

Guiding Questions

Helpful questions to encourage discussion and activities related to Kumukahi videos



Topic: **LĀ'AU LAPA'AU**
 Part of: Maui ola chapter, Nā Kānaka realm
 Host: Keola Akana
 Guest: Sean Chun
 URL: http://www.kumukahi.org/units/na_kanaka/mauliola/laau_lapaau

Specific questions

1. What are some Hawaiian plants that have healing qualities?
2. Why are natural remedies sometimes a good way to get feeling better?
3. If you scraped your knee and wanted to try 'ulu sap instead of a band-aid, where would you go to find an 'ulu tree? What part of the 'ulu tree would you use?
4. What kind of lā'au lapa'au would be useful for treating sores or cuts? How about pains and bruises? How are these plants used?
5. Why do you think 'Anakala Sean refers to lā'au lapa'au as his "friends"?
6. Next time you go to recess, look around the schoolyard to see if there are any lā'au lapa'au. Tell your friends about what makes the plants unique and how to show proper respect.

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?