

# Guiding Questions

Helpful questions to encourage discussion and activities related to Kumukahi videos



Topic: **HE'E NALU**  
 Part of: Maui ola chapter, Nā Kānaka realm  
 Host: Keola Akana  
 Guest: Pōhaku Stone  
 URL: [http://www.kumukahi.org/units/na\\_kanaka/mauli\\_ola/hee\\_nalu](http://www.kumukahi.org/units/na_kanaka/mauli_ola/hee_nalu)

## Specific questions

1. Where was surfing invented? How did Hawaiians modify the uma (chest) boards?
2. Why is he'e nalu good for the whole body? What is the connection between surfing and nature?
3. Of all the people you know, who is the most avid surfer? In what ways does he'e nalu strengthen your friendships and bring your 'ohana together?
4. What are some different kinds of surfboards and surfing styles? Do you need a surfboard to surf waves?
5. Do you think he'e nalu should be an Olympic sport? Why or why not?
6. If you had only traditional materials, like wood and old-style dyes, what kind of surfboards would you design? Would the shape be different from today's styles? Put some of your ideas down on paper.

## 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?