The Lovely Home of Waitai

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Mālama Honua Digital Storybook Series
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Naitai is a little turtle wanting to play and swim freely in her home, the ocean. As Naitai swims through the ocean, she finds some unexpected things. What are these things? Will Naitai be happy with the way her ocean is being treated in the end? Read the story to find out!
This is dedicated to my lovely daughter Neriah. You give me the courage and strength to try each day even when we encounter some unexpected trials. I love you so much.

- Mommy
Once upon a time there was a little honu named Naitai. She lived in the beautiful ocean.
Naitai loved playing in the water and laying in the sand. The ocean was her home and all the fishes and coral were her friends.
One day as Naitai swam through the water, she sees something floating at the surface.
It is a small white stick. “It looks like food” Naitai thinks, and swims up to eat it.
The moment she tastes it, she spits it out. “Eww gross” she says with regret.
Naitai continues to swim and decides to stop by the shore to get some rest.
As Naitai lays on the shore, she sees someone holding the same thing that she tried to eat.
There is smoke coming out of it and the end glows bright red. “What is it?” Naitai wonders.
He leaves it on the sand near the water. This makes Naitai mad.
She swims off to cool down. Naitai decides to visit her friend Angel.
When Naitai arrives at Angel’s home, Angel’s mother lets Naitai come in.
Angel looks very sick. She had eaten something that she found in the ocean too.
It's made of plastic and looks like rings.
Naitai is very sad. She sits next to Angel.
The next day, Naitai decides to go up to shore to find a seashell for Angel.
When Naitai arrives, she sees a little girl playing in the shore line water.
She splashes in the water with her little hands.
She stands up to walk back to her mommy and stops.
She sees a plastic object on the sand, walks to it and picks it up.
Her mommy has a big bag for collecting these objects. She gives it to her mommy.
Naitai realizes that they are cleaning the beach!
This makes her happy.
Naitai finds a shell for Angel and swims off to the ocean happy as can be.
She is glad that there are people who care for her home.
The End
**HCPS III Standard Alignment**

**HCPS III Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Mental and Emotional Health</th>
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<tbody>
<tr>
<td>Benchmark <strong>HE.K-2.1.1</strong></td>
<td>Describe appropriate ways to express feelings</td>
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<tr>
<td>Sample Performance Assessment (SPA)</td>
<td>The student: Identifies a variety of feelings (e.g., anger, joy, sadness, frustration) and describes appropriate and inappropriate ways to express them.</td>
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**Rubric**

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<thead>
<tr>
<th>Advanced</th>
<th>Proficient</th>
<th>Partially Proficient</th>
<th>Novice</th>
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<tbody>
<tr>
<td>Describe, in great detail, appropriate ways to express feelings</td>
<td>Describe, in detail, appropriate ways to express feelings</td>
<td>Describe, in some detail, appropriate ways to express feelings</td>
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Strengthened Sense of Hawai‘i:

I am enriched by the uniqueness of this prized place. A sense of Hawai‘i is demonstrated through an appreciation for its rich history, diversity and indigenous language and culture. I am able to navigate effectively across cultures and communities and be a steward of the homeland.

- a. Pronounce and understand Hawaiian everyday conversational words
- b. Use Hawaiian words appropriate to their task
- c. Learn the names, stories, special characteristics and the importance of places in Hawai‘i
- d. Learn and apply Hawaiian traditional worldview and knowledge in contemporary settings
- e. Share the histories, stories, cultures and languages of Hawai‘i
- f. Compare and contrast different points of views, cultures and their contributions
- g. Treat Hawai‘i with pride and respect
- h. Call Hawai‘i home
HA Framework Alignment

Strengthened Sense of Total Well-being:
I learn about and practice a healthy lifestyle. A sense of Total Well-being is demonstrated by making choices that improve the mind, body, heart and spirit. I am able to meet the demands of school and life while contributing to the well-being of family, ‘āina, community and world.

a. Feel safe physically and emotionally
b. Develop self-discipline to make good choices
c. Manage stress and frustration levels appropriately
d. Have goals and plans that support healthy habits, fitness and behaviors
e. Utilize the resources available for wellness in everything and everywhere
f. Have enough energy to get things done daily
g. Engage in positive, social interactions and has supportive relationships
h. Promote wellness in others
Sample Lesson Plans

**Lesson plan 1**: Have students break into groups. Give them chart paper and assign an emotion that was expressed by Naitai in the book (group 1 will have anger, group 2 sadness, group 3 happiness). Have students draw how someone who is happy/sad/mad might look and write notes around the picture about what things a sad person might do or say. Then as a collective group, share and discuss what are some healthy ways to deal with sadness and anger.

**Lesson plan 2**: Have an open circle discussion about the different emotions that Naitai went through. Teacher will write the word on the board (ex: “angry”) and allow students to share what kind of situations or things might make them feel angry/sad/happy as an individual. For follow up homework, have students write in their daily journals at least one thing that makes them happy, sad and angry and ways they can deal with it in a healthy matter.
Sample Lesson Plans

**Lesson plan 3:** To encourage the theme of “malama aina”, have a beach cleanup field trip with the class. If a beach field trip is not possible, a simple campus clean up is another option.

**Lesson plan 4:** Do cool down exercises with the students that can be utilized when an individual is feeling angry or frustrated. Allow students to also create movements that help them calm down. One cool down example is have students hold an imaginary flower or candle in front of them and “smell the flower and blow out the candle” (breath in through your nose and out through your mouth). This is a great breathing exercise which will allow oxygen to flow through the body and to the brain and slow down blood pressure and heart rate, physical body reactions when someone is angry.