

Guiding Questions

Helpful questions to encourage discussion and activities related to Kumukahi videos



Topic: **PĀ'ANI 'ĀLAPA**
 Part of: Maui ola chapter, Nā Kānaka realm
 Host: Keola Akana
 Guest: Miki'ala Pescaia
 URL: http://www.kumukahi.org/units/na_kanaka/mauliola/paani

Specific questions

1. What are the names of some of the activities during Makahiki?
2. Why is it important to take a break from work and enjoy sports and recreation?
3. How could a sport like paddling help you develop skills for everyday life?
4. How is pā uma different from arm wrestling?
5. If you could compete in games of wit, strength, or endurance, which would you choose? Why?
6. What could you do at school or in your neighborhood to get more people to play 'ulu maika, kōnane, uma, pā uma, hukihuki, and hākā moa?

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?