive bird. Color it bright colors.



Sea Turtles are large turtles that spend most of their lives in the seas. Color my shell brown and my body green.



Sharks are amazing fish that live in waters all over the world. Color me gray.



Geckos are the only lizards that have a voice. They like to be out at night. Color me green with red spots.

volcano



Lava is hot liquid rock ejected by a volcano onto the surface of the earth. It creates new earth when the lava flow from the volcano cools and turns into a hard black surface. Later vegetation grows.

The goddess Pele is the goddess of fire. She resides in and controls the forces of the volcano.



Hawaiian Fun Search

L E G E N D S S T T L G T U C J P E S M
 S C N O W I Y W X U F E L O T P A L U V
 U I A E L B W K T E N U L Z O J L E R K
 A G O H U M C L C Q L O M P C O M L F S
 U J P I F N A E C O R N C R P W T U I L
 L C P N I O G C N F R M H O O A R K N L
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 D E B L U T H L I I A W A H L E E N H H
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 D Y R P B M C Q P O P A L T Y E O Y A D
 F N J T H H H Z V I O G F N G I M D M S
 O G A M U I H K I U C L F E L G L Z A X
 Q E E L J T N Q S H O A P A B I Z R B I
 B L E B S A G S T W R U L Q A E T T F Y
 P A R A D I S E E S R O H A E S A J F J
 C C N C L T S R U F H Z A T W O X C J L
 Z P S I S N S L J A I G S J X Q R C H Z
 W T C O U M E L F Z M S F Y S U X C X M
 J P D S A N D U L J E V H Z X J Y V F E

Aloha

Fish

Lava

Palm tree

Beach

Flowers

Legends

Paradise

Beautiful

Hawaii

Lei

Pineapple

Coconut

Honolulu

Luau

Tropical

Colorful

Hot

Maui

Turtle

Dolphin

Island

Ocean

Volcano

Shells

Seashore

Rocky

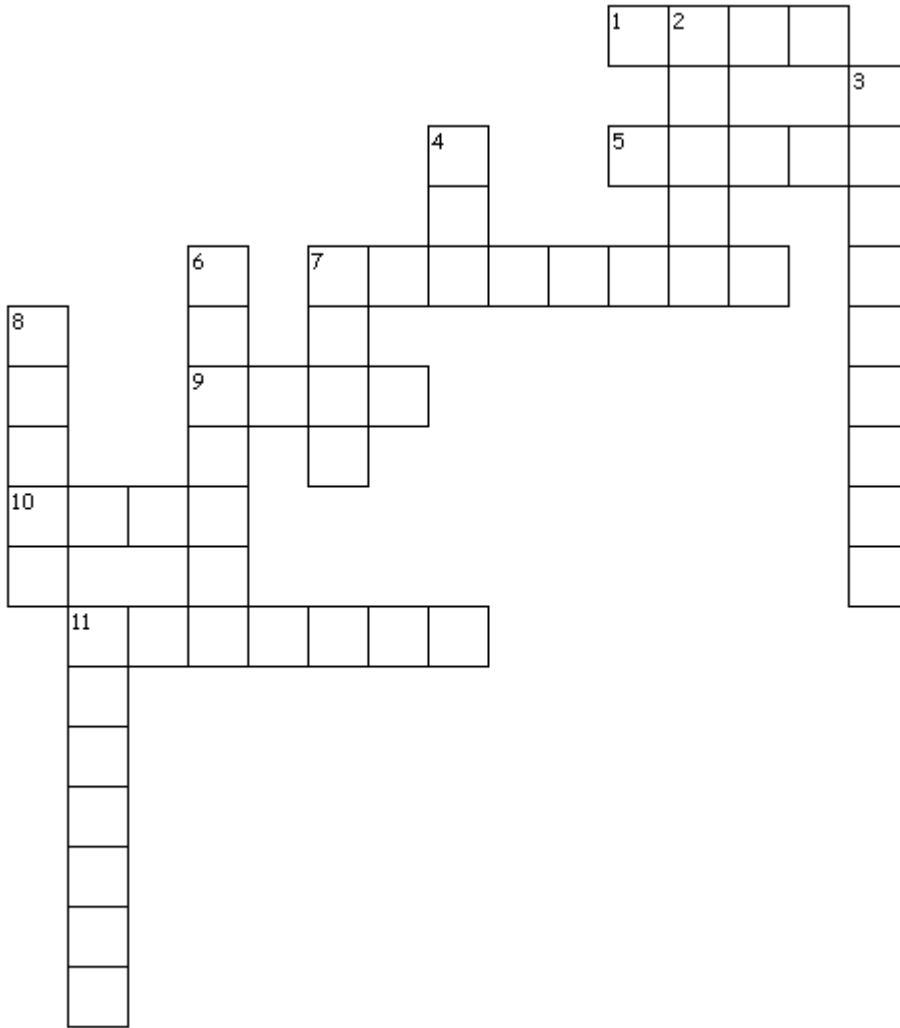
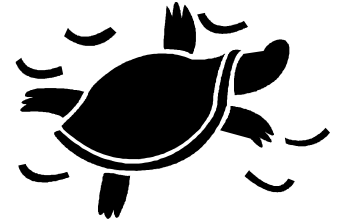
Water

Seahorse

Sunset

Surfing

Sand



Word Box:

lei
 shaved ice
 surfing
 honu
 aloha
 swimming
 beach
 seal
 volcano
 luau
 hula
 ocean
 snorkel

Across

1. Hawaiian word for turtle
5. sandy fun
7. activity in the water
9. traditional Hawaiian feast
10. dance with a grass skirt
11. swim with mask and flippers

Down

2. blue water and waves
3. icy frozen treat
4. a flower necklace
6. erupts with lava
7. animal that barks and lives in the ocean
8. hello in Hawaiian
11. ride the waves



Pearl Harbor and USS Arizona Memorial

The national **USS Arizona memorial** was designed by Honolulu architect Alfred Preis. The United States Navy wanted the memorial be in the form of a bridge floating above the sunken battleship and accommodates 200 people per tour. You need to take a boat to get to the memorial

The 184-foot-long structure has two peaks at each end connected by a sway in the center of the structure. It represents the height of American pride before the war, the sudden attack in the middle sway, and the rise of American power to new heights after the war.

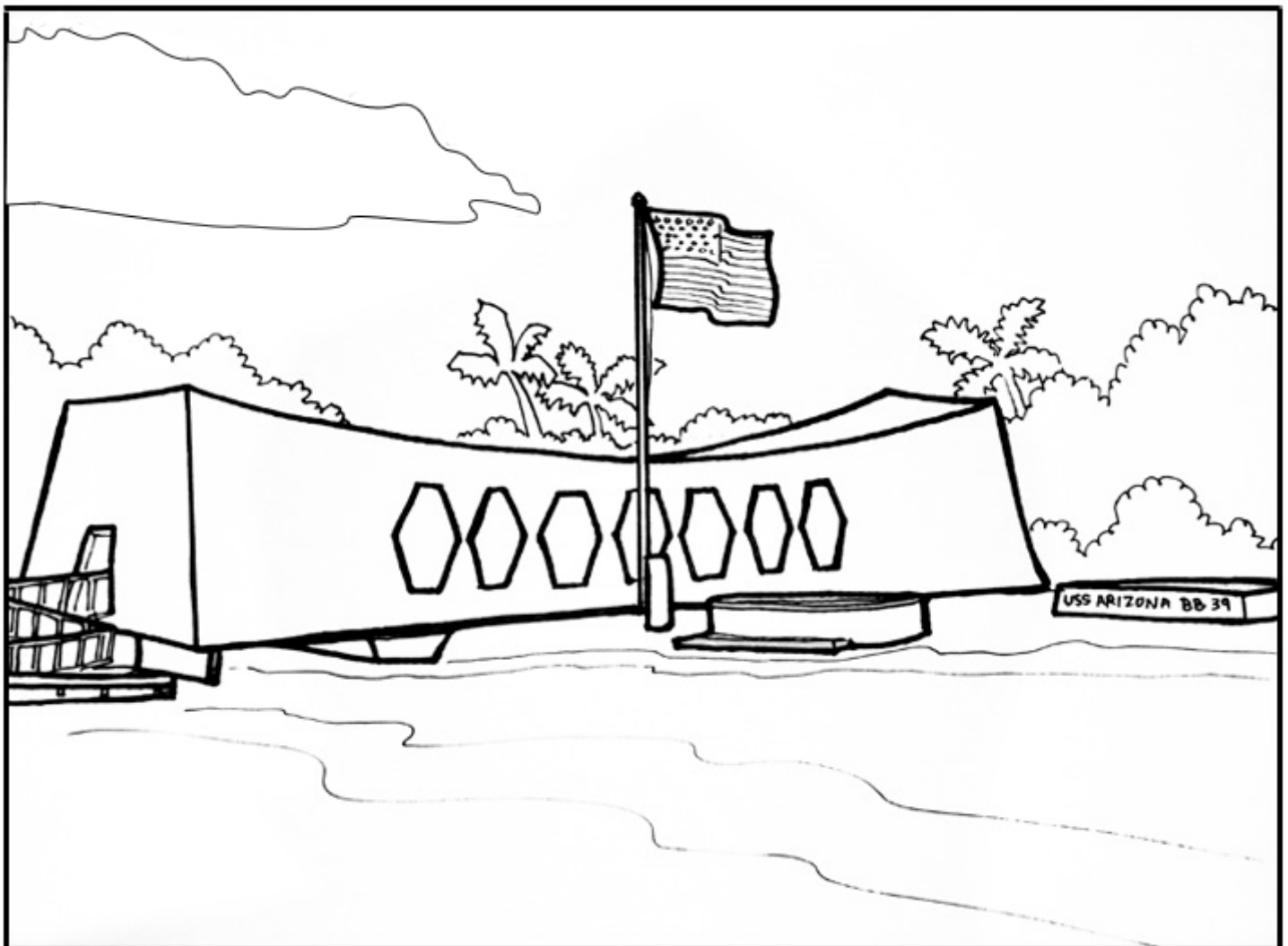
The main parts of the memorial is the entry, assembly room, and shrine. The **seven** large open windows are located in the assembly room, to commemorate the date of the attack, December, 7 1941.

The shrine is located at the far end of the memorial and is made of marble. It has the names of those that died. Leis are placed on the guardrails located in front of the names of the soldiers and sailors.

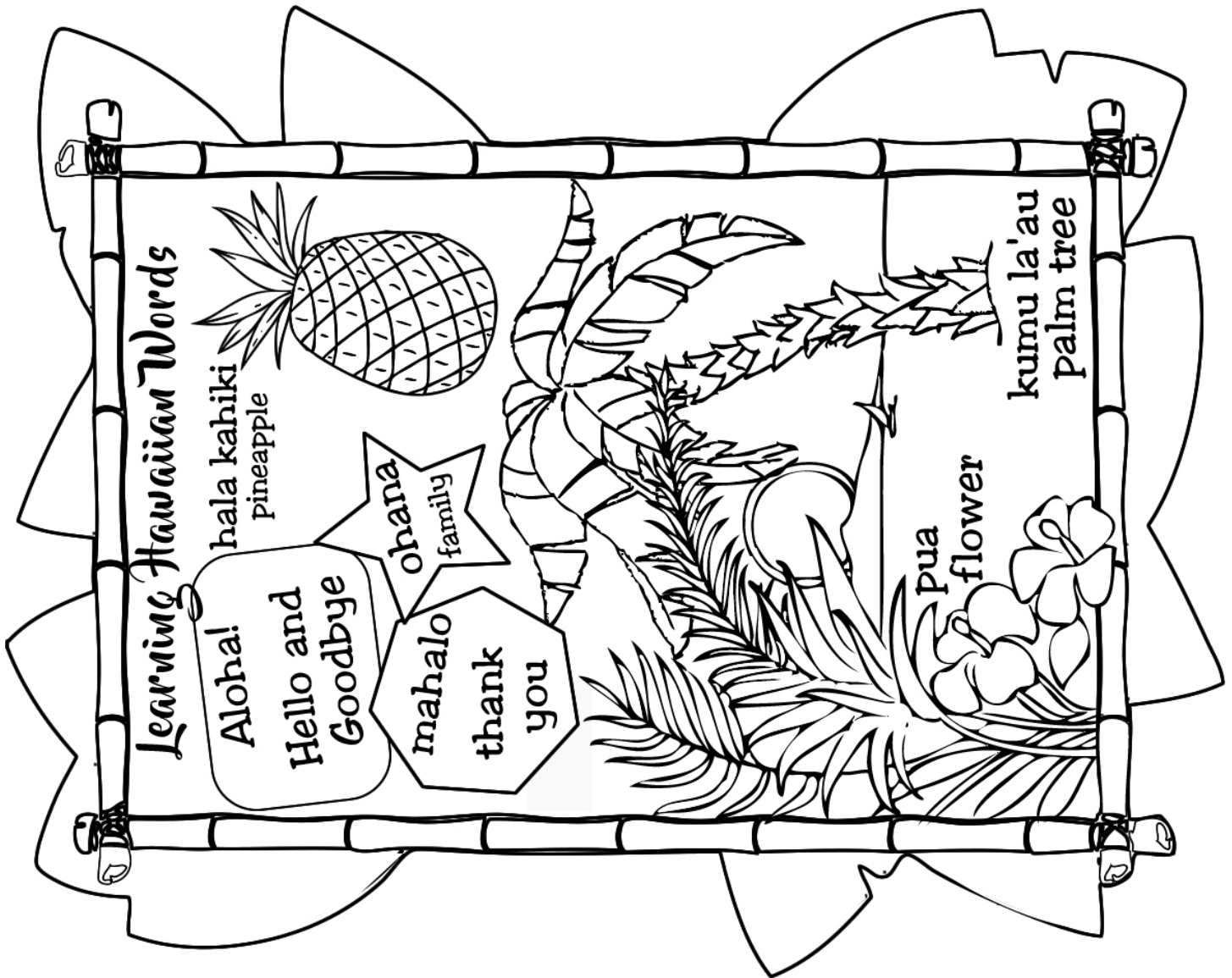
Located near the visitor center, is one of the anchors of the *Arizona*. It weighs 19,585-pounds.

Color the structure is white.

Color the other items their natural color.



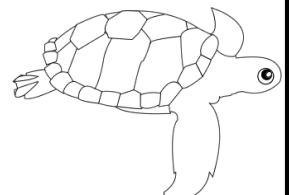
USS Arizona Memorial
Honolulu, Hawai'i



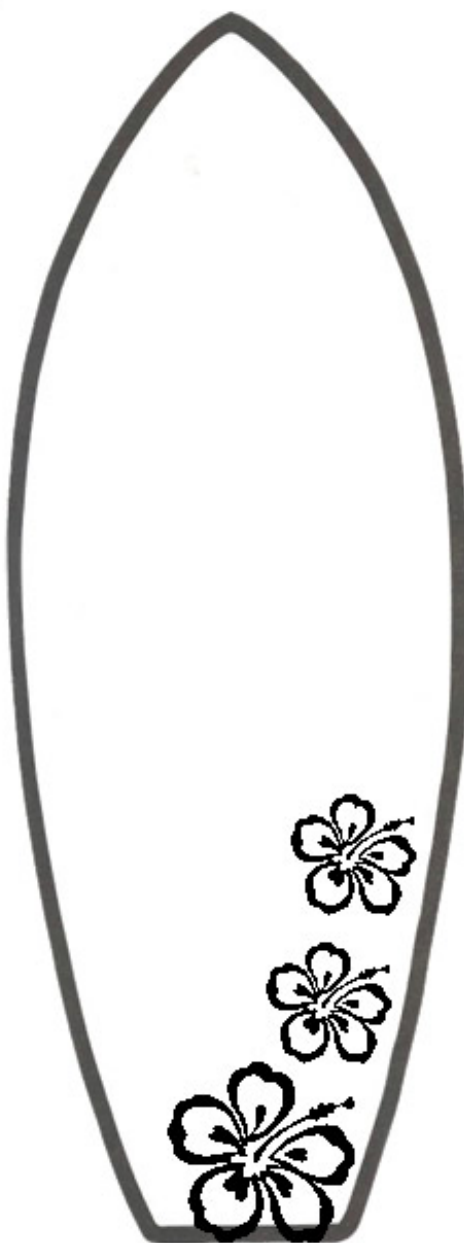
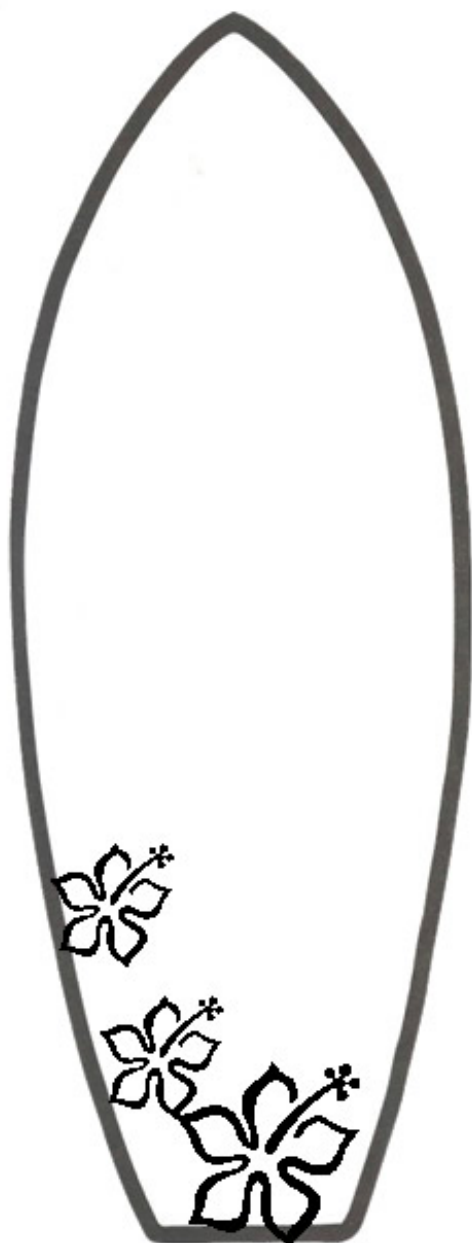
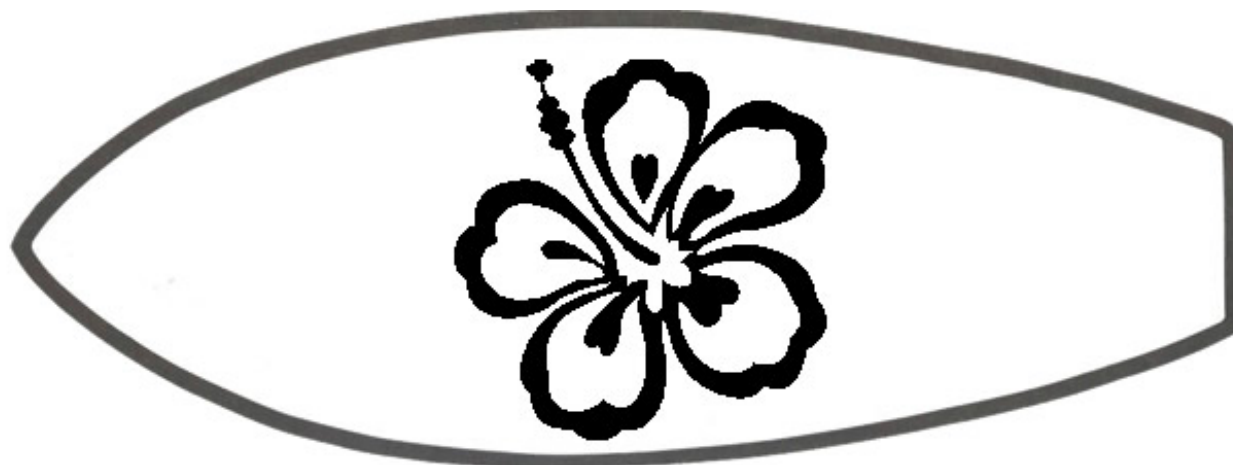
There are two ways to determine the Hawaiian equivalent of your name. The first way is to determine the meaning of your name and then look up the Hawaiian word for that meaning. The second, is through the process of transliteration. This is the process where you replace the letters in the English name with Hawaiian letters. There is a formula to do this. (see below)

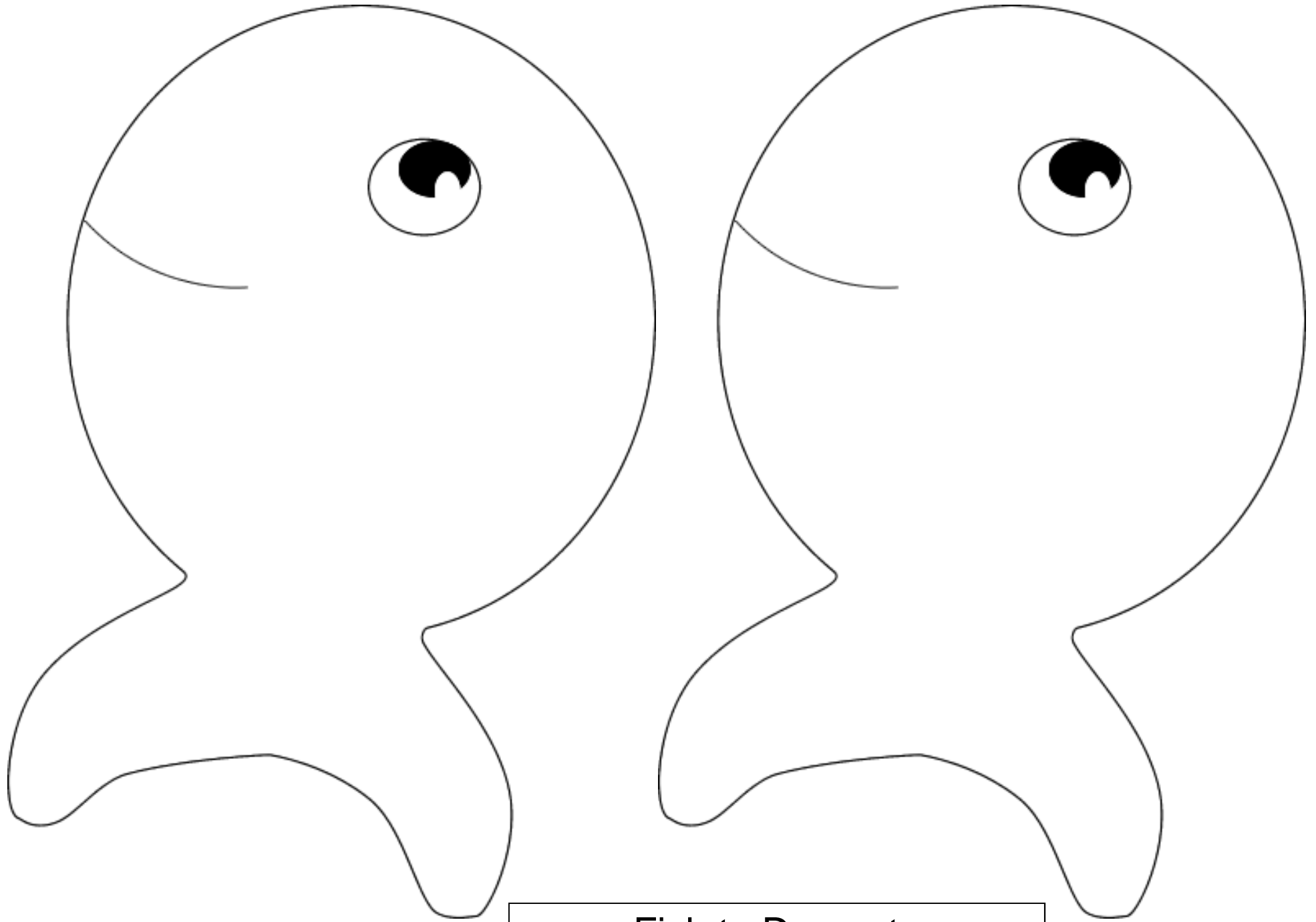
- 1. Replace B and F with P.
- 2. Replace C, D, G, J, K, Q, S, T, X, and Z with K.
- 3. The 7 consonants remain (h, k, l, m, n, p, w).
- 4. The Vowels remain the same. (a, e, i, o, u)
- 5. Replace R with L.
- 6. Replace V with W.
- 7. Replace Y with i.
- 8. Remember to separate all consonants with a vowel.

Example: Sara = Kala

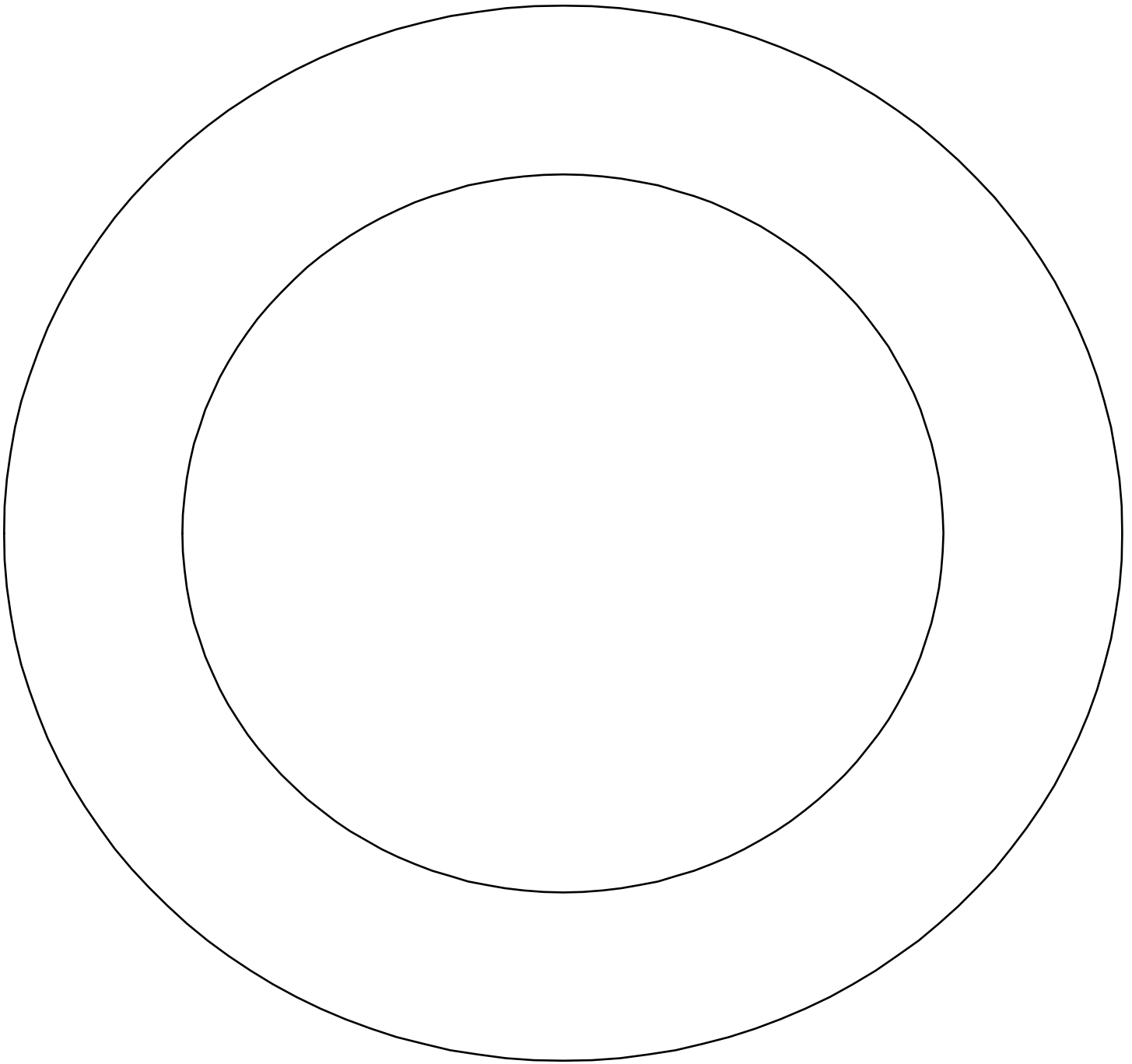


Surfboard Bookmark





Fish to Decorate



Sea Escape Treasure Wreath

Gather your sea treasures (Either at the seashore or your local craft store)

HEAVY cardboard (foam or matting board) or a small premade wreath to place the items on.

Note if you use poster board or cardstock for the base of the frame, after you place the shells on it will buckle and collapse, due to the weight.

Once the wreath pattern is created or purchased. Begin to decorate! Place the sea items on the wreath as you would like them. Then begin gluing them on the outside frame.

RESOURCES:

Hawaii: <http://www.aloha8.com/index.html>

Hawaiian Leis: <http://www.hawaiiflowerlei.com/leitradition.aspx>

Crazy Shirts: www.crazyshirts.com

Hawaii Flag: http://en.wikipedia.org/wiki/Flag_of_Hawaii

Hawaiian Names: <http://www.hisurf.com/hawaiian/names.html>

Hawaii Info: <http://www.state.hi.us/dlnr/dofaw/kids/endgrbk/>

Hawaii Luau: <http://www.hawaii-luau.com/>

Hawaii Myths and Legends: <http://www.electricscotland.com/kids/stories/hawaiian.htm>

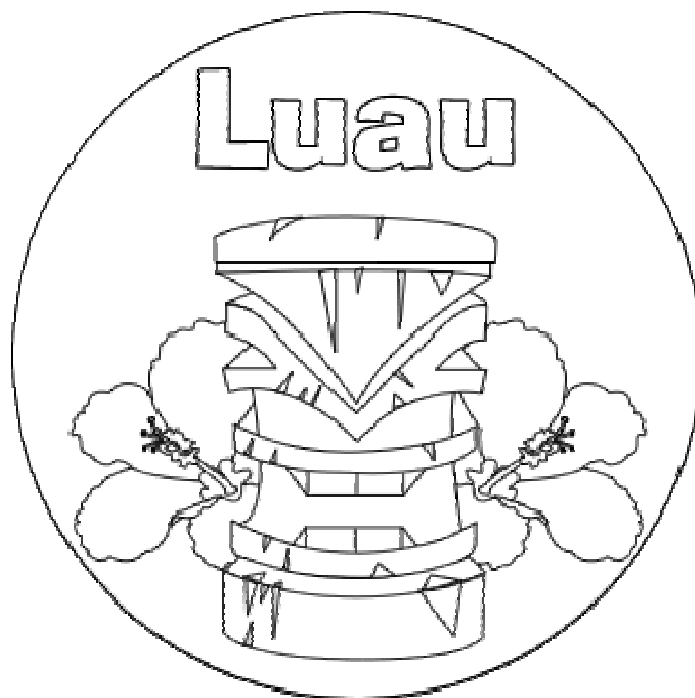
Hawaii State Fish: http://www.manoaumakua.com/mano_aumakua/humuhumunukunukuapuaa.html

Hawaiian Monarchy: http://www.dcs-chico.com/~star/Hawaii/h_monarc.html

Luau Food and Recipes: <http://www.polynesia.com/luau/hawaiian-luau-food.html>

<https://www.polynesia.com/>

<https://www.to-hawaii.com/>



ORDER FORM

Please complete this form and mail it or fax it to:

Patchwork Designs, Inc.

8421 Churchside Drive

Gainesville, VA 20155

PHONE (703) 743-9948 ***** **FAX** (703) 743-9942

You can add any additional items to this form that you may need.

Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____ Referred By: _____

Email Address: _____

Discover/MasterCard/Visa# _____ - _____ - _____ or Check # _____ CASH

Expiration Date: _____ Have you ordered before? _____

Item #	Description	Quantity	Unit Price	Total Price
HAWAII	Hawaii patch		\$1.85	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
Subtotal				\$
Regular Shipping & Handling (view chart on the next page)				\$
Special Shipping (next day, priority mail etc)				\$
TOTAL				\$

order online

← Our online store – just search for any patch you would like

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 Phone: 703-743-9948
 Fax: 703-743-9942
 E-mail:


 Patch and Program Created
 By:
 Cheryle Oandasan

If you would prefer Priority Mail, please add \$2.00 to the \$4.99 or above shipping category.

Next day service is an average cost of \$28.00 (USPS determines the pricing according to the zone and weight.)

Patches	
1-5	\$3.55
6-20	\$4.99
21-30	\$5.99
31-50	\$6.50
51-70	\$6.99
71-100	\$9.55
101-150	\$10.55
151-200	\$13.00
201-400	\$15.99
401-500	\$17.50
Over 500	Contact us for pricing

Kits or Manuals (shipped Priority Mail)	
1	\$6.99
2	\$9.25
3-5	\$10.75
6-8	\$12.75
10-12	\$15.75
13-20	\$22.25
21-23	\$24.00
Over 24	Contact us for pricing

Kits and manuals range from 30 to 62 pages in length (except the Patch Program Book, that is over 100). Therefore if you are ordering more than 2 kits or manuals, please use the above shipping chart. Patches, bracelet kits, and stamps can be added to any order falling within that price range. Otherwise, use the highest shipping amount on the chart according to the items ordered.