

Unit Two

‘Ōlelo

Student Workbook

The Student Workbook for Unit Two Includes:

- Kalei’s Story—Student Version
- Worksheets for:
 - Activity 1: The Power of Words
 - Activity 2: Bullies Are Junk!
 - Activity 3: Using “I” Messages



Kalei's Story

"Today's weather will be sunny with partly cloudy skies; early morning windward and mauka showers; trades blowing 10 to 15 miles per hour . . ." Kalei turned the radio off and took a quick glance out the window. *Why pay someone to give the same weather report every day?* she thought as she headed out for school swinging her backpack over her back. "Bye, Grams!" Kalei shouted cheerfully as she stepped out the front door.

Grandma was outside watering her garden filled with beautiful orchids, ti leaves, plumeria, ginger, and ferns. "Have a good day at school," responded grandma happily.

Kalei was surprised to see her grandmother outside. "Oh, I thought you was still inside the house." As Kalei approached her grandmother she couldn't help but think how happy the plants looked to be showered with Grandma's love and attention. She gave her grandmother a kiss goodbye.

Grandma signaled for Kalei to wait as she reached to carefully pick a beautiful yellow plumeria. She held the flower between her fingers and twirled it around. Grandma knew perfection when she saw it.

She felt the softness of the petals and brought the flower up to her nose. She closed her eyes, concentrating her senses on the sweetness that it offered. Grandma smiled with satisfaction and turned to Kalei. "I'm so proud of you. Study hard, Kalei," she murmured as she gently tucked the flower behind Kalei's ear.

"I know, Grams," Kalei smiled and walked off to school feeling the warmth of Grandma's love. Kalei knew how lucky she was to be living with Grandma.

Kalei was a bright girl who just happened to carry more weight than most girls her age. "So much more to love," Grandma would say. Being **labeled** as chubby never bothered Kalei. Her grandma always told her that a person's **value** comes from within and not from what others think. Kalei's **self-confidence** showed in the way she carried herself. Her cheery personality and sparkling eyes made people aware of her inner beauty and strength. She clearly showed how well she followed her grandma's wise teachings.

Down the street, Kalei stopped outside of her good friend Nani's house. Nani and Kalei had been in the same class since kindergarten. "Hi, Aunty," said Kalei. Holding her breath, Kalei greeted Nani's mother with a kiss. Aunty always smelled like cigarettes and sometimes Kalei could almost taste it. *Yuck!* Sometimes Kalei even thought Nani smelled like cigarettes.

"Nani will be out in a minute," said Aunty who was busy hanging clothes on the line. While waiting for Nani, Kalei decided to help Aunty hang clothes. Aunty decided that it was a great time to take a smoke break. She lit a cigarette and took her time **releasing** smoke rings into the air, her eyes locked onto the puffs of smoke. She enjoyed watching how each ring slowly disappeared.

With a bang of the screen door, Nani hurried out of the house without even saying goodbye to her mom. Nani had long tanned legs and beautiful long hair, which she wore in a bun with the help of her Tahitian comb. She was pretty just like her older sister, but Nani was more of a tita. She greeted Kalei with a smile and the two girls quickly began talking story as they headed to school.

Walking onto the campus, Kalei kept singing, "*It's Aloha Friday, no work 'til Monday. . . ta-da-da-da-da-da-da-da-da-da.*" "Ho, I cannot get dis song outta my head. I'm so happy it's Friday! I need a break from school!" Kalei said excitedly.

“What you mean, we just had one holiday on Monday!” said Nani with a crazy look at Kalei.

“Nan, I was wracking my brain fo’ finish Mrs. Char’s report, okay?” Kalei gave Nani a how-could-you-forget look.

“Ex-cuuuuse me,” Nani said waving her hand to Kalei. The girls laughed.

Time flew by. Before they knew it, the bell was ringing for recess. The class scattered out the door. Kalei got up to wait for Nani. “Stop, Jesse!” yelled Nani, as Jesse rushed past her. Nani was furious and walked right past Kalei.

“Nan, wait up. I know you neva eat breakfast but hold up,” Kalei said jokingly as she hurried to catch up with Nani. When Nani didn’t stop, she realized something was wrong. “Try *wait!*” Kalei yelled as she was having a difficult time catching up. Nani stopped dead in her tracks and turned around. Her eyes squeezed hard and her head dropped. Kalei was **concerned**. “What’s your problem, Nan?”

“Oh, I got a problem. A problem with whoever wrote it!” said Nani.

“Wrote what?” Kalei asked.

“This!” Nani gave Kalei a printout of an email. Kalei read the email that described how Nani was being a big flirt and kissing a seventh grader—only using much more unkind words. Shocked, Kalei realized that the email probably had made its way around the class and possibly the entire school!

Oh, no, so shame, thought Kalei, knowing that the email may have some truth to it. Kalei loved Nani as a friend, even like a sister, but she knew Nani had a boy-crazy side to her that even she didn’t like. Often times, Nani would talk about all

the boys that she thought were cute. Kalei would just ignore Nani's nonsense talk and tried to avoid the topic altogether.

"That's messed up," Kalei replied quietly, looking at her friend.

"Yeah, no joke. I hate her!" said Nani who snatched the paper full of **rumors** from Kalei's hands. Her sadness suddenly replaced by anger, she stormed off towards the cafeteria. "I know who wen write 'em! She going get it, das all I know," said Nani angrily.

"Wait! Who?" Kalei shouted and ran to catch up with her. "Nan, slow down. Who?"

"I know exactly who wen write 'em and she going wish she neva *even!*" Nani appeared to be growing angrier by the minute.

"Nan, no do anyting dumb." Kalei pleaded with Nani trying to calm her friend, but it was too late. Nani's anger was out of control.

Nani entered the cafeteria and approached a group of girls who were huddling at a table and chatting away. The group was so busy laughing they didn't see Nani coming their way. "*What?*" shouted Nani, tossing the crumpled paper full of nasty rumors in the middle of the table. "*What, you tink dis funny?*" The girls quieted their chatter, surprised at Nani's anger. Tanya, one of the girls, just rolled her eyes.

Keola, the only boy on the table, asked, "Hellooo, did I miss someting?"

Ignoring Keola, Nani raised her voice, "*Yeah, real funny, yeah?*" Grabbing the crumpled paper, she held it in the air in front of the group of girls. While ripping

the paper in rhythm with her words, Nani said, “*Don’t eva - let me - catch you - afta - school.*” She angrily threw the pieces of paper into Tanya’s lap.

Everyone at the surrounding tables began looking over to see what the **commotion** was all about. Kalei stood by Nani hoping that things would not turn into a fight. Before Tanya or any of the others could respond, Nani stormed off, followed by Kalei.

Kalei and Nani walked to their class without speaking. Sitting on the steps in front of the portable classroom, Kalei looked at Nani and asked how she knew Tanya wrote the stink email.

“I don’t,” Nani said quietly.

“What?” Kalei asked with disbelief.

“I *don’t* know fo’ sure. But gotta be!” Nani exclaimed with hurt feelings.

“You killing me, Nan! You tell da girl off not *even* knowing fo’ sure?” Kalei looked at Nani who now had her head down on her knees. Her heart went out to her friend, who didn’t think before acting like an explosive volcano.

It was quiet until Kalei finally broke the silence. “Nan, you know you and me tight, but you cannot do that. I mean—sheesh, what if you guys ended up beefing and come to find out wasn’t even Tanya who wrote it?”

Nani looked up. “I know. . . I was just mad! I hate her. Why people gotta be so mean fo’?” Nani, unable to control her feelings, began to cry and buried her face into her knees again.

Kalei was uncomfortable seeing her best friend crying and hurting. She looked up at the bright blue sky hoping for the right words to say. Soon Kalei heard the words of Grandma deep within her. Kalei took a deep breath and faced Nani.

“Nan, you and I been friends long time. You know how I no like talk about my mom and dad?”

Nani's head rose with interest. Kalei never talked about her parents.

“I remember my grandma picking me up from school the day they was in the car accident. I always slept over her house when they used to go out. She looked really sad when she came fo' pick me up. Her eyes was all swollen. Right when we got in the car, she started full-on crying.

Nani never really thought about the fact that Kalei was raised by her grandma. She sometimes forgot about the horror Kalei faced when she lost her parents. “No wonda you used to always cry and go office all da time.”

“Yeah, I was da saddest I ever was. I remember how I even wanted to die sometimes. I hated life 'cause it wasn't fair.”

Kalei paused as she looked down onto the pavement to find the plumeria that her grandmother had given her had slipped off of her ear. She reached to pick it up. “My grandma told me how we are all here fo' one reason, even if we no understand why things gotta be how it is. We all have a **purpose** in life. We have to choose to make our life da bes' it can be—choosing to use our gifts and talents . . . like a plumeria!” Saying this made Kalei laugh as she looked at the plumeria she held in her hand.

“Heh?” Nani said, confused.

“Okay, you know like how you see plumerias growing all over? That’s why grandma says we take ‘em fo’ granted. Since dey grow everywhere, they don’t stand out. But, when jus’ one flower is on one girl’s ear, it comes more special, and when other people see it, dey get all happy. And the ones that not picked, they fall from the tree so more flowers can bloom.”

Kalei looked at her friend with great aloha, hoping that she was listening to her. “Grandma says we should live like a chosen plumeria; like we’re chosen to be special. She says every single person is chosen fo’ someting special. But we gotta remember for make good choices sometimes. Like my mom and dad . . . sometimes I still get sad, but I know if dey was here, dey would want me to make good choices and be happy.”

“At least you get somebody who cares. You lucky,” Nani said. Sometimes Nani wished her mother was more like Kalei’s grandma.

“Nani, people going talk and say all kind stuff, whether true or not true; all it matters is what you know in your heart. You can choose it, Nan—and then no give anybody any reason to talk stink about you.” Nani nodded her head. The two girls sat together, grateful to have the other as a friend.

Students began to gather as the first bell signaled 10 minutes until class would start. Mrs. Char opened the classroom doors and everyone made their way to their assigned seats. Jesse once again rushed past everyone, only to get scoldings by Mrs. Char for running in the classroom. Nani took her seat, still thinking about what had happened.

On the way to her own seat, Kalei placed the plumeria in front of Nani, on the corner of her desk. Nani smiled and picked it up. She twirled the flower between her thumb and fingers. She never noticed how the yellow in the center of the

flower gently faded into a softness of white. *How could a simple flower with just two colors be so beautiful?* She felt the smoothness of the petals and smelled its sweet scent.

Kalei happened to look just as Nani placed the flower on her ear. It made Kalei smile inside. *Did Grandma somehow know that I needed a plumeria at school today? She did take her time choosing it.* Kalei watched and wondered as the plumeria seemed to change Nani's mood completely.

Nani was deep in her own thoughts, too. Maybe she could have a fresh start by listening to Kalei's advice. She decided she would find Tanya after class and apologize to her. The feeling of the plumeria stem behind her ear was a gentle reminder as she began her math assignment.

Unit 2 Activity 1 The Power of Words Parable

In a small village, one man went through the community telling vicious lies about another man who had been his long-time friend.

One day, feeling very badly for what he had done, the liar went to his old friend's house and admitted that he was the person responsible for spreading all of the rumors. Sobbing, he begged for his old friend's forgiveness and offered to do ANYTHING to make up for his actions.

The man who had been lied about looked at his old friend cautiously and said, "There is something you can do..." He paused and thought some more before finally saying, "Go back to your home and take a feather pillow outside. Cut it open and scatter the feathers to the wind. Then return to see me here."

The man thanked his old friend and quickly ran to his own house. There, he snatched a pillow off his bed, cut it open in the yard and watched as the gusty winds scattered the last of the feathers far and wide. Then he returned to his old friend's house saying, "I have done as you asked, please am I now forgiven?"

"Almost," came the reply. "You just have to do one more thing. Go and gather all of the feathers back into the pillow."

"But that's impossible," the man said. "The wind has already scattered them!"

"Exactly," his old friend answered. "And even though you truly wish to correct the evil you have done, it is just as difficult to repair the damage of your words as it is to recover all of those feathers."

(Adapted from a story in "Words That Hurt, Words That Heal," by Joseph Telushkin)

Unit 2 Activity 1
Think Before You Talk Worksheet

After school the other day, Jona had gone back in the classroom to pick up her backpack. The classroom was empty except for two people—the teacher and her classmate Kai. Kai was sitting up at Mrs. Liu's desk. He had his head down and was crying. Mrs. Liu was talking quietly to Kai.

Jona picked up her backpack and walked back out quickly. She did not know what was going on. She wondered why Kai was upset. Was he in trouble with Mrs. Liu? Did he do badly on the test they had taken in class yesterday? Was something wrong at home? As she walked down the hall, Jona saw Amber and Kelly who were also in their class.

Think about the *Power of Words Parable*. Should Jona talk about what she saw to her friends? Why or why not? What can Jona do before she says anything about what she saw?

Unit 2 Activity 1
Word Roots Worksheet

Fill out this worksheet once you put together the Word Roots and Definitions cards.

WORD	DEFINITION	WHERE DID THE WORD COME FROM?
GOSSIP		
RUMOR		
SLUR		
SARCASM		

**Unit 2 Activity 1
Powerful Hawaiian Words Worksheet**

Match the definitions with these words:

- ALOHA _____
- MĀLAMA _____
- HA'AHA'A _____
- AHONUI _____

Definitions:

- a) care for, tend, preserve, protect
- b) humility
- c) patient, enduring
- d) love, grace, compassion, kindness

These Hawaiian words express characteristics that can be very powerful. Write a sentence that describes how someone can act in these ways (for example, how can someone act with aloha? How can someone mālama something? How does one show ha'aha'a? What does ahonui look like?)

<p>ALOHA</p>	<p>MĀLAMA</p>
<p>HA'AHA'A</p>	<p>AHONUI</p>

Unit 2 Activity 2 Bullying Fact Sheet

What is bullying?	When we think about bullies, we often get a picture in our mind of a big kid on the playground stealing lunch money and pushing smaller kids around. And usually we think of boys doing the bullying. But bullies can be either boys or girls, and they can be big or small. They can be different in the ways they try to hurt other people, but they are the same in one important way: all of them want to hurt or control someone else on purpose. The bottom line is that bullying is JUNK! It hurts people and is NEVER OKAY .
Types of bullying	<ul style="list-style-type: none"> • Verbal bullying happens when a person uses words to show their power and to make others feel bad, usually by teasing and taunting. This is the type of bullying that happens most often with both boys and girls. • Physical bullying is when the bully actually strikes another person's body—hitting, punching, kicking, or pushing. Boys are more likely to use and experience this type of bullying, but girls use it too. • Relational bullying is when the bully uses relationships to hurt someone. This happens when the bully refuses to talk or play with someone, leaves someone out of games, or even convinces a group of people to be mean, too. Girls use and experience this kind of bullying more often than boys.
Who is involved?	<ul style="list-style-type: none"> • The Bully—This is the one who wants to feel powerful and intends to harm someone else, either physically or by hurting their feelings. • The Bullied—This is the one who is getting teased, picked on, or hurt. • The Bystanders—These are the ones who are watching the bully be mean to someone else. Not enough people realize that bystanders actually have a lot of power, and they can help stop bullies!
Why do people bully?	<ul style="list-style-type: none"> • Bullies feel a need to be powerful. They mean to hurt the person that they are bullying, whether it is to hurt them physically or hurt their feelings. Most bullies are satisfied when people are afraid of them, because it makes them feel more powerful. • Some people who bully have been bullied themselves, so they want to take out their own bad feelings on someone else. • Sometimes people may bully because they think others will like them or it will make them popular. • This is why bystanders are so important. If the bully cares a lot about what other people think, and everyone shows that bullying is not okay, then the bully is likely to stop.
What is cyber-bullying?	<ul style="list-style-type: none"> • Cyberbullying happens when someone threatens, purposely lies about, or tries to hurt someone else's feelings by using technology, such as the Internet, cell phones, email, or instant messaging. • Cyberbullying is becoming more common as people use technology to communicate. Cyberbullies are still bullies. • If you have experienced this, or you see someone else getting bullied online, tell an adult you trust immediately.

Unit 2 Activity 2

What To Do About Bullying

What if I'm getting bullied?

- **Tell an adult.** Tell an adult you can trust. And if they don't do anything about it, keep telling until someone does.
- **Stay in a group.** Bullies like to pick on kids who are by themselves a lot. Hanging out in a group makes someone less of a "target."
- **If it feels safe, try to stand up to the bully.** The bully will probably keep bullying if they think you won't do anything about it. Sometimes even saying to "knock it off" and then walking away can stop a bully.
- **Join clubs or activities where you can make new friends.** Sometimes, just having more interests and a larger group of friends can help you feel safe, and just feel better about life! Friends are great!

What if I'm watching someone else get bullied?

- **Report the bullying to an adult.** Bullying is NOT OKAY. Many people who are bullied are too scared to tell a grown up. But you can help them out! Step up and do the right thing!
- **Support the person who is being bullied.** Sometimes, the best thing you can do for someone who is being bullied is to be their friend. You would be surprised how much of a difference that makes!
- **Stand up to the bully.** If you feel safe doing this, tell the bully that they are wrong, and that they should stop. If you don't feel comfortable speaking up, you can turn around and walk away. If everyone watching were to turn around and walk away (getting help would be good, too), the bully loses their audience. We know how bullies love the power of having people watch!

What if I am the bully?

- **Think about what you're doing.** Put yourself in *their* shoes; think of how *they* feel; and just don't do it.
- **Talk to an adult.** Making others feel bad shouldn't make you feel good. If it does, you should talk to an adult about it. You might think they don't understand, but they can help!

Unit 2 Activity 2

Don't Just Stand There Worksheet

Situation No. 1

There's a new student in your class who just moved to Hawai'i last month. He is quiet and shy and is alone a lot because he does not have any friends. He speaks English with an accent that you have never heard before, and sometimes it is hard to understand him. You know that he gets teased about the clothes he wears and how he talks. One day, he is wearing shorts and multi-colored socks that go up to his knees. When he is walking down the hallway and cannot see her, Sharla takes a picture of him with her cameraphone. She says to her friends, "Watch I can send that picture to everyone's cell phones." She laughs as she thinks about how funny it will be to embarrass him this way.

1. As a bystander, how do you feel?
2. How can you help the new student?
3. How can you encourage Sharla not to be a cyberbully?

Situation No. 2

Bryon forwards an e-mail joke to several people in his email address book. In the joke, he changes the name of the main character to the name of a student in your class. He also sends the joke to that person. When you get this email message from Bryon, you feel bad because you know he is making fun of the other student on purpose.

4. Below, write a reply that you can send to Bryon to let him know how you feel about him being a cyberbully.

Unit 2 Activity 3 "I" Messages Worksheet

Read this passage from Kalei's Story. Answer the questions below:

Nani entered the cafeteria and approached a group of girls who were huddling at a table and chatting away. The group was so busy laughing they didn't see Nani coming their way. "What?" shouted Nani, tossing the crumpled paper full of nasty rumors in the middle of the table. "What, you tink dis funny?" The girls quieted their chatter, surprised at Nani's anger. Tanya, one of the girls, just rolled her eyes.

Keola, the only boy on the table, asked, "Hellooo, did I miss someting?"

Ignoring Keola, Nani raised her voice, "Yeah, real funny, yeah?" Grabbing the crumpled paper, she held it in the air in front of the group of girls. While ripping the paper in rhythm with her words, Nani said, "Don't eva - let me - catch you - afta - school." She angrily threw the pieces of paper into Tanya's lap.

Everyone at the surrounding tables began looking over to see what the commotion was all about. Kalei stood by Nani hoping that things would not turn into a fight. Before Tanya or any of the others could respond, Nani stormed off, followed by Kalei.

Answer these questions based on the passage above:

1. What verbal signals tell you how Nani is feeling?

2. What non-verbal signals tell you how Nani is feeling?

3. What are some "I" messages Nani can say to express her feelings constructively?
