



# Nani: The Beautiful One

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Mālama Honua Digital Storybook Series  
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# Summary

A fifth grader, Nani, gets teased in and out of school because she is overweight, but later discovers that starving herself can hurt her more than help her.



It was the first day of school and Nani was beyond excited to start 5<sup>th</sup> grade at her new school. She jumped out of bed bright and early and shouted, "I'm finally a fifth grader!"



She was so distracted about getting to school on time, she forgot to eat breakfast! Nervously, she started to get ready. "Mom!" Nani exclaimed, "I have nothing to wear and it's my first day of school!"

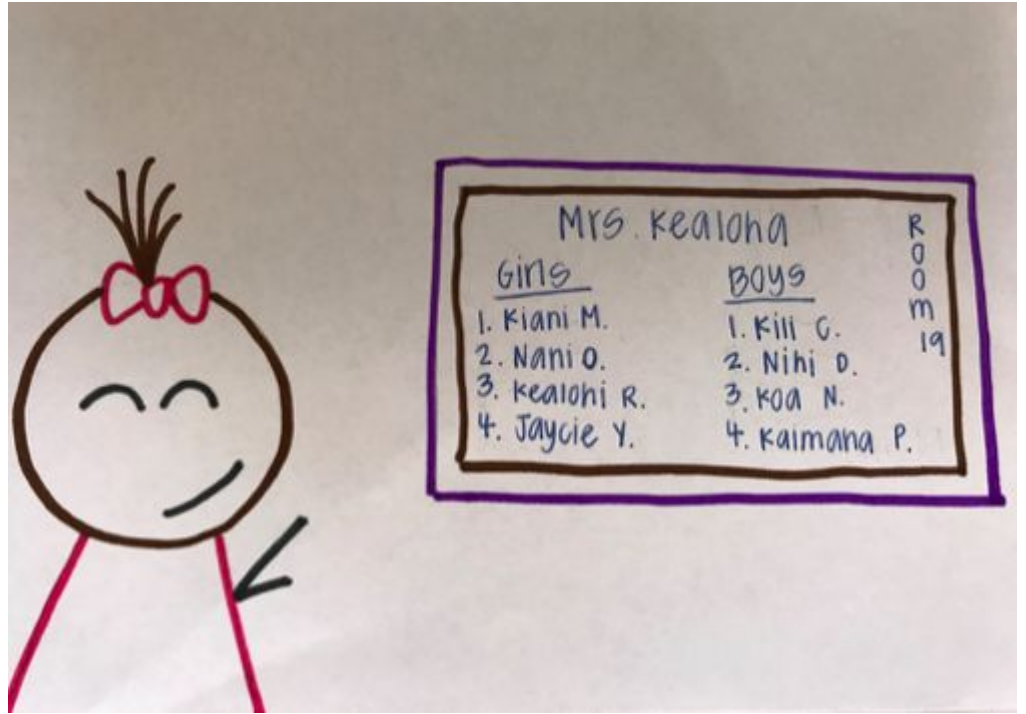
She tried on her pink dress, blue top with black jeans, yellow coat with white shorts. Nani said, "I don't LOVE it, but I guess it'll do."



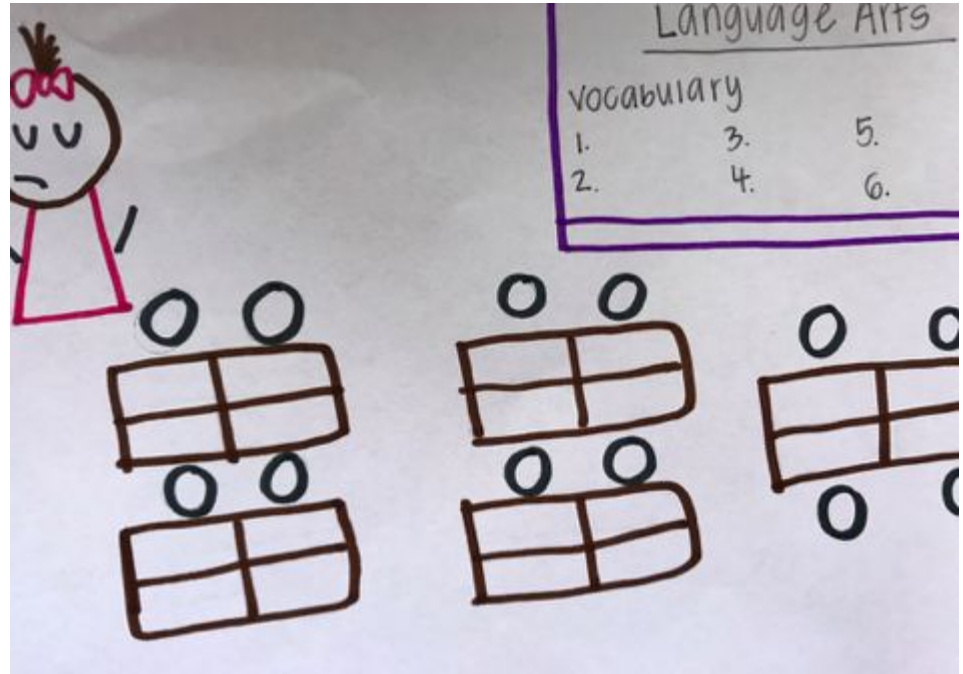
On the way to school, Nani's mother declared, "You know Nani, being at a new school can be a little scary, just know that it gets better." Excitingly, Nani slammed the door shut and yelled, "See you after school Mom! Love you!"



Once at school,  
Nani quickly ran  
to the bulletin  
board. "HmMMM,  
here we go! Room  
19 Mrs. Kealoha's  
class."



When Nani got to class, everyone was seated. Mrs. Kealoha stated, "Class! We have a new student and her name is Nani".





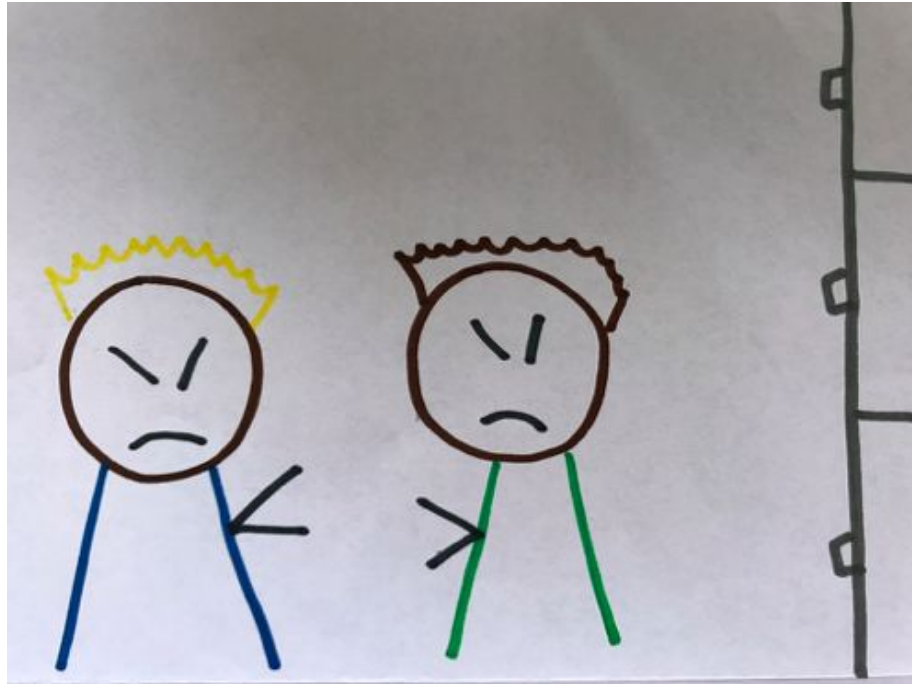
Kiani quickly turns around and says, "Hi Nani! Nice to meet you!" Nani was so happy that she made a friend so quickly!





Kiani said that the two boys sitting beside Nani were the school bullies, Koa and Kaimana. "Better watch out, those two are mean!"

She could hear two boys shouting mean comments down the hall. "Hey Nani bet you can't wait for lunch!" Koa and Kaimana exclaimed.



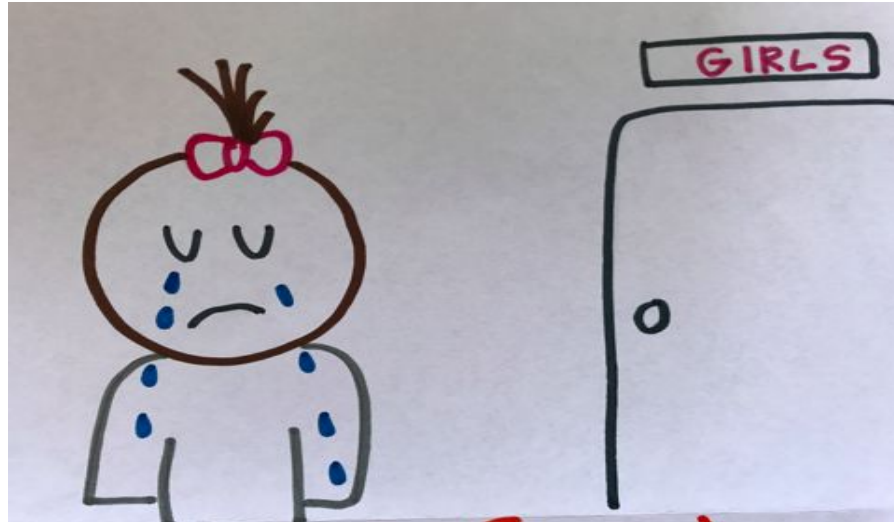


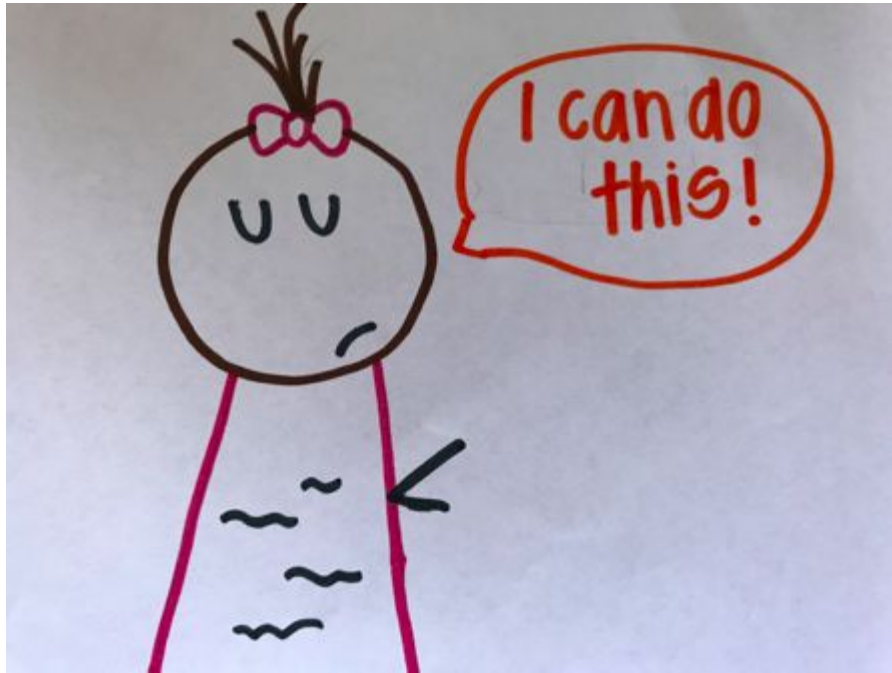
Kaimana raced up to her and shouted, "Wow Nani I can't believe you actually fit into those shorts! They look so tight!"

Very sad about the comments Koa and Kaimana made, she decided she wasn't going to eat dinner that night. Ashamed, Nani kept her distance. But, they still shouted things like, "Hey Chubbs!" and "Whoa, watch out fatty coming through!"



Nani was so hurt that she often found herself going to the girl's bathroom with tears running down her eyes. "I am going to starve myself so I can look like those pretty town girls." Not knowing the consequences, Nani began to miss meals. She dreamt of her friend Kiani telling her that this was a bad idea, and that her mom sees a nutritionist that is really nice! Nani knew that she should talk to a professional about losing weight, but she was just too ashamed.





Late at night her stomach would start to rumble. "Don't worry Nani, you can get through this! If you want to look pretty like those skinny, you can't eat!"

Feeling concerned, her mother asked, "Nani? Are you okay? You look a little pale?" "Yes Mom" replied Nani, "I'm fine."





Mr. Paikai, told the students to run a lap to warm up. Nani, still feeling sick, pushed herself to attempt to run a lap.

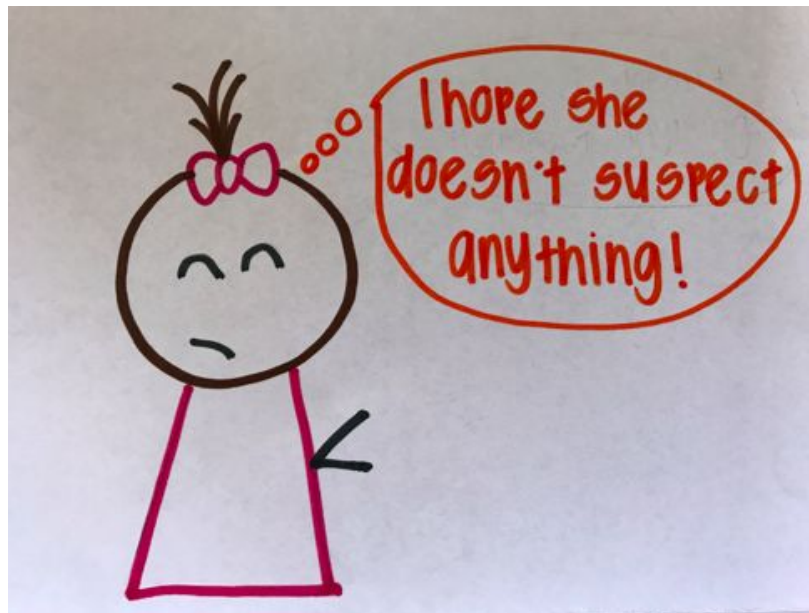


Because of much she pushed herself, and the lack of food she was getting, Nani fainted! Kiani yelled, "Mr. Paikai! Nani just fainted!"



"How did I get here?" she asked the health aid.  
"Nani you fainted during PE, have you been feeling sick lately?" She didn't know what to say.



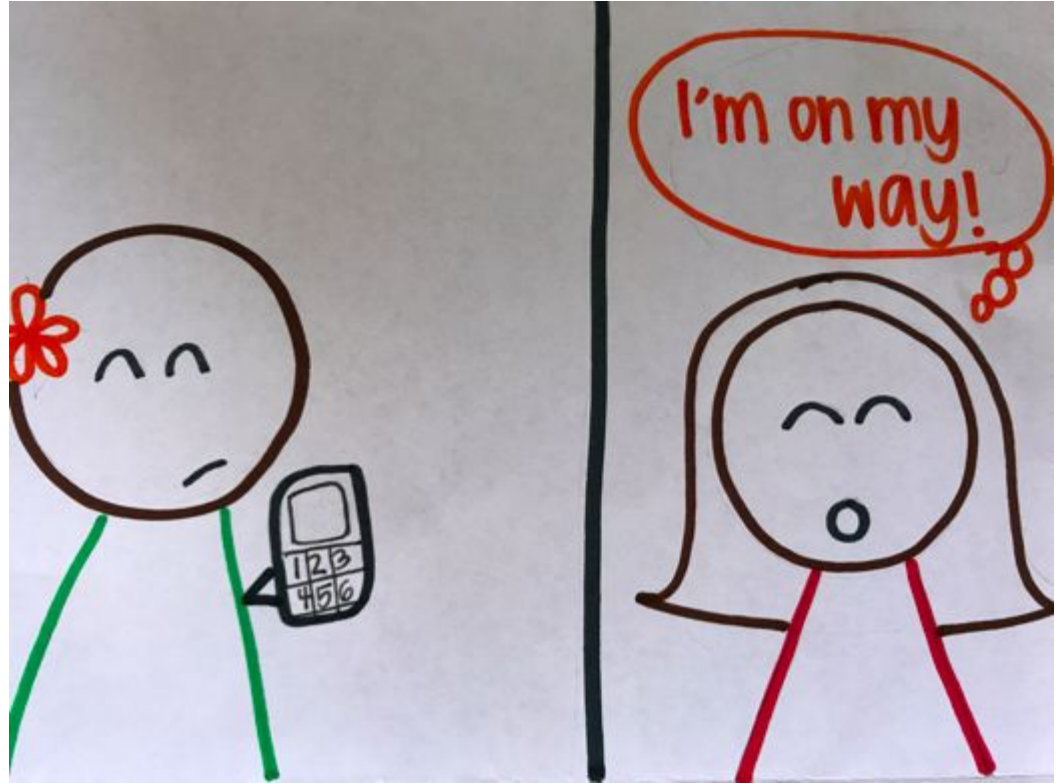


Nani answered, "No, I'm fine. I guess I just pushed myself a little too hard." But the health aid didn't believe her one bit. "Nani" replied the health aid, "what's really going on?" Nani knew that she needed to come clean and tell her what really happened.

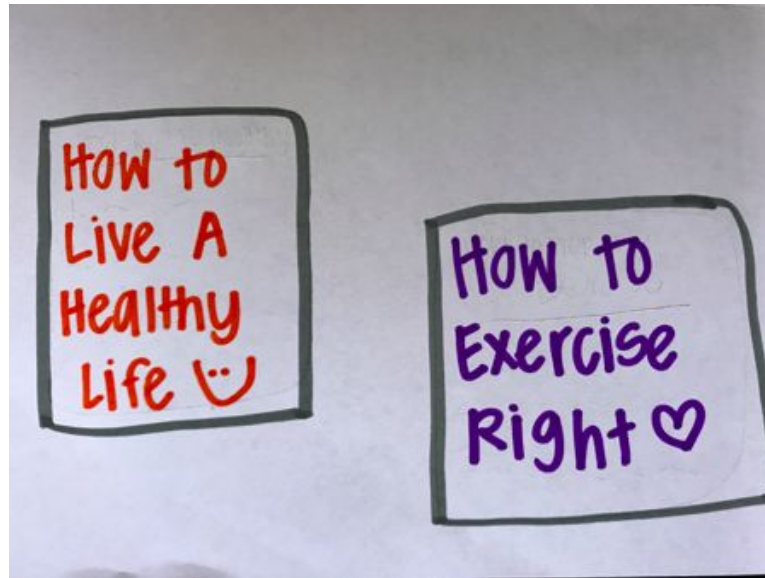
She then explained that she was starving herself so she could become skinny and those awful boys wouldn't tease her. The health aid told Nani that starving herself is never okay. "This is really unhealthy Nani" the health aid stated, "you really could have hurt yourself!"



The health aid called Nani's mother. Scared, Nani's mother soon arrived. "Nani! Are you okay? Don't you ever worry me like that again!" shouted Nani's mother.



"I'm so sorry Mom, I just wanted to fit in," said Nani. The health aid and Nani's mother had a quick talk and came to the conclusion of providing Nani with brochures and information on how to lose weight the right way.



Excited, Nani yelled, "I can't wait to go home and eat healthy and exercise!" Nani and her mother soon got to living their healthy lifestyle. Nani's mother said, "Nani you are perfect in every way! I don't have the perfect body either Nani, but I learned to love myself!"





**The End (:**

# Activity 1

Now that you have read "Nani: The Beautiful One", create your own writing on a time that you were ever bullied, or seen someone getting bullied. Once completed, leave your anonymous work on your desk for others to read. Take your work home and show it to your parents or other family members!

# Activity 2

Write a poem from the point of view of someone who is getting bullied, or someone who is the bully. Use voice to express you feel and don't be afraid to show expression! After that, create a survey on bullying to give to other classes to see how many students actually get bullied in school.

# Credits

Written and Illustrated by: Naomi  
Hernandez-Hama

Grades: 4-6

Reading Level: 5



# National Standards

**Standard 1: CORE CONCEPTS**

**Standard 2: ACCESSING  
INFORMATION**

**Standard 3: SELF-MANAGEMENT**

**Standard 4: ANALYZING  
INFLUENCES**

**Standard 6: DECISION-MAKING  
AND GOAL-SETTING**

# HCPS III Topics

- HEALTHY EATING AND PHYSICAL ACTIVITY
- PROMOTING SAFETY AND PREVENTING VIOLENCE AND UNINTENTIONAL INJURY
- PERSONAL HEALTH AND WELLNESS
- HEALTH INFORMATION, PRODUCTS, AND SERVICES ACROSS TOPIC AREAS
- MENTAL AND EMOTIONAL HEALTH
- FACTORS INFLUENCING HEALTH ACROSS TOPIC AREAS
- DECISIONMAKING ACROSS TOPIC AREAS
- GOAL-SETTING ACROSS TOPIC AREAS

# Grade Level Benchmarks

- Benchmark: HE.3-5.1.3
- Benchmark: HE.3-5.1.4
- Benchmark: HE.3-5.1.8

- Benchmark: HE.3-5.2.1

- Benchmark: HE.3-5.3.1

- Benchmark: HE.3-5.4.1

- Benchmark: HE.3-5.6.2
- Benchmark: HE.3-5.6.3

# HĀ Framework

## **Strengthened Sense of Belonging**

Know who I am and where I am from

## **Strengthened Sense of Aloha**

Give generously of time and knowledge  
Communicate effectively to diverse audiences

## **Strengthened Sense of Responsibility**

Make good decisions with moral courage and integrity in every action.  
Set goals and complete tasks fully  
Reflect on the quality and relevancy of the learning

## **Strengthened Sense of Excellence**

Take initiative without being asked

## **Strengthened Sense of Hawai'i**

Pronounce and understand Hawaiian everyday conversational words  
Use Hawaiian words appropriate to their task  
Learn and apply Hawaiian traditional worldview and knowledge in contemporary settings

## **Strengthened Sense of Total Well-Being**

Feel safe physically and emotionally  
Develop self-discipline to make good choices  
Manage stress and frustration levels appropriately  
Have goals and plans that support healthy habits, fitness and behaviors  
Engage in positive, social interactions and has supportive relationships  
Utilize the resources available for wellness in everything and everywhere  
Promote wellness in others

# General Learning Outcomes

- GLO #1: Self Directed Learner
- GLO #2: Community Contributor
- GLO #3: Complex Thinker
- GLO #5: Effective Communicator
- GLO #6: Effective and Ethical Users of Technology