



ALOHA
AT HOME

WHERE ALOHA MATTERS MOST



Aloha at Home Values Guide

Raising children is hard. Learn tips on how to practice Aloha in the home to make the job easier. Practice Aloha Activities and learn Aloha Values. Aloha at Home, where Aloha matters most.

www.alohaathome.org



ALOHA Values

Aloha as a Way of Life

Aloha is easy to recognize, and hard to define. Aloha is more than small gestures and kind words. Aloha is a lifestyle guiding words and actions in both good and difficult times. Showing keiki, partners and family aloha at home is how we help them to grow aloha in their relationships. With some patience and effort on your part, you can bring aloha into your home for a happier, more balanced family life.

History of Aloha Values

Aunty Pilahi Paki shared her ancestral knowledge and practices of aloha with Uncle Pono Shim, which forms the foundation of Aloha at Home. The following ALOHA Values helps us to understand aloha deeply, so we can show genuine aloha in our relationships.



Akakai
Kindness

A – Akakai
meaning kindness,
expressed with
a feeling of
tenderness



Lōkahi
Unity

L – Lōkahi
meaning unity,
expressed with
a feeling of
harmony



‘Olū‘olū
Agreeable

O – ‘Olū‘olū
meaning
agreeable,
expressed with
a feeling of
pleasantness



Ha‘aha‘a
Humility

H – Ha‘aha‘a
meaning
humility,
expressed with
a feeling of
modesty



Ahonui
Patience

A – Ahonui
meaning
patience,
applied with
perseverance



Akahai - Kindness

Akahai meaning kindness should be expressed with tenderness. Aloha starts with tenderness, forgiveness, and acceptance of yourself and others. Whether you are experiencing good times or challenges, approach your interactions with akahai for yourself and others and see how aloha grows around you.

What You Can Do

Do things to take care of yourself daily:

- ▼ Take a few moments to pause and breathe deeply
- ▼ Get enough sleep
- ▼ Eat healthy
- ▼ Drink more water
- ▼ Move joyfully
- ▼ You are trying your best, so be gentle with yourself
- ▼ Talk with someone who cares about you

Find small ways to help others:

- ▼ Help your family by doing a chore
- ▼ Donate something to someone else
- ▼ Volunteer with an organization



Lōkahi - Unity

Lōkahi, meaning unity and expressed with a feeling of harmony, helps us understand that all of us are part of a life force that is always connected, even when some of us feel separated from the group. With Lōkahi, we support and accept each other in acknowledgement of this unbroken connection and work together in unity.

What You Can Do

Build connections within:

- ▼ Remember everyone belongs
- ▼ See and celebrate we are the same, differently
- ▼ Ask others to share their perspectives so you can see things through their eyes

Build connections with others:

- ▼ Participate in community events
- ▼ Get involved with your child's school
- ▼ Connect with other parents
- ▼ Practice harmony at home through rituals like cooking, meditation, prayer or singing together
- ▼ Laugh together, be sensitive when others are hurting



'Olu'olu - Agreeable

'Olu'olu, often translated as agreeable and expressed with feelings of pleasantness, reminds us not to be argumentative or pessimistic. Sometimes agreeing to disagree goes a long way. 'Olu'olu reminds us that even when we differ, we can express differences in encouraging and kind ways.

What You Can Do

Remember to say:

- ▼ Use "aloha", "please," and "thank you" throughout the day
- ▼ Encourage and uplift others
- ▼ Compliment yourself and others
- ▼ Use "and" instead of "but"

Remember to think:

- ▼ Positive thoughts in your head
- ▼ Agree it's okay to disagree
- ▼ If something is good enough, accept it
- ▼ Monitor your energy and stress and know when to recharge yourself so you stay 'olu'olu
- ▼ Avoid criticizing yourself and others



Ha'aha'a - Humility

Ha'aha'a, meaning humility that is expressed with a feeling of modesty. Ha'aha'a asks us to empty ourselves of judgment for others. Ha'aha'a means to be open to learning, growing and receiving new information. Rooted in willingness to accept new things, ha'aha'a reminds us that we are always growing and so are others around us.

What You Can Do

Practice humility within:

- ▼ Ask for help when you need it
- ▼ Remember we all make mistakes, including you
- ▼ Draw strength from within yourself to be kind and forgiving of yourself

Practice humility with others:

- ▼ To listen deeply to others, focus and keep your inner voice silent
- ▼ Try asking gentle questions to help others find their own solutions to their issues
- ▼ Congratulate and compliment others and mean it
- ▼ Apologize when you are wrong or misjudged something
- ▼ Acknowledge when you learn something new and share this



Ahonui - Patience

Ahonui, translated as patience, should be applied with perseverance. Ahonui with perseverance means we are waiting for the right time to speak, act, or think. Children and families thrive when ahonui is present because ahonui creates time so everyone can grow, learn, and fail in a loving and caring environment.

What You Can Do

Practice patience within:

- ▼ Breathe, meditate, or pray regularly to grow your patience muscles
- ▼ Remember that others are patient with you
- ▼ Listen first. Take your time speaking.

Practice being patient with others:

- ▼ Be slow to judge, lecture, or scold
- ▼ Remember that words don't matter as much as the feelings that go with the words. Look for and understand the feelings behind the words.
- ▼ Say "I get it" when you do and "help me understand what you're feeling" when you don't
- ▼ Take time to calm your emotions before speaking

Looking for Help?



Aloha United Way

Helpline Call 211, Text 1 (877) 275-6569, Daily 7am-10pm

Information for basic needs, parent support, elderly care, disability services, job training, and more.

Chat auw211.org

Parent Line

Oahu (808) 526-1222, Toll Free 1 (800) 816-1222, M-F 9am-7pm, S-Su 9am-2pm

Provides resources for parents on child behavior & development, parenting, caregiver support and community resources. Chat thoparentline.org

Hawaii CARES

24/7 Crisis Helpline (808) 832-3100, Toll Free 1 (800) 753-6879

If you or a loved one is experiencing a crisis, thinking of suicide, is in need of access to mental health or substance use treatment, or other challenges, help is available. Website hicarehawaii.gov

Domestic Violence Action Center Help Lines

Oahu (808) 531-3771, Toll Free 1 (800) 690-6200, M-F 8am-5pm; 24/7 Text 1 (605) 956-5680

If you are experiencing an emergency, please call 9-1-1. Provides information on how to get help and can answer your questions about domestic violence. Website domesticviolenceactioncenter.org