

The Way To Start My Day

Written and Illustrated
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Mālama Honua Digital Storybook Series

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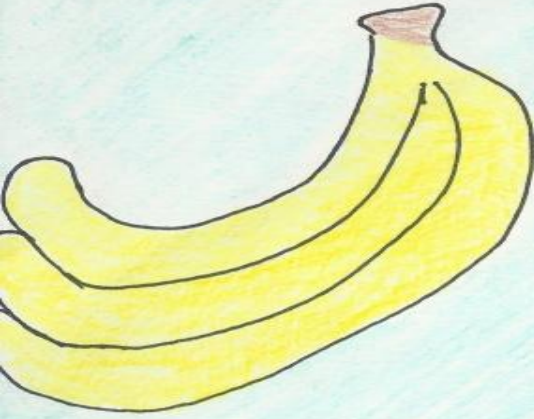
Summary

This story is about a girl named Lehua. She wants to have energy that lasts throughout her day. Lehua learns how to start her day off right when she wakes up every morning. Lehuas mom helps her make a schedule on what to do every time she wakes up. She learns how to brush her teeth, eat a healthy breakfast, and exercise. In the end Lehua will have her schedule memorized and will know how to start her day off right.

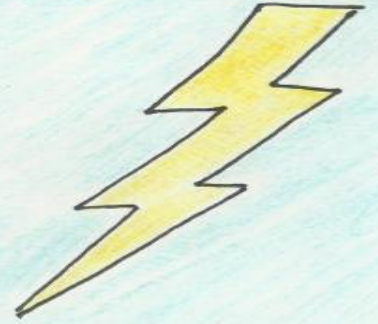
Nā Hopena A‘o

This story connects to the Nā Hopena A‘o because of the language and culture it contains. Simple Hawaiian words are used to help the reader connect to the story that is taking place in Hawai‘i. The character also eats fruits that are grown in Hawai‘i that many locals like to eat.

Glossary



- *Ikehu* - Energy



- *Mai'a* - Banana

- *Kalo* - Taro



One day Lehua woke up and saw her mom getting ready for work.



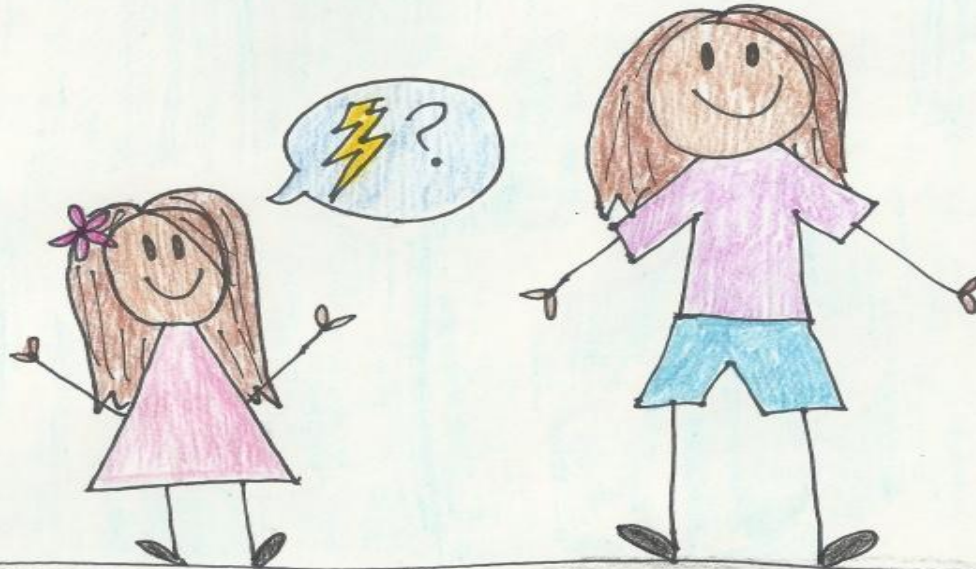
She saw how much *ikehu* her mom had everyday.



Lehua wondered how her mom had so much *ikehu* everyday.



She asked her mom “how do you have so much *ikehu* everyday?”



Her mom said “I get *ikehu* from starting my day off right.”



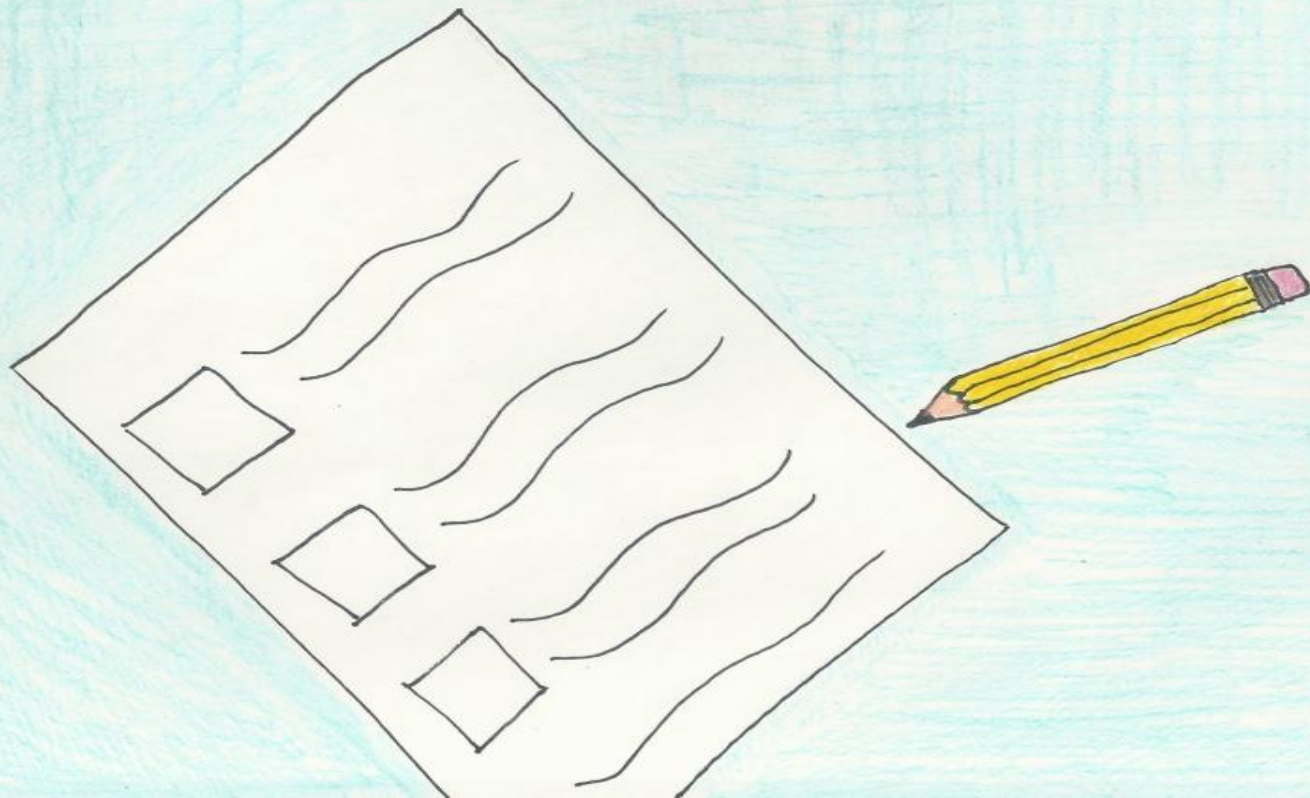
Lehua became excited!



She wanted to have lots of *ikehu* like her mom.



The next day Lehua and her mom made a list.



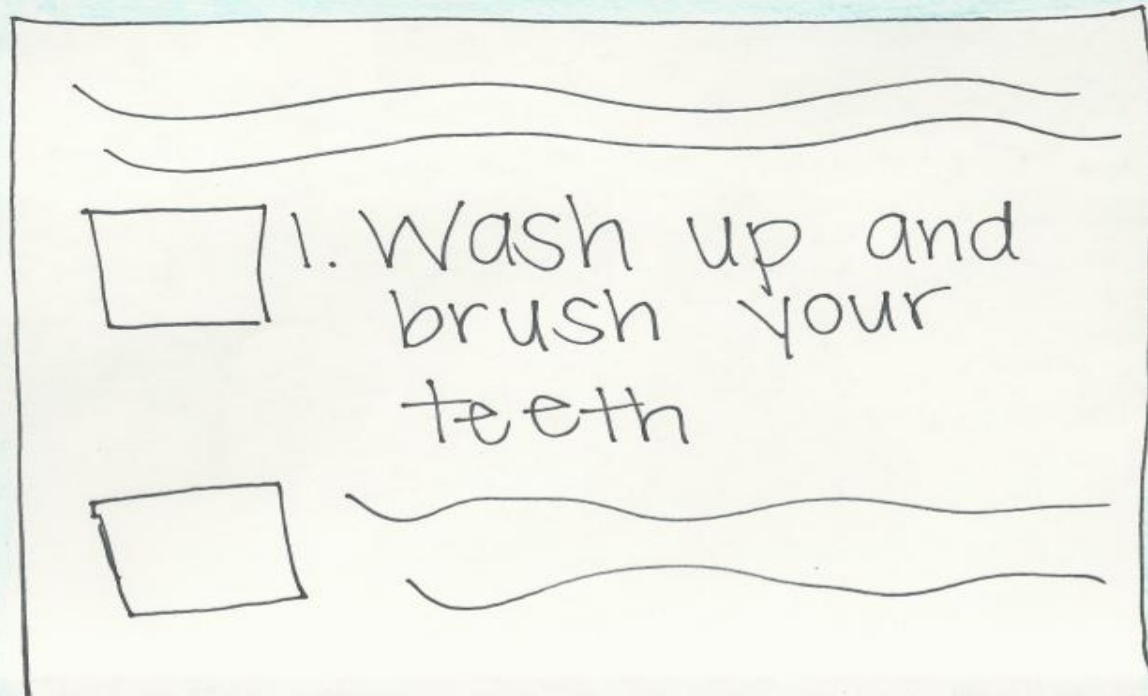
The list showed Lehua how to start her day off right.

How to start my
day off right...

☐ _____

☐ _____

**The first thing on the list said to wash up and brush
your teeth.**

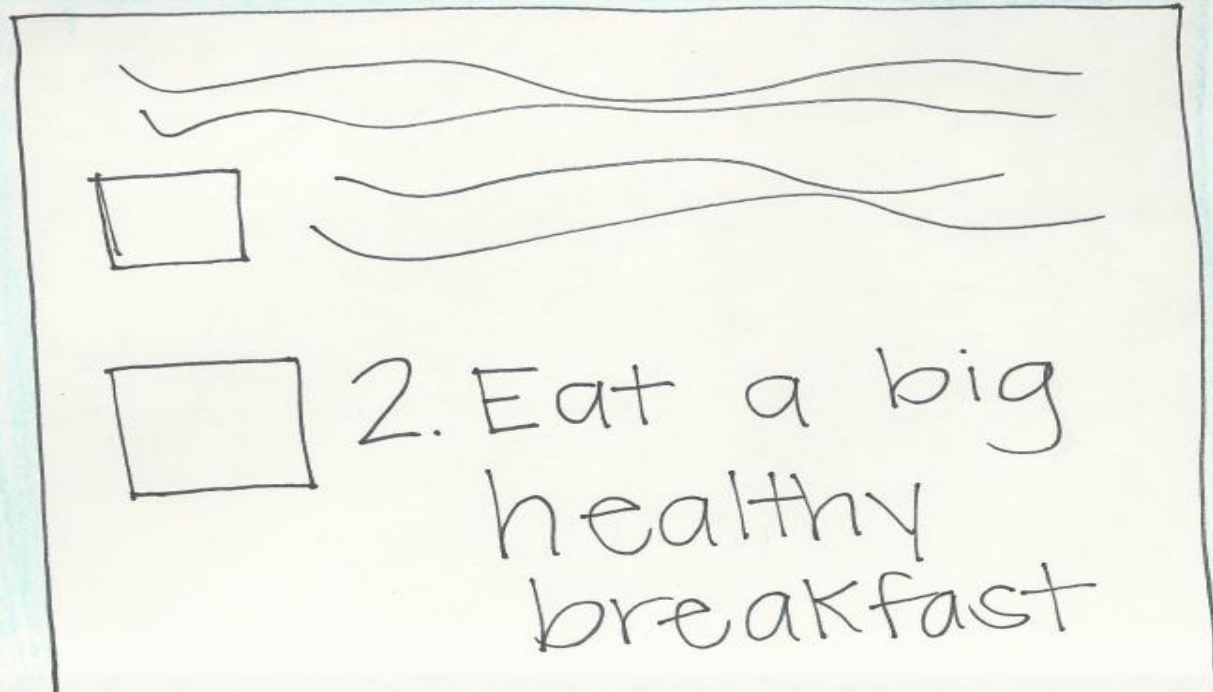


A hand-drawn checklist on a piece of paper. The paper has a wavy line at the top and bottom. The first item is a square box followed by the text "1. Wash up and brush your teeth". The second item is a square box followed by a wavy line.

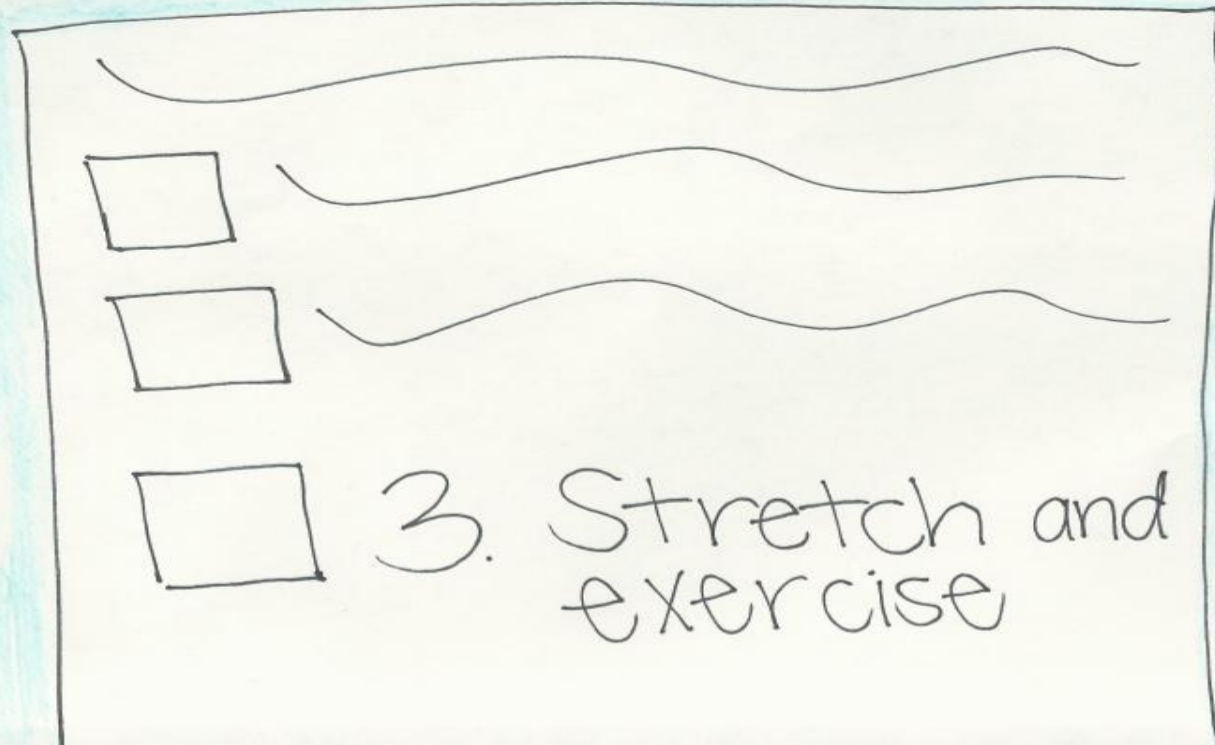
☐ 1. Wash up and brush your teeth

☐ ~~~~~

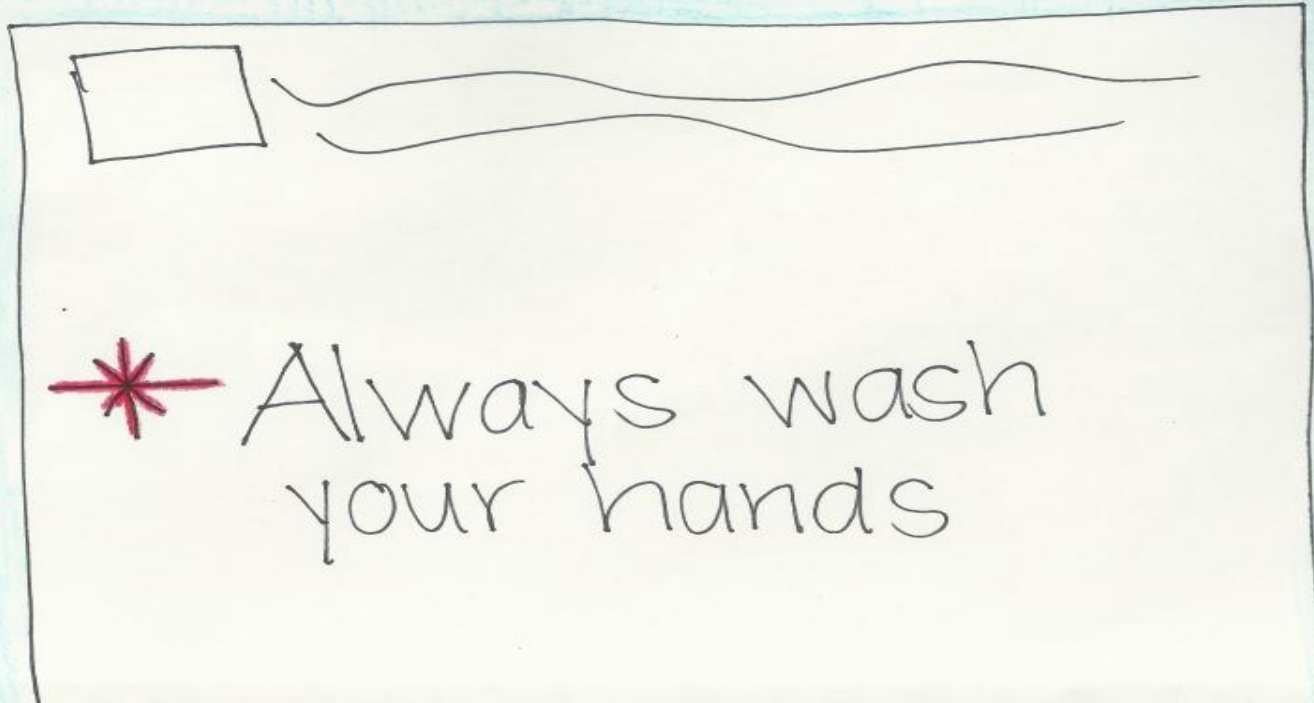
The second said to eat a big healthy breakfast.



The third said to stretch and exercise.



**There was even a small note at the end that said,
“always wash your hands.”**



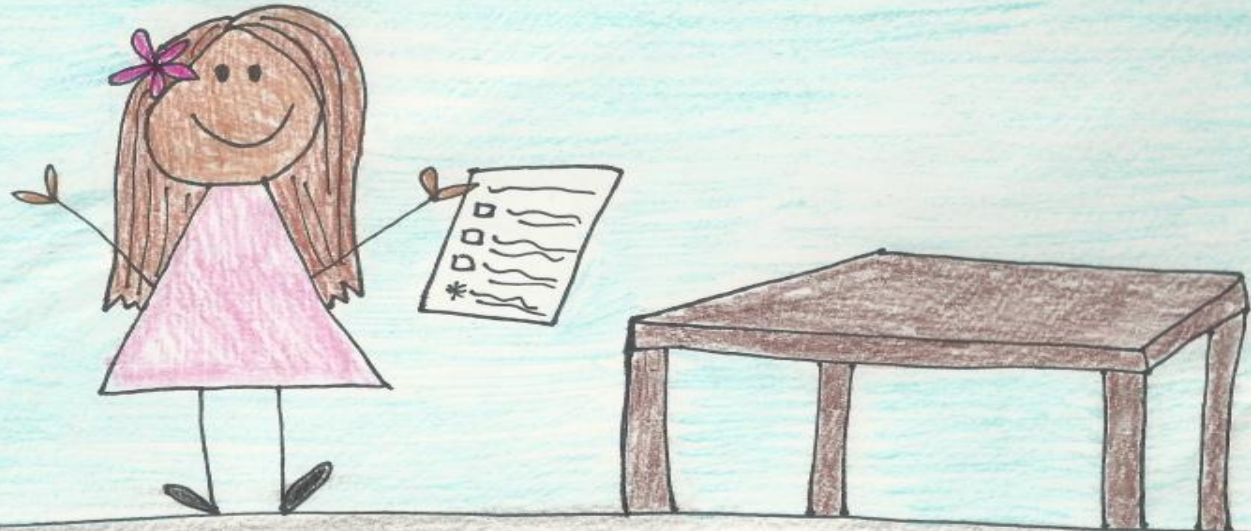
Lehua could not wait to start her new routine.



She was ready to have *ikehu* that will last her all day.



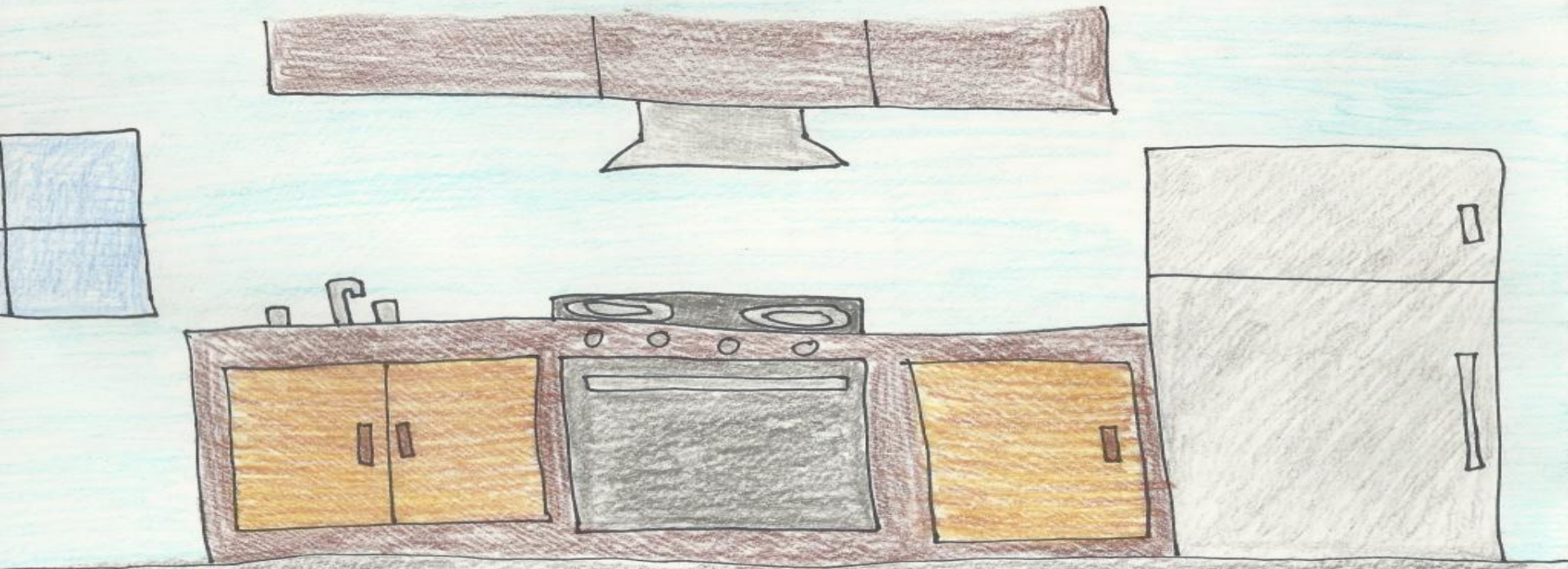
The next morning Lehua got up and looked at her list.



She went to the bathroom to wash up and brush her teeth.



Then Lehua went to the kitchen to eat her big healthy breakfast.



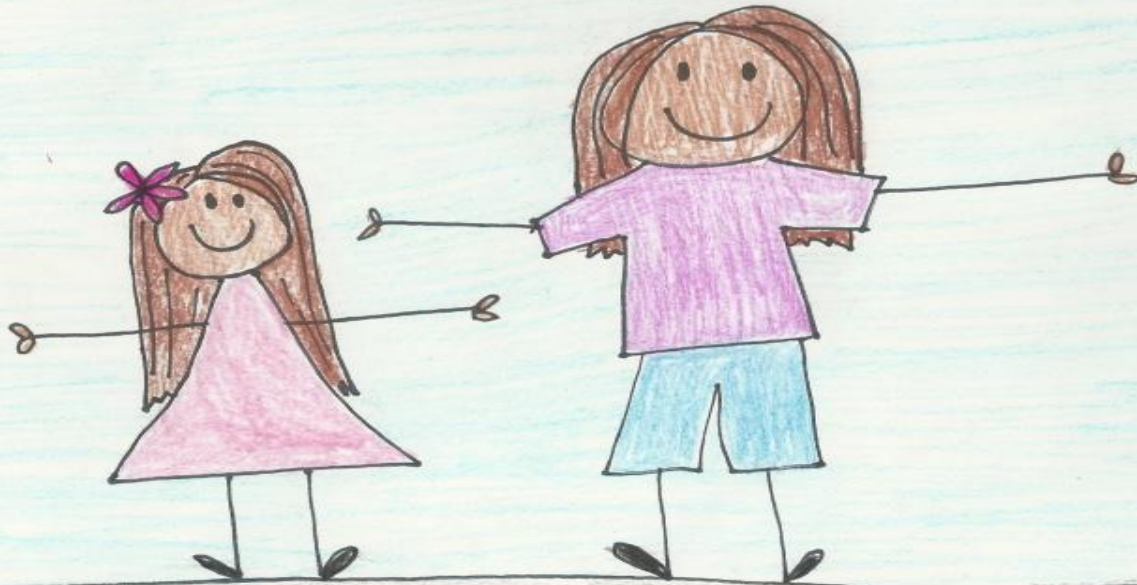
For breakfast she ate pancakes and fruit like *mai'a*
and *kalo*.



**After breakfast she washed her hands and went to
the living room.**



In the living room she practiced stretching with her mom.



**Her mom also showed her some exercises that she
could do by herself.**



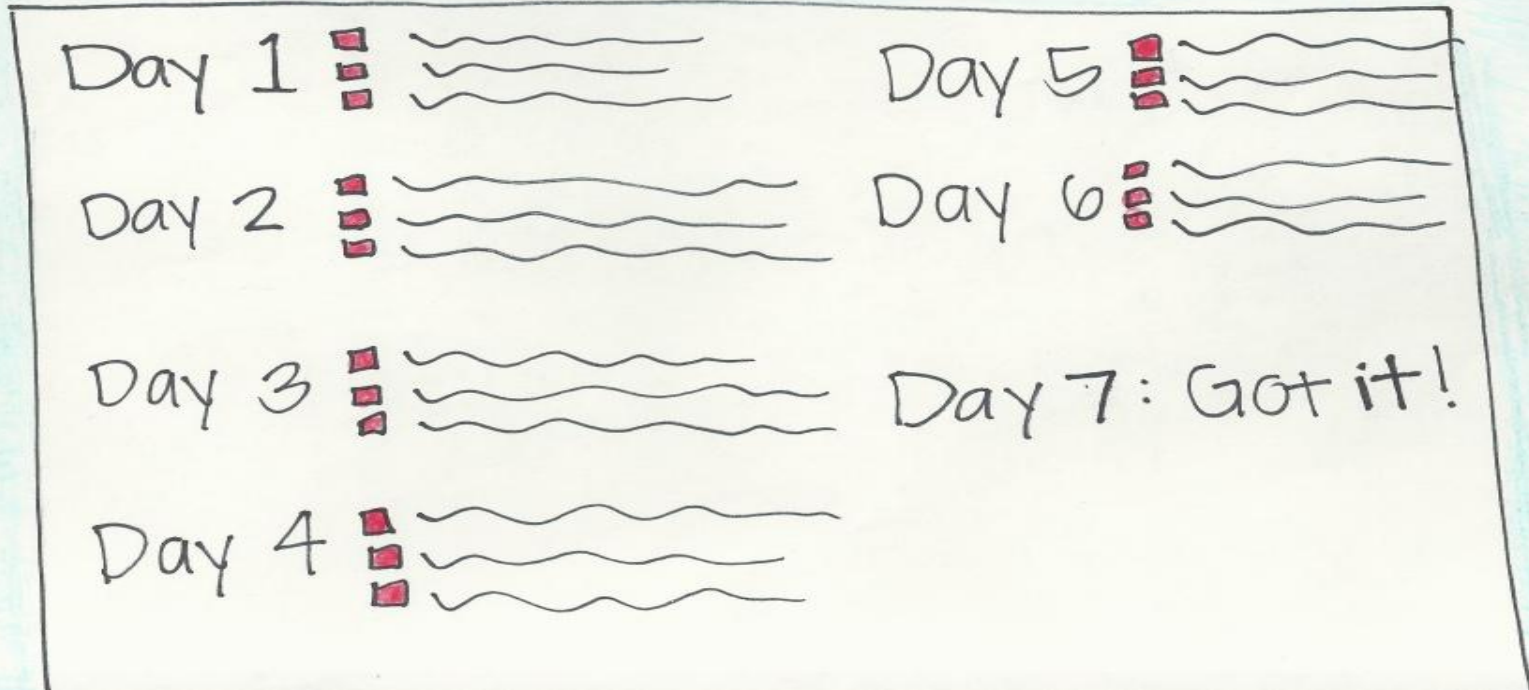
Lehua really enjoyed herself that day.



She even noticed that she had lots of *ikeyu* too.



She practiced this routine everyday until she had it memorized.



Everyday Lehua had more and more *ikehu* throughout the day.



Lehua now starts her day off right on her own.



And the *ikehu* she gets lasts her all day.



HCPS III Health Standard

- **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 6: DECISION-MAKING AND GOAL-SETTING**—Use decision-making and goal-setting skills to enhance health

HCPS III Topic

- **Personal health and wellness**
- **Healthy eating and physical activity**

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-2.1.5** Describe how individuals can promote and protect their own health
- **HE.K-2.5.4** Describe how to be a good friend and responsible family member
- **HE.K-2.6.1** Explain when and who to ask for help in making health-related decisions and setting goals
- **HE.K-2.6.2** Name a personal health goal and describe a plan to achieve it

General Learning Outcomes

- **Self-Directed Learner:** The ability to be responsible for one's own learning
- **Quality Producer:** The ability to recognize and produce quality performance and quality product
- **Effective Communicator:** The ability to communicate effectively

HA Framework

- **2. Strengthened Sense of Responsibility:**
 - d. Ask for help and feedback when appropriate
 - f. Set goals and complete tasks fully
- **3. Strengthened Sense of Excellence:**
 - b. Know and apply unique gifts and abilities to a purpose

HA Framework contd.

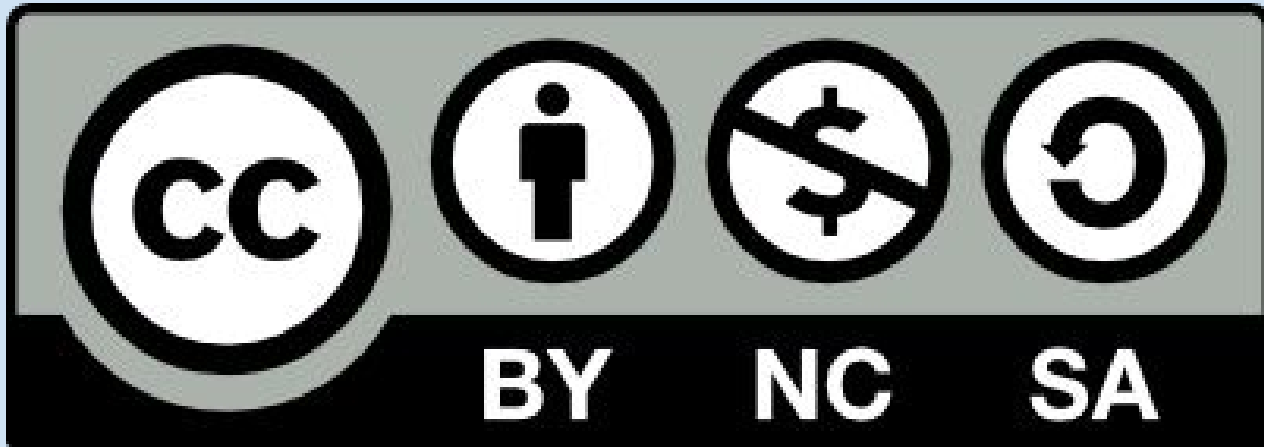
- c. Prioritize and manage time and energy well
 - d. Take initiative without being asked
 - f. Utilize creativity and imagination to problem-solve and innovate
- **5. Strengthened Sense of Total Well-being:**
 - b. Develop self-discipline to make good choices
 - d. Have goals and plans that support healthy habits, fitness and behaviors
 - f. Have enough energy to get things done daily
- **6. Strengthened Sense of Hawai'i:**
 - b. Use Hawaiian words appropriate to their task
 - e. Share the histories, stories, cultures, and languages of Hawai'i

Attributions and Credits

All images are originally drawn by L. Visitacion.

Lesson Activities

- **One sample lesson from this book can be learning how to properly wash hands.**
- **Another sample lesson from this book can be learning how to do simple stretches and exercises that children can do on their own.**



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https://docs.google.com/presentation/d/1360Mnj0c-FWLIJ3TZ4Ks_GOA0nYc1pTTT03ujtfFgA/edit?usp=sharing.