

## ALOHA :: LOVE

Design your own card (Card and Watercolor paints provided.) Write a letter to someone expressing your gratitude and appreciation for them. Deliver or mail the card.

INITIAL: \_\_\_\_\_

## OLAKINO :: HEALTH

Try a new healthy recipe for a snack or meal and share it with your 'ohana. Search recipes online!

INITIAL: \_\_\_\_\_

## HELUHELU :: READING

Check out a book at the library, download the free Libby app, or grab a book from home. Read together for at least 20 minutes each day this week.

INITIAL: \_\_\_\_\_

## NOHONA :: LIFESTYLE

Complete 10 of the 12 activities on the 2022 Keiki Challenge Card. Use the jump rope provided to complete some activities!



Submit the wellness challenge card to your teacher by May 9, 2022.

INITIAL: \_\_\_\_\_

## HO'OMAHA :: UNPLUG

Turn off all technology and enjoy a meal with your 'ohana. Share about what you did today or go through the list of questions provided.

INITIAL: \_\_\_\_\_

## HA'AWINA :: ACTIVITIES

Play card games like memory, war, or hearts, etc. or do an online STEM activity at [bit.ly/pueostemevents](http://bit.ly/pueostemevents).

INITIAL: \_\_\_\_\_

KE KULA KAIAPUNI O PŪ'ŌHALA :: PŪ'ŌHALA SCHOOL

# 'Ohana Card

Complete the tasks together as an 'ohana and turn this card in by May 20, 2022 to be entered into a drawing for various prizes!

(Rainbow Wellness Challenge Card is due to your teacher on May 9, 2022.)

### THERE ARE A FEW WAYS TO EARN ENTRIES FOR PRIZES:

1. COMPLETE THE CONTACT INFORMATION BOX ON THIS CARD AND TURN IT IN TO YOUR TEACHER.
2. EACH ITEM COMPLETED AND INITIALED ON THIS CARD WILL EARN AN ENTRY.
3. BLACKOUT CARDS (ALL ITEMS COMPLETED) WILL EARN AN ADDITIONAL FIVE ENTRIES.

The classes with 100% participation will earn a pizza party!

**FOR MORE INFORMATION, VISIT OUR BLOG AT [WWW.PUOHALA.COM](http://WWW.PUOHALA.COM).**

Send pictures or questions to Remind @psevents. Pictures may be posted on our website or Instagram @puohala\_school.

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Email: \_\_\_\_\_

Survey: [bit.ly/PSParentEvent](http://bit.ly/PSParentEvent)

## FOOD DRIVE



MEMBER OF FEEDING AMERICA

We are hosting a food drive.

Items will be accepted now through May 20th at the cafeteria during morning drop-off.

Suggested items include: \* Canned protein such as tuna or chicken \* Prepared canned meals such as soup and pasta \* Canned fruit \* Canned vegetables \* Rice in two or five-pound bags.