Ways to Get Better

Written and Illustrated By: Megan Fabro-Mariano

Mālama Honua Digital Storybook Series
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Lono is a young boy who loves to go to school. One day, he stays home because he caught a cold. Tutu, his grandmother, takes care of him and teaches him ways to get better faster.

The story connects to Na Hopena A’o because Lono strengthens his sense of responsibility and total well-being by finding ways to heal and his sense of aloha by caring for his classmates.
It is 7 o’clock in the morning. Tutu saw that Lono was not awake yet. So, Tutu went to go wake him up.
Lono whined as he stretched his arms in bed. He did not feel too well. His throat and tummy was sore.
Tutu checked his body heat. It was so high! She wanted Lono to stay home so that he could get some rest.
She gave Lono some medicine, which made him fall asleep. Getting rest helps fight off colds.
Lono smelt Tutu’s famous Chicken Noodle soup when he woke up. Tutu made it just for Lono so that his tummy gets filled with lots of vitamins.
Lono wanted to thank his Tutu, but he was coughing too much!
Tutu told Lono to cover his mouth so that no one else gets sick. She wanted him to wash his hands to wash off all the germs.
Lono washed his hands for 20 seconds long to take away all the germs. He sang the ABC song to make sure he washed his hands for 20 seconds or more.
Lono loved his Tutu’s soup. Too bad he could not taste it!
As Lono ate his soup, he thought about all his friends at school. He missed them and wanted to go back to school.
Tutu told Lono to get more rest and to eat. He should cover his mouth when he coughs and wash his hands to keep the germs away. If he does these things, then he will get better fast.
Lono went to work out after he ate to sweat off his cold. He did 20 jumping jacks, frog jumps, and pushups! He even walked on his Tutu’s treadmill!

Tutu said working out uses energy in the body. It is used to fight away colds.
Lono went to the kitchen after he worked out. He wanted some water to hydrate. He was sweating so much!

Tutu praised Lono for drinking water. It flushes all the germs out of the body. It is needed to live and grow.
Lono went to go shower. He wanted to rinse all the sweat off his body.
Tutu passed the bathroom as Lono was getting dressed. She heard him cheer that he was ready to go back to school.
When Lono was done getting dressed, Tutu went in Lono’s room. She told him that the school day was almost over. He could go back to school tomorrow if his body heat was low.
Tutu checked Lono’s body heat before the night ended. She saw that his body heat went down! She told Lono that he was getting better. All he needs to do is eat dinner, get more rest, and drink more water.
Lono went down to the kitchen to eat more Chicken Noodle soup. He noticed that this time he could taste some flavor!
Tutu was happy that Lono was getting better. His body was fighting his cold away.
Lono woke up the next day feeling so much better! He was ready to go back to school. Tutu checked his body heat once more. It was back to normal!
Tutu told Lono that he could go back to school. She also told him to not forget all the things she taught him. He was so excited!
As Lono got ready for school, he thought about all the ways to get better from a cold.
Lono waited at the bus stop for the school bus. When it came, he saw all his friends! He ran up to them and gave them a big hug!
He told his friends that he was not sick anymore! He said that his Tutu taught him ways to get better. He shared that you need to get a lot of rest. You need to eat and drink lots of water. You need to cover your mouth whenever you cough. And, you always have to wash your hands! This will help you get better from a cold!
ACTIVITY #1

Write your own story!

Now that you have read “Ways to Get Better,” you will create your own story that was inspired by this one.

You could write about a time when you were sick and what you did to help you get better or something else related to this book!

Be creative!
ACTIVITY #2

Think, Pair, Share

Think – Think about what it means to live a healthy lifestyle. Keep in mind all the things you do to prevent you from being sick. Write these ideas down.

Pair – With a partner, you are going to do some research. Research tips on healthy lifestyles. Create a poster to share with the class.

Share – You and your partner will discuss the ideas you wrote with another group or with the class.
Alignment with Hawaii Content and Performance Standards
III for Health and GLOs

- **Standard 1**: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention
- **Standard 5**: INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health
- **Standard 7**: ADVOCACY: Advocate for personal, family, and community health
Alignment with National Health Education Standards

- **Standard 1**: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- **Standard 4**: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- **Standard 7**: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
General Learner Outcomes

● Community Contributor (The understanding that it is essential for human beings to work together)
● Quality Producer (The ability to recognize and produce quality performance and quality products)
● Effective Communicator (The ability to communicate effectively)
Credits

Written and Illustrated by: Megan Fabro-Mariano

Targeted Grades: 2, 3

Reading Level: 2–3

Information Found on:

Website 1: http://www.cnn.com/2013/08/15/health/avoid-school-germs/index.html

Website 2: Hawaii Content & Performance Standards

Website 3: http://kidshealth.org/en/parents/cold.html#