

# Guiding Questions

Helpful questions to encourage discussion and activities related to Kumukahi videos



Topic: **HO'OPONOPONO**  
 Part of: Maui ola chapter, Nā Kānaka realm  
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 URL: [http://www.kumukahi.org/units/na\\_kanaka/mauliola/hooponopono](http://www.kumukahi.org/units/na_kanaka/mauliola/hooponopono)

## Specific questions

1. What does pono mean? What does ho'oponopono mean?
2. Why does a person feel kaumaha, or heavy, when there are problems at home or at school? Is there anything you can do to make the heavy feeling go away?
3. If there's a pilikia, or problem, why is it important to make things right with yourself first, before trying to solve problems with others?
4. What is the difference between pule, kūkākūkā, mihi, and 'oki?
5. If some classmates at school are having problems, is it better to ho'oponopono, or wait to let things resolve on their own? Why?
6. Write a short story about siblings who don't always get along. Include ho'oponopono as part of the storyline. When you're finished writing the story, share it with your parents or your teacher and ask them what they learned about ho'oponopono.

## 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?