

Weaving an 'Ohana Placemat

O- 'Ohana goal (Why do the activity?) *Family Goal*

There's so much value in spending time together as a family. Doing a hands-on project as a family provides opportunities to learn about each other's strengths and talents. The learning often comes as you talk story, listen, and watch each other when doing the project together. Hands-on projects also provide opportunities to work through challenges together. As a wise person once said, "do together, discover together."

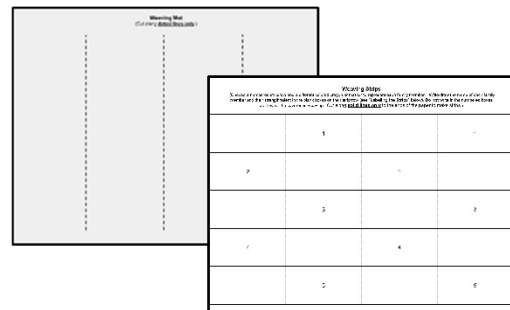
Benefits:

- Craft activities like weaving can relieve stress, promote motor skills development, patterning, and critical thinking skills.

H-Ha'awina (Let's do the activity) *Lesson, Assignment, Task*

Materials needed:

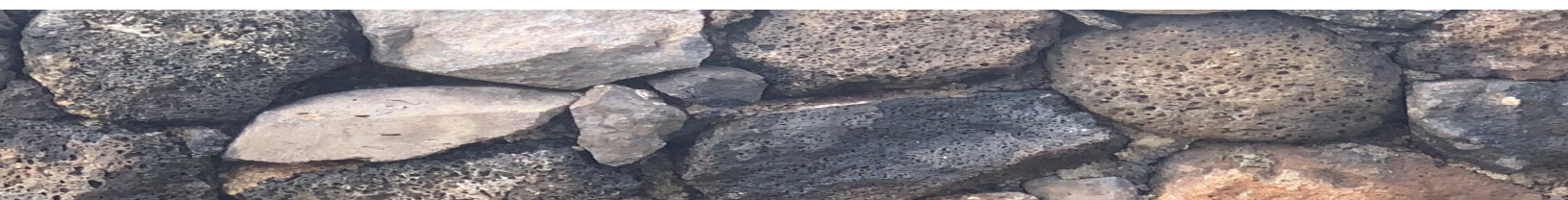
- **Weaving Mat and Weaving Strips** templates
- Scissors
- Tape
- Pencil, crayons or markers



Process:

Family Talk Story

Gather the 'ohana together to talk about family strengths/talents. Be sure to give each 'ohana member a chance to share. Some family members might be more comfortable showing/demonstrating strengths/talents, so allow some time for that.

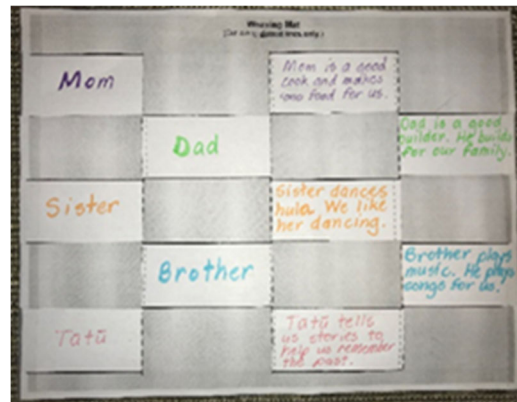
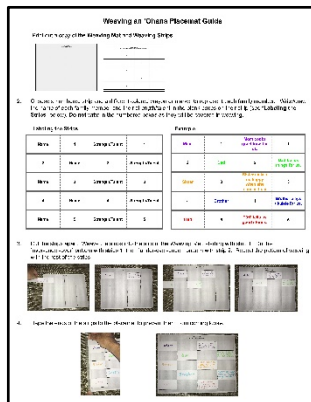


Here are a couple of questions that you might want to try with your 'ohana.

- a) **What are some things we enjoy(s) doing by ourselves or as a family?** (e.g. "I enjoy surfing.", "Mommy loves to dance hula.", "Our family enjoys eating together.")
- b) **I/Family member/Our family can _____.** (e.g. "I can dance hula.", "Mommy can cook.", "Our family can fish.")

Create an 'Ohana Placemat (weaving activity)

1. Print out a copy of the **Weaving Mat** and **Weaving Strips**.
2. Follow **Making an 'Ohana Placemat Guide**.



Tips

- Put the placemat where your family can see it all the time as a reminder of how strong your family is (e.g. family table, refrigerator, door, etc.).

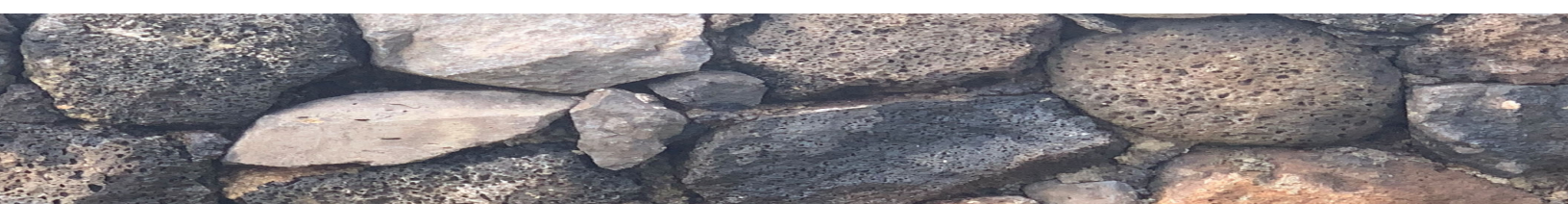
A-Alaka'i (What did you learn? What can you teach?) To Lead, Guide, Direct

Extension activities:

- Weave a mat of extended family members and their strengths/talents.
- Weave a mat of people in your community and their contributions.

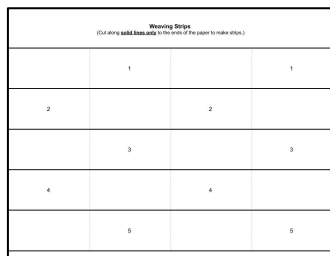
Resources:

The Benefits of Art for Kids -- <https://artfulparent.com/the-benefits-of-art-for-kids/>



Weaving an 'Ohana Placemat Guide

1. Print out a copy of the **Weaving Mat** and **Weaving Strips**.



2. Choose a numbered strip and a different colored crayon or marker to represent each family member. Write/draw the name of each family member and their strength/talent in the blank boxes on their strip (see **“Labeling the Strips”** below). **Do not** write in the numbered boxes as they will be covered in weaving.

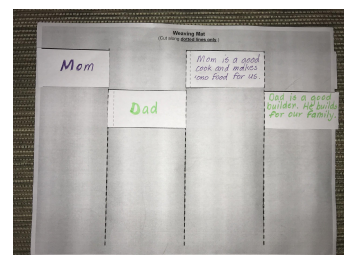
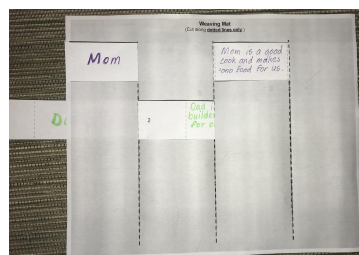
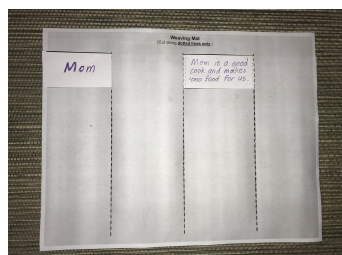
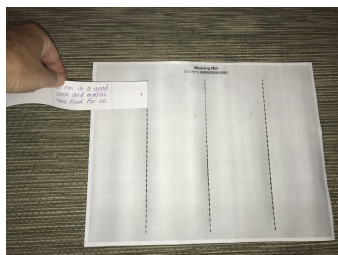
Labeling the Strips

Name	1	Strength/Talent	1
2	Name	2	Strength/Talent
Name	3	Strength/Talent	3
4	Name	4	Strength/Talent
Name	5	Strength/Talent	5

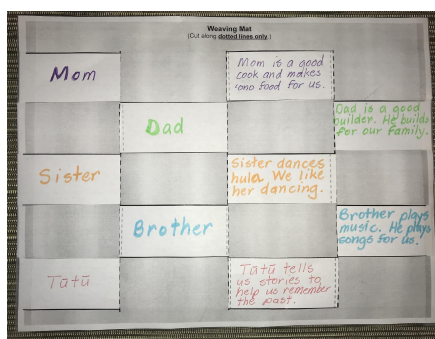
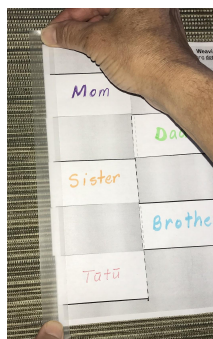
Example

Mom	1	Mom cooks good food for us.	1
2	Dad	2	Dad builds things for us.
Sister	3	Sister makes us happy when she dances hula	3
4	Brother	4	Brother plays ukulele for us.
Tūtū	5	Tūtū tells us good stories.	5

3. Cut the strips apart. Weave the strips into the slits of the Weaving Mat, starting with strip 1. Do the “over-under-over” pattern with strips 1, then “under-over-under” pattern with strip 2. Repeat the pattern of weaving with the rest of the strips.



4. Tape the ends of the strips to the placemat to prevent them from coming loose.



Weaving Strips

(Choose a numbered strip/row and a different colored crayon or marker to represent each family member. Write/draw the name of each family member and their strength/talent in the blank boxes on their strip/row (see “Labeling the Strips” below). **Do not** write in the numbered boxes as they will be covered in weaving. Cut along **solid lines only** to the ends of the paper to make strips.)

1

1

2

2

3

3

4

4

5

5

Weaving Mat
(Cut along dotted lines only.)

