

Guiding Questions

Helpful questions to encourage discussion and activities related to Kumukahi videos



Topic: **LONO**
 Part of: Akua chapter, Ke Ao Akua realm
 Host: Keola Akana
 Guest: Kapono Souza
 URL: http://www.kumukahi.org/units/ke_ao_akua/akua/lono

Specific questions

1. Who is Lono?
2. Why is the akua Lono associated with abundance?
3. Ho'oilō (winter) is a season for resting and recovering. What kinds of activities do you do in ho'oilō? In what ways are you able to reconnect with your 'ohana during the rainy season?
4. What is the difference between 'Anakala Kapono's huaka'i around the O'ahu and the traditional journey around the moku?
5. Walking around an entire island is difficult and takes a lot of time. Has this experience been worth it for Kapono? Why or why not? What was his self-discovery?
6. Lono is a reminder of excellence, abundance, and gratitude. Think about some of the things that have happened in your own life, and write a short story about how excellence, abundance, and gratitude are present in your family.

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?