What is YOUR Superpower?

A Kūkulu Kumuhana keiki activity using wellness to fight the evil Coronavirus!

What is your superpower?

Utilize Kūkulu Kumuhana in a fun ‘ohana activity to empower your keiki and talk about ways they can keep themselves and their ‘ohana safe during COVID-19.
During this time of COVID-19, life looks different and things are shifting and changing daily. Our keiki see it and feel it too. They cannot hang out at the mall, play at the playground, or visit with friends as they normally would. Schools are closed so homework and lessons look different, even breakfast and lunches are different. There may be much fear and uncertainty – especially in our keiki. They may not have the words to express the emotions they are feeling or understand this rapidly changing environment. Or, they may express it as anger, fear, or just want to bury themselves in social media or video games. Liliʻuokalani Trust and Vibrant Hawaiʻi offer this activity as an opportunity for your family to spend time together as an ‘ohana and have fun with superpowers!

Use Kūkulu Kumuhana wellbeing to pause, play with your keiki, empower them, and listen to them.

- Read Vibrant Hawaiʻi’s Little Book About Corona Virus in English and ‘Ōlelo Hawaiʻi (https://www.vibranthawaii.org/keiki)
- Explore the following Kūkulu Kumuhana card images and their superpowers.
- Engage and empower your keiki and ‘ohana to have fun and imagine how we all can fight the evil villain Coronavirus through questions, talk story, art and drawing!

Please post your ‘ohana enjoying this activity on social media. Please tag us on Facebook and Instagram @liliuokalanitrust and @vibranthawaii. Mahalo! #KūkuluKumuhana #Onipaa #VibeHI

A few notes for parents and caregivers:
- Play and imagine with your keiki! Be present for them.
- Answer the questions too! You keiki want to hear your answers as much as you want to hear theirs!
- Let your keiki ask questions. Use this time to ask why. Explore emotions (like fear, loss, joy) and strengths, too!
- They may be afraid – we all may be afraid or angry or sad. It’s OK to admit that.
- Laugh and be silly! Laughter is medicine!
- Coloring, drawing, and art are forms of mindfulness. Be creative with your ‘ohana!
- Health and safety are most important during this time. Use this time to talk to your keiki about things they can do to keep themselves safe during this time.
Pilina helps you to:
- care about others
- harness your emotions
- give back to your family & community

Superpowers:
- invisibility
- teleport around the world

Waiwai helps you to:
- see possibilities
- explore and take chances
- care about more than money

Superpowers:
- amazing inventor/builder
- grant wishes for others

Ōiwi helps you to:
- be confident and proud
- stay connected to your past
- appreciate differences

Superpowers:
- time travel
- immense strength

Ke Akua Mana helps you to:
- stay humble
- see the good in others
- handle life's challenges

Superpowers:
- healing
- see the future

Ea helps you to:
- make good choices
- stand up for what's right
- serve and lead others

Superpowers:
- create electricity/energy
- mind control

ʻĀina Momona helps you to:
- keep balanced
- value nature
- see hidden connections

Superpowers:
- talk to animals & plants
- control the weather

Cultural identity: knowing who you and where you come from

Self-determination: having control over your life
Your Name: ___________________

What is your favorite Kūkulu Kumuhana superpower? Why?

Who is your favorite person (like your best friend or ‘ohana member)? What superpower would they have?

What does the evil villain Coronavirus look like? Draw it!
What is your superhero name?

__________________________________________

Every superhero has a symbol or icon. What does yours look like?
Draw it here.
Use your superpowers to fight Coronavirus!

How can you use your superpowers to fight coronavirus? How do you help your ‘ohana and the people you love stay safe?
Tell a story or draw a picture.
Name five (5) real things you can do right now to protect yourself and your ‘ohana during this time? What everyday things can become your superpowers? Maybe it is super hand washing, power of words or an aloha ‘āina superpower! How do you use them everyday? Make a list or draw!

1.

2.

3.

4.

5.

Most importantly, let your keiki and ‘ohana know you love and aloha them, every single day. During these uncertain times, it is stressful for us and also stressful for them. Allow for space and grace in yourself, your family and your keiki.

Listen, play, imagine and laugh with your keiki!

Additional resources available:
https://onipaa.org/pages/covid-19-resources
For more about Kūkulu Kumuhana, visit Liliʻuokalani Trust at onipaa.org.