Come Along With Hoku

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Mālama Honua Digital Storybook Series
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This story is about a girl Hoku who shares with about her entire schedule of the day. Throughout her day, she shows how she is so responsible by making her own choices and decisions. From when Hoku wakes up to when she goes to sleep, she demonstrates many things on how to be independent such as, having good hygiene, having good health and exercising daily.

This story connects to the Nā Hopena A'o because of the Hawaiian language and Hawaiian culture it contains. Basic Hawaiian words are used to help connect the reader to the story that takes place on the island of Hawai'i with the main character being a local from there. The character also eats a banana, which are local fruits and it is grown in Hawai'i.
Aloha kakahiaka! The sun is starting to rise up into the sky.
Hoku is asleep. “Cock-a-doodle-doo!” a chicken wakes her up.
Hoku sits up in her bed and stretches her body.
Then, Hoku goes to the bathroom and she brushes her teeth.
Hoku changes her clothes into her school uniform.
Hoku eats a healthy breakfast. She eats cereal and milk.
When Hoku is pau, she puts her dishes away.
Hoku grabs her backpack and leaves to go to school.
Hoku comes home from school and does her homework.
Hoku is hungry. She looks for something to eat.
Hoku washes her hands before she eats. She washes off the germs.
Hoku finds a big, yellow mai'a. She eats it for snack.
When she is pau eating. Hoku washes her hands.
Hoku goes outside to play. She plays with her three brothers.
After that, Hoku went to put helmet on. She wants to be safe.
Hoku rides her bike. She rides for one hour to get her daily exercise.
It is time to go inside now. So Hoku puts her bike away.
Hoku washes herself up. Then, she grabs her clothes to shower.
When she is pau, Hoku brushes her hair and cleans her ears.
Then, Hoku gets ready for dinner. She eats with her family.
When everyone is pau. Hoku helps clean the table.
Hoku goes to the bathroom to floss and brush her teeth.
She gets ready for bed. Then, Hoku’s brother reads her a bedtime story.
Hoku is tired. She falls fast asleep. Aloha ʻauinalā!
Glossary

• Aloha 'auinalā (p. 24) – good night
• Aloha kakahiaka (p. 1) – good morning
• Mai‘a (p. 14) – banana
• Pau (p. 7, 13, 18) – done
HCPS III Topics:

- Personal Heathly and Wellness
- Healthy Eating and Physical Activity

General Learning Outcomes:

- #1: Self-Directed Learner: The ability to be responsible for one’s own learning
- #3: Complex Thinker: The ability to demonstrate critical thinking and problem solving
- #4: Quality Producer: The ability to recognize and produce quality performance and quality products
HCPS III Health Standards:

- **Standard 3:** Self-Management: Practice health-enhancing behaviors and reduce health risks
- **Standard 6:** Decision-Making and Goal Setting: Use decision-making and goal-setting skills to enhance health

**Activity #1: Hand Washing**
Students will learn how to wash hands properly for 20 seconds. They will learn a washing hands song that is tuned to Row Your Boat.

**Activity #2: Relay Races**
Students will play relay races to be engaged and to stay active. They will do different active challenge such as, walking, running, hopping, jumping jacks, etc.

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Grade-level Benchmark

• HE.K-2.1.2 Explain the benefits associated with exercise
• HE.K-2.1.3 Describe the benefits associated with a healthy diet
• HE.K-2.1.4 Describe barriers and situations that are safe, risky, or harmful to self and others
• HE.K-2.1.5 Describe how individuals can promote and protect their own health
• HE.K-2.1.7 Describe the benefits associated with personal cleanliness
• HE.K-2.1.8 Describe the signs and symptoms of common illness and strategies one can use to avoid spreading or catching illnesses
• HE.K-2.6.1 Explain when and who to ask for help in making health-related decisions and setting goals
HĀ Framework

• 2. Strengthened Sense of Responsibility:
  – a. Come to school regularly, on-time and ready to learn
  – e. Make good decisions with moral courage and integrity.

• 3. Strengthened Sense of Excellence:
  – d. Take initiative without being asked
  – f. Utilize creativity and imagination to problem-solve and innovate

• 5. Strengthened Sense of Total Well-Being:
  – b. Develop self-discipline to make good choices
  – d. Have goals and plans that support healthy habits, fitness and behaviors
  – f. Have enough energy to get things done daily

• 6. Strengthened Sense of Hawai‘i:
  – a. Pronounce and understand Hawaiian everyday conversational words
  – b. Use Hawaiian words appropriate to their test
  – e. Share the histories, stories, cultures and languages of Hawai‘i
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