



Aloha! Welcome to *The HI Way*. We hope our program is fun for your students and that this guide provides a bridge to meaningfully connect the content to your classroom. The first section of this guide lists standards and resources that served as a foundation for us building the program. The following pages and activities are written to be student facing and can be distributed either digitally or by paper.

As always, we welcome your ideas, suggestions and adjustments as you adapt the activities for use in your classroom.

Most of all, we offer our gratitude for the important work you do! Mahalo.

The HTY Team



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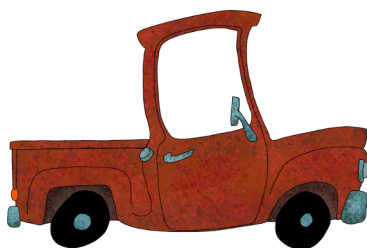
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Honolulu Theatre
For Youth



Educational Resources for **The HI Way:** *Support Episode* **Introduction**



The Episode:

Join Keoki and his friends as they learn to get down to Alex's level with empathy and aloha, helping him feel seen and supported when trouble at home spills onto the soccer field.

This episode of the Emmy award winning show The HI Way combines songs, puppets, interviews, advice and practical strategies to guide our friends in need. Built from over ten years of Drama Education work in Hawaii classrooms the show was entirely created by Honolulu Theatre for Youth's team of theatrical artists and educators and is designed to be a resource for students and teachers looking to explore social-emotional health with fun, age appropriate material.

RESOURCES:

[ChildandFamilyServices.org](https://www.childandfamily.org/)

<https://www.hscadv.org/supporting-survivors/resources-and-guides/how-to-respond-to-disclosures-of-domestic-violence/>

<https://www.hscadv.org/find-help/>

<https://www.theparentline.org/>

<https://aimhhi.org/>

<https://domesticviolenceactioncenter.org/>



Educational Resources for
The HI Way:
Support Episode
Discussion



TO DISCUSS BEFORE WATCHING THE PROGRAM

INTRODUCE The video as being made by a company that lives in Hawai'i.

SHARE the page about the company and if you have students new to Hawaii, maybe the passage about "aloha" and "pidgin."

ASK What kind of support do you need? Who gives you that support?

ASK When do you give support? To whom?

TO DISCUSS AFTER WATCHING THE PROGRAM

OPEN with asking how the characters in the show expressed support and teamwork to others.

REVIEW Uncle Coach Junior's quote of Queen Lili'uokalani's message; "Aloha is to learn what is not said, to see what cannot be seen, and to know the unknowable." and the song "GET DOWN."

ASK Which of these examples can you see yourself doing if you witnessed a friend who is acting out? Give examples.

ENGAGE in one or more of the activities included in this guide.

Discussions need not be limited to these points and this may be a wonderful time to confirm the expectations of kindness in the classroom or use the language your school currently around appropriate behavior.

Honolulu Theatre
For Youth



Educational Resources for **The HI Way:** *Support Episode* **Who We Are**



Who is Honolulu Theatre for Youth?

HTY is a company of theatre makers and educators who have been celebrating the stories of Hawai'i for 70 years!!! We create original theatre shows and work in the classroom alongside teachers to celebrate creativity across our communities. Recently, we have been taking stories from Hawai'i to other places through tours and our work in digital media!



What is The HI Way?

We created our Emmy®-winning children's television show called *The HI Way* in collaboration with NMG Network and Hawaii News Now. During the COVID-19 pandemic, our team used what we had—costumes, puppets, and smartphones—to spread messages of aloha, kindness and connection, to our community. The program proved so popular with families and schools that HTY continues to produce episodes to this day, reaching millions of viewers in Hawai'i and around the world.





Made With Aloha!

Aloha is a special word in Hawai'i that means much more than just "hello" or "goodbye." It's a way of showing love, kindness, and respect to others. When people say "aloha," they're sharing warmth and friendship. It's about being caring and connected, whether you're greeting a friend or saying farewell. So, when you hear "aloha," think of it as a big hug in words!



What did they just say?!

In *The HI Way*, you may hear some of the characters talking in a manner that your ears are not familiar with, or you may hear words you've never heard before. Many characters in *The HI Way* speak "pidgin." This Hawai'i Creole English is a unique form of English that developed in Hawai'i during the plantation era in late 1800s to early 1900s. When people immigrated to Hawai'i from different parts of the world, they needed a way to communicate with one another. Over time, it evolved into a fully developed language used in everyday conversation. Pidgin blends elements from various languages, including English, Hawaiian, Japanese, Chinese, Portuguese, and Filipino, reflecting the diverse cultural influences in the islands. It is ok if you don't understand every word and it can be fun to enjoy how people communicate in different places. Does your family use words or sounds from different languages? Do you use words that are "local" to your community?



The HI Way:

Support Episode

Activity:
My Safety Fort



Grade 1 - Grade 2

Activity: My Safety Fort

What kind of space makes you feel safe? Imagine and draw your very own safety fort!

Teachers:

Pass out the handout on the next page, then read the instructions to your students.

Materials you need:

The handout on the next page
Pencil
Coloring material

Instructions

Step 1: *What is your fort made of?*

Decorate the outline of your fort! Give it a name and write it in the sign!

Step 2: *What's inside your fort?*

What brings you comfort? Maybe it's books, music, stuffed animals, or snacks. Maybe it's a peaceful place to just be. Decorate your fort with the things that make your heart feel cozy.

Step 3: *Who can be invited to your safety fort?*

Only safe and kind people or creatures are allowed! Maybe it's a family member, a friend, or even a kind character from your favorite story. Draw or write their names.

Step 4: *Share your fort design.*

Celebrate each person's design and remind each other that everyone deserves a safe and loving space.



The HI Way:

Support Episode

Activity:
My Safety Fort



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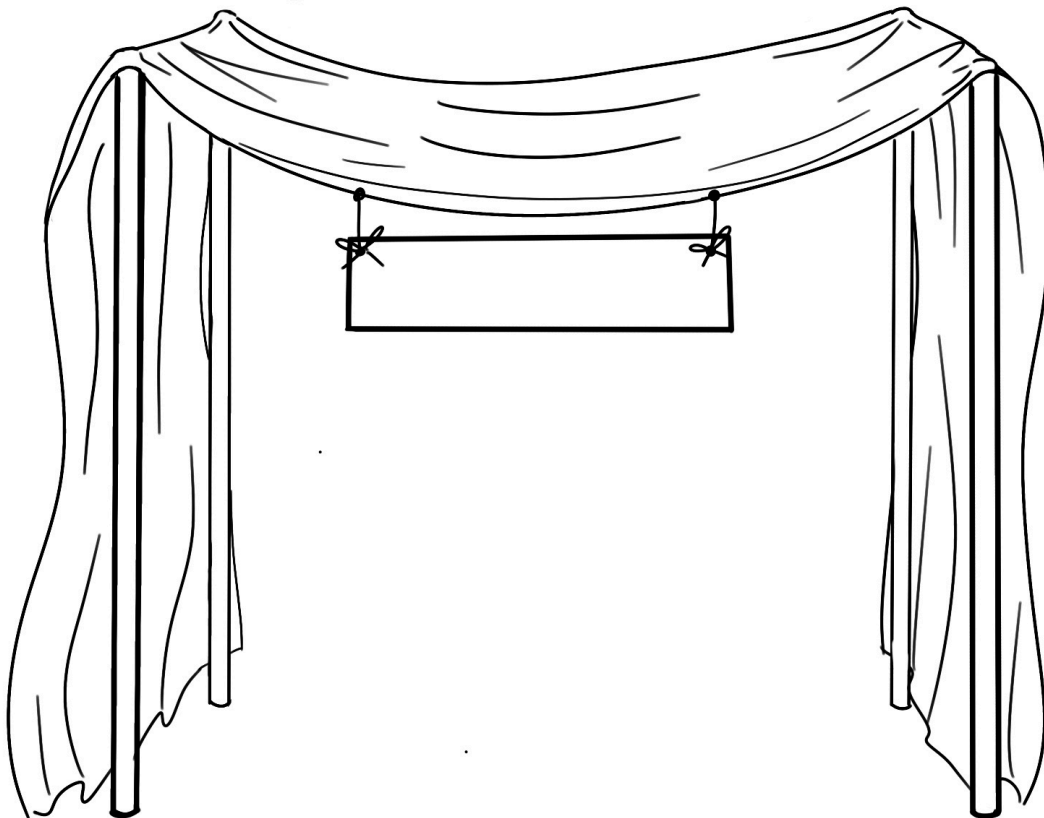
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The HI Way:

Support Episode

Activity: Safe vs. Unsafe



Grade 2 - Grade 3

Activity: Safe vs. Unsafe

Step 1: Sort the following behaviors by writing them in the “safe box” or “unsafe box.”

Step 2: Can you think of other behaviors that belong in these boxes? Add what you can think of.

Yelling at someone
Listening carefully
Calling someone names
Sharing your toys
Listening when someone says “stop”
Kicking
Breaking things on purpose
Keeping secrets that make you feel bad
Telling someone to put on a happy face when they feel sad
Telling a trusted adult when something feels wrong

SAFE	UNSAFE

The HI Way:

Support Episode

Activity:
Behavior Detective



Grade 2 - Grade 3

Activity: Behavior Detective

For Teachers:

Pass out the handout on the following page which has the lyrics to the song “Get Down.”

Read the Instructions:

“The song Get Down teaches us to get to the level of your friend who might be in need of help. Let’s listen to the song again while looking at the lyrics and understand some of the scenarios. “

Listen to the song.

Discussion:

Now let’s discuss what was happening in the song.

Step 1: Identifying someone’s behavior.

Let’s look at the two characters, Jimmy and Vicky, in the song. What were their behaviors?
What do you see in their body language?

Step 2: Understanding the reason for their behavior.

What specific problems were they facing?

Step 3: Identifying other people’s behavior.

What were the reactions they received? How did people react to each character?

Step 4: How to “get down”

What are some specific ways we can get down to their level? Discuss and share ideas on how you can show empathy.

Examples:

Ask how they are feeling: “are you okay?”

Sit next to them and share the space with them.

Say kinds words like “I like your jacket” or “You look great today.”

The HI Way:

Support Episode

Activity: Behavior Detective



Get Down Lyrics

*Now if you feel like you're in a place
To help someone else you know feel safe
Don't rush on in, just drop on down
And meet them face to face*

*There are stories you might not know
When your friends have feelings that they won't show
Let me tell you this, getting down's the trick
That lets compassion grow
Let's go*

*Jimmy had a problem the folks at home don't see em
but when he tells his teachers the adults just don't believe em
they said put on a happy face as they stand towering tall
but why create a space that makes jimmy feel so small
Get down*

*Get Down just give it a try
Get Down till you're eye to eye
Get Down with tranquility
Get Down show some empathy*

*Vicky always causes trouble wherever she'd go
Sometimes she'd miss school there's no telling when she'd show
She pushes friends away as she thinks "they'll never know
How hard it is to be at home, I'd rather be alone!"
Get down*

*Get down when they're feeling blue
try to understand how they're feeling too
Get down on their level friends
you can be there just for them
Get down when they're feeling bad
imagine what a day, what a day they've had
Get down on their level now
Get Down*

*So if you notice someone, who seems to act out more than you
Try not to wag your finger, try to see their point of view
With empathy and understanding we offer so much more
Cause deep we all are humans at our core
Get down*

*Get down
Lend a helping hand*



The HI Way:

Support Episode

Activity:
Feelings Check-In



Activity: Feelings Check-In

In what situations do you feel a certain emotion? Complete the sentence by writing a situation when you feel that emotion.

I feel **HAPPY** when:

I feel **SAD** when:

I feel **MAD** when:

I feel **EXCITED** when:

I feel **SCARED** when:

I feel **CALM** when:

The HI Way:

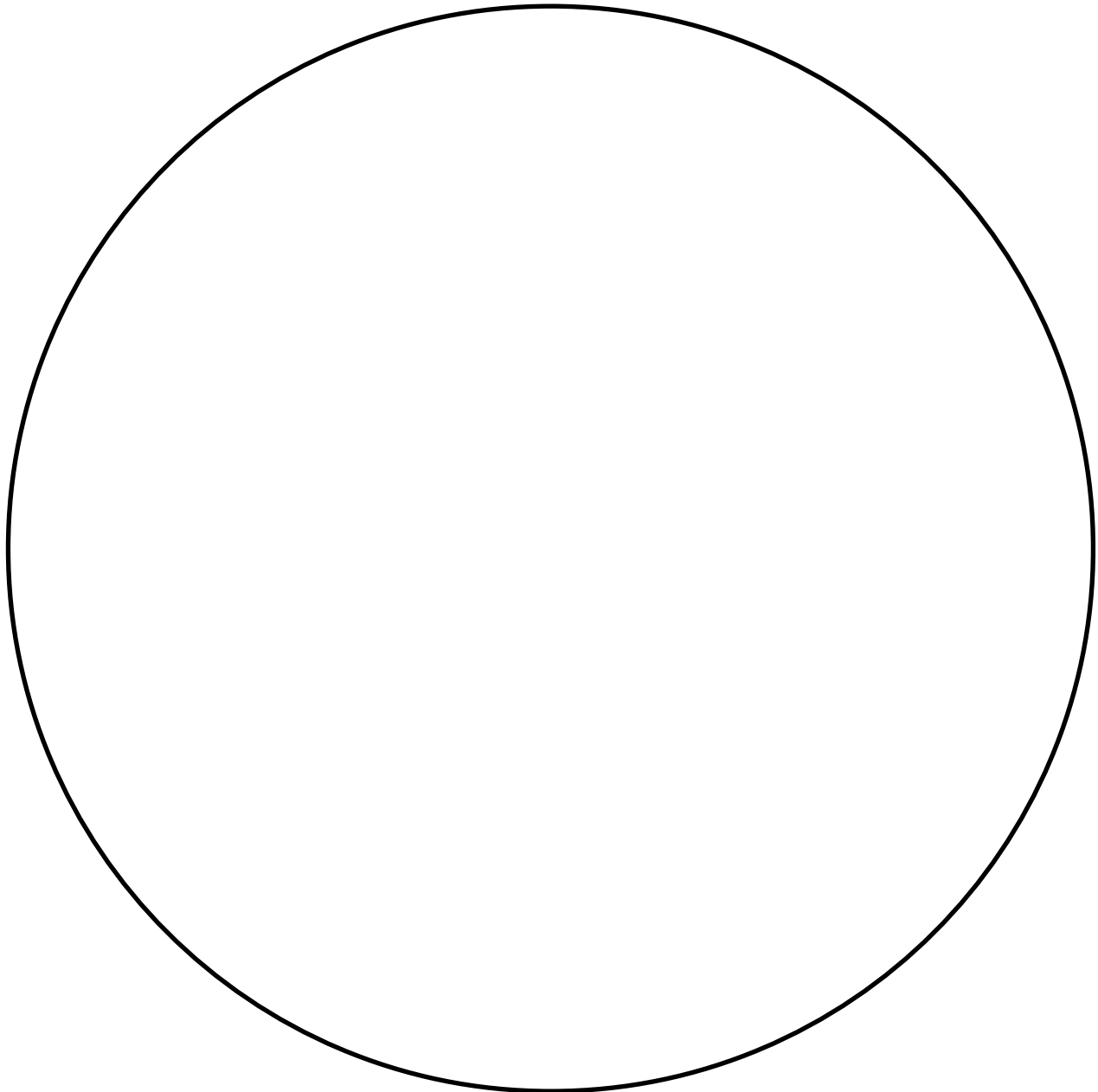
Support Episode

Activity: Safety Circle



Activity: Safety Circle

Students: Draw or write two to five names of a trusted person that you can talk to if something makes you feel bad or uncomfortable in the circle below.



The HI Way:

Support Episode

Activity: Kindness Roleplay



Grade 2 - Grade 3 Activity: Kindness Roleplay

For Teachers:

Step 1: Divide students into pairs or small groups, Introduce a scenario.

Example Scenarios:

A new student joins the class and feels nervous.

A classmate drops their books and needs help.

Someone feels left out at recess.

A classmate says something mean.

Step 2: Have them act it out - The “unkind” way.

Now have the group roleplay the opposite - what happens when someone in the scene is unkind or disrespectful? Be sure to keep it safe, and remind them this is pretend.

Step 3: Prompt students to share how they felt about acting that way.

Step 4: Act it out - the “kind” way.

Roleplay the situation in a kind and respectful way. Prompt students to think:

How can we help or include the person?

What kind words can we use?

How can we show kindness with our actions?

Step 5: Prompt students to share how they felt about acting in a “kind” way.

Step 6: Practice positive responses

Guide students in acting out how to respond if someone is being unkind.

Asking for help from a trusted adult

Saying something kind to the person who was hurt

Using confident body language and kind words to stand



Honolulu Theatre
For Youth



Educational Resources for
The HI Way:
Support Episode
Credits



NMG Network

Hawaii News Now

Hawaii State Department of Health

Maternal & Child Health Branch

Children with Special Needs Branch

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HTY Friends

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Phyllis Raquinio
Dolly Tatofi
Rose Marie C. Vergara
Vernon Viernes
Eden Watabayashi

Special Thanks To:

The Cathedral of Saint Andrew
The Entire HTY Staff and Board
Dr. Cheryl K.C. Andaya at the Family
Strengthening Center



State of Hawaii, Department of Health

MATERNAL AND CHILD HEALTH BRANCH

Ka 'Oihana Olakino