Guiding Questions
Helpful questions to encourage discussion and activities related to Kumukahi videos

Specific questions
1. What does pono mean? What does hoʻoponopono mean?
2. Why does a person feel kaumaha, or heavy, when there are problems at home or at school? Is there anything you can do to make the heavy feeling go away?
3. If there’s a pilikia, or problem, why is it important to make things right with yourself first, before trying to solve problems with others?
4. What is the difference between pule, kūkākūkā, mihi, and ʻoki?
5. If some classmates at school are having problems, is it better to hoʻoponopono, or wait to let things resolve on their own? Why?
6. Write a short story about siblings who don’t always get along. Include hoʻoponopono as part of the storyline. When you’re finished writing the story, share it with your parents or your teacher and ask them what they learned about hoʻoponopono.

General questions
• What does this video teach us about Hawaiian knowledge and its relevance today?
• How does this video relate to other aspects of Hawaiian culture you’ve learned or experienced?
• How can we keep these cultural practices alive today and in future generations?

Note: These questions are based on principles of Bloom’s Taxonomy.