

Kupuna Ranger

National Park Service
U.S. Department of the Interior
Pu'uhonua o Hōnaunau
National Historical Park



ACTIVITY BOOKLET FOR AGES 13 AND ABOVE

KUPUNA RANGER

Aloha! Pu‘uhonua o Hōnaunau National Historical Park is a legendary place with deep significance to Hawaiian culture and history. Here, the royal grounds, the *pu‘uhonua* (place of refuge), and sacred temple sites have been preserved for this and future generations.

Kupuna is an elder, a grandparent, or a wise community member rich with life experience. Traditionally, kūpuna were teachers and caretakers of *keiki* (children), they were regarded with great respect.

Kūpuna rangers have the knowledge of how to preserve special places and not destroy them and they pledge to share this knowledge with others.

INSTRUCTIONS



Read the park brochure and take the self-guided walking tour.



Complete this **entire booklet** to earn a Kupuna Ranger Badge.



Bring the completed booklet to the visitor center **by 4:00 PM** any day.



Have fun! Mahalo for learning and sharing the Hawaiian culture!

‘ŌLELO HAWAI‘I

The Hawaiian alphabet has 13 letters; 5 vowels and 8 consonants: A E I O U H K L M N P W ʻ

A =“ah” E =“eh” I =“ee” O =“oh” U =“oo”

ʻ = ‘okina, or glottal stop. Creates a break in sound.

ō = kahakō, or line over the vowel. Hold the sound under the line longer.

Practice saying the name of the park:

Pu‘uhonua o Hōnaunau

Poo-oo-ho-noo-ah o Hō-now-now

LEARNING HAWAIIAN

Discover which ocean plant or animal has a counterpart on land. Find the matching name and circle it!

Ocean

puhi laumilo = an eel

he‘e = octopus

‘a‘ala‘ula = a green seaweed

‘a‘awa = Hawaiian hogfish

‘aki‘aki = a red seaweed

Land Plant

milo tree

alahe‘e tree

‘ala‘ala wai nui herb

‘awa plant

mānienie ‘aki‘aki grass



CANOE PLANTS

Early Polynesians migrated to Hawai‘i by canoe, they brought with them over 23 species of precious plants.



Niu, the coconut palm had over 50 uses! From it came food and water. It is called “the tree of life”.

Ipu, or Hawaiian gourds, were used to make containers, drums, rattles and head masks.



Noni, or Indian Mulberry, was used medicinally and the roots and bark made dyes for *kapa*.

Lauhala (hala leaves) were plaited into sails, mats, and containers. Pandanus seeds were used as brushes.



WORD SEARCH

USING THE WORD LIST BELOW, CIRCLE THE NAMES OF 11 CANOE PLANTS IN THIS PUZZLE

O	Ā	K	W	W	A	K	‘	M
L	K	H	K	A	L	O	U	A
E	Ī	A	K	Ō	U	U	L	I
N	I	U	I	P	U	K	P	‘
A	K	A	M	A	N	I	E	A

- | | | | | | |
|--------|-----|-------|-----|-------|----|
| KĪ | HAU | KALO | NIU | WAUKE | KŌ |
| KAMANI | KOU | MAI‘A | IPU | OLENA | |

MAI KE KAI – FROM THE SEA

1. What are some other uses for these ocean resources?

‘OPIHI (LIMPET)



- Fish scaler
- Bark scraper
- _____

PA‘AKAI (SEA SALT)

- Medicinal uses
- _____
- _____

I‘A (FISH)

- Ho‘okupu (offering)
- _____
- _____



LIMU (SEAWEED)

- Ho‘okupu (offering)
- _____
- _____

2. List or draw three more ways Hawaiians connected with the ocean in ancient times.

KANAKA MAOLI (NATIVES)

ALIT: FIND THE ITEM DESCRIBED AND LABEL IT WITH THE CORRECT LETTER

___ *Kāhili*; feather standard
symbolic of royalty

___ *Mahiole*; helmet woven from
'ie 'ie with feathers attached

___ *Lei*; neck lei worn by royalty
made of bird feathers (*lei hulu*)

___ *Lei po'o*; head lei (feathers)

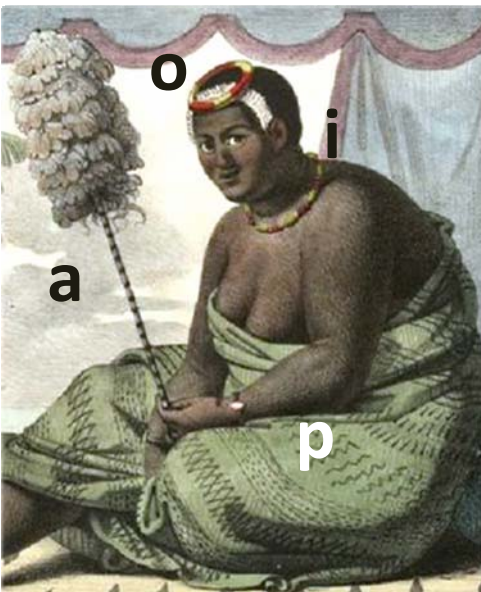
___ *Kapa*; garment made from
the beaten inner bark of *wauke*

___ *'Ahu 'ula*; royal cloak made
of *olonā* netting and bird feathers



___ *Lei niho palaoa*;
neck ornament of shaped
whale ivory and braided
human hair

___ *Kāma 'a*; ti leaf
sandals



KANAKA MAOLI (NATIVES)

MAKA'ĀINANA: FIND THE ITEM DESCRIBED
AND LABEL IT WITH THE CORRECT LETTER

___ *'Ahu mai 'a*; a cape made
of netting and banana leaves

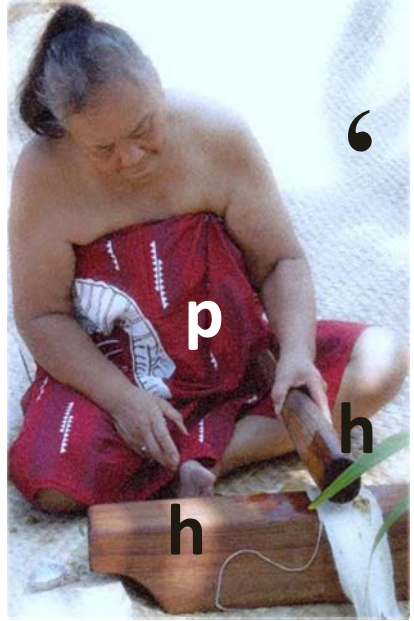
___ *I'e kuku* and *kua*; wooden
kapa beater and anvil

___ *Kāma 'a*; ti leaf sandals

___ *Lei*; Lei of twisted *ti*

___ *Malo*; loincloth worn by
kāne (men)

___ *Lei po 'o*; head lei (leaves)



___ *Pā 'ū*; a wrap worn by
women made traditionally
made of *kapa*

___ *Moena*; a mat plaited
from *lauhala* by expert
weavers

SOLVE THE CROSSWORD PUZZLE

USING THE CLUES BELOW

Across

2. Medicinal plant used to treat boils, wounds, and fractures
3. Fish
6. An ancient temple thought to be built in 7 stages
8. The first King of Hawai'i
12. "Tree of life"
13. Carved wooden images of the gods
14. Canoe
16. Hale o _____
17. Hawaiian Green Sea Turtle
18. Priest
20. Playing surface for kōnane
21. This district

TIP:

***Look for answers
throughout this
book and the
brochure***

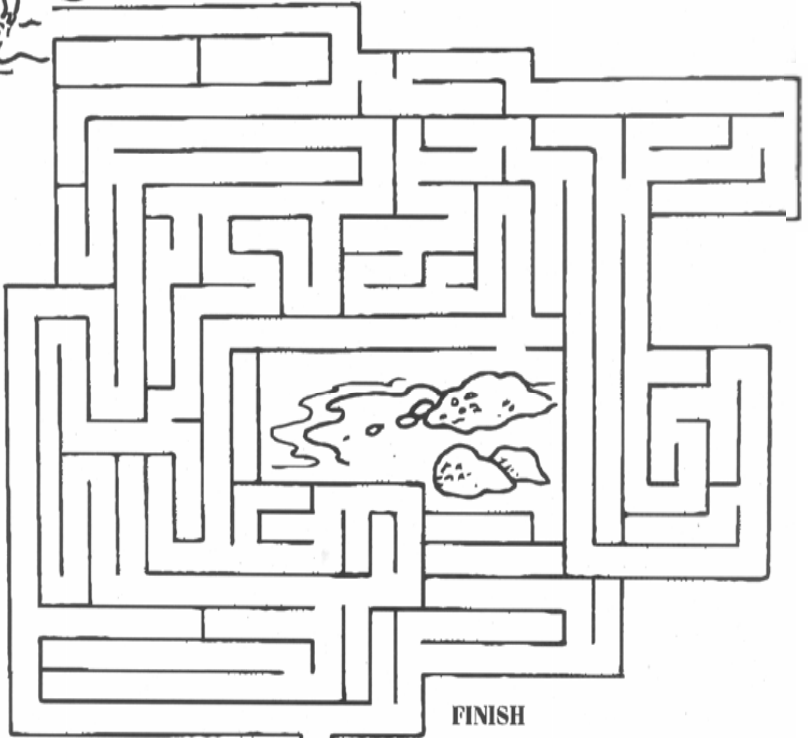
Down

1. This island (see map on opposite page)
4. Chief or member of a royal family
5. Spiritual power found in everything
7. Seaweed
8. A chief who would relax in the refuge upon a stone
9. The largest active volcano on Earth; _____ Loa
10. Pounded *kalo* (taro); a staple of the Hawaiian diet
11. _____ o Hōnaunau National Historical Park
13. Sacred laws punishable by death
15. Hawaiian temple
19. A ceremonial drink derived from the root of this plant

PU'UHONUA MAZE

Kamiki has just endured a harrowing journey from Kohala; having broken the *kapu*, his punishment is death! Warriors have chased him 50 treacherous miles, help Kamiki swim to refuge!

START



FINISH



PU'UHONUA HISTORY

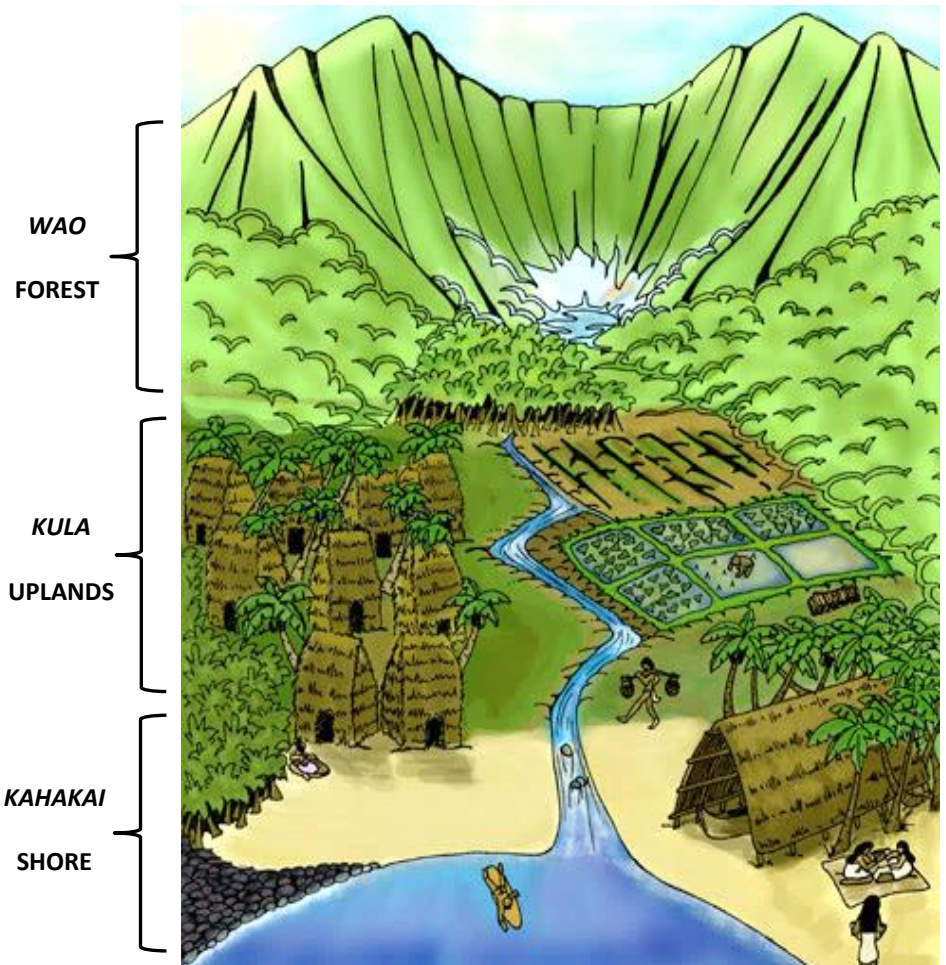
FILL-IN THE BLANK USING THE WORD LIST

King Kamehameha pu'uhonua warriors jail death
chiefs kapu balance priest gods maka'āinana

1. The *ali'i* were powerful _____, they had incredible inherited *mana* (spiritual power).
2. Both *ali'i* and *maka'āinana* (commoners) lived under the _____ system.
3. If you were caught breaking the *kapu*, the punishment could be _____.
4. Once you reached the refuge, the _____ would perform a purification ceremony.
5. The royal grounds were forbidden to _____.
6. *Kapu* was a way to manage the land and sea and maintain the _____ of nature.
7. Early Polynesians worshipped many _____. At Hale o Keawe, Lono and Kū are represented.
8. Defeated _____ would retreat to the refuge.
9. There was a _____ in every district.
10. Hawaiians practiced these traditions until the death of _____ in 1819.

Life in an *ahupua'a*

Each region in a traditional land division contained everything Hawaiian families needed to thrive. Study the picture below then label three resources from **each** region of the (*ahupua'a*).



"Ke ahupua'a" by Mele McPherson. Contributed by Hale Kuamo'o.

CULTURAL ARTIFACTS

Hawaiians had a deep relationship with the land, sea, and spiritual world. Everything was crafted by hand.

CONNECT THE ARTIFACT TO ITS NAME



KI'I- Wooden carvings that surround *heiau*. They represent the many gods.



WA'A- Made from the protected resources of the forest; used for fishing and transportation.



'UMI'I- Fish traps were an important fishing technique, this was woven from *'ie 'ie*.



PAPAMŪ- A playing surface for the game *kōnane*; carved into stone as a petroglyph.



LELE- *Ho 'okupu* (offerings) are placed here with prayer and gratitude for the gods.



PAHU- Temple drum carved from coconut trunk and finished with shark skin.

MĀLAMA – TO CARE FOR

EXPLAIN EACH OF YOUR ANSWERS BELOW

1. Why is it important to protect archeological and historical sites in places like Pu‘uhonua o Hōnaunau?

2. Are visitors allowed to take rocks and coconuts from the *pu‘uhonua* as souvenirs?

3. Is it acceptable to climb on the Great Wall or enter Hale o Keawe?

4. Are families allowed to picnic and swim at Keone‘ele Cove?

5. Endangered species are protected, what is an appropriate distance for taking pictures of them?

Pu‘uhonua o Hōnaunau National Historical Park

*For successful completion of the
Kupuna Ranger Program,*

is hereby declared to be a

Kupuna Ranger

Park Ranger

Date

*Nānā ka maka;
ho 'olohe ka pepeiao;
pa 'a ka waha.*

Observe with the eyes;

Listen with the ears;

Shut the mouth.

(Thus one learns.)



Created by Pu'uhonua o Hōnaunau National Historical Park

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