

# Wellness LŌKAHI

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

The lōkahi wheel connects to the Hawaiian meaning of lōkahi which is the concept of balance, harmony, and unity. The six equal dimensions of the wheel help to define the areas of health to progress to wellness. Each dimension of the wheel connects to help create balance in life. The wheel provides opportunity for you and your 'ohana to talk about your health and ways to create wellness.

## Six dimensions of the wheel:

- Work/school Kuleana (responsibility)- Personal fulfillment at home or school, skills used successfully such as at work or school, and finances in order
- Thinking/Mind Mana'o- Creativity being applied, are you mentally challenged, and improving your mind by being curious
- Feelings/Emotions Na'au- Aware of your own feelings and able to self-regulate/manage your feelings
- Physical/Body Kino- Physical fitness, nutrition, and healthy habits to treat your body well
- Spiritual/Soul Pili 'uhane- Find meaning or questioning the universe for the desire to understand and define universal value of the world, awareness of the unexplained, building values, and seek to find meaning of life
- Friends/Family 'Ohana- Healthy relationships, community/school interactions, and positive connections



## Benefits:

Benefits: Maintaining wellness helps to reduce stress level, reduce risk of illness, and creates positive relationships. Working on wellness helps to prevent or delay conditions such as heart disease, diabetes, and high blood pressure.

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

### Process:

1. Talk to your keiki about the lōkahi wheel dimensions. Give them an example of each of the 6 dimensions, for example you complete your homework well because of your Kuleana and Mana'o.
2. Work together to find an area to keep the lōkahi wheel where everyone may see the wheel, and point to the wheel to talk about their day. Examples of where to keep the wheel:
  - a. Post on the fridge to talk about while cooking or washing the dishes
  - b. Leave on the dining table to have meaningful conversations instead of watching t.v. while eating
3. Model for your keiki and discuss which dimension of health you are doing well and how you are working well in this dimension. For example:
  - a. I am doing well taking care of my kino because I ran a mile today and ate a salad for lunch. I am trying to be physical and add vegetables to my meals.
4. Model for your keiki and discuss the area you are working on and how you may achieve wellness in this area. For example:
  - a. I am working on 'ohana to make sure we have more quality time together. I will make sure to ask everyone how their day was and listen to their day.
5. Ask your child what area they are doing well in and what they are doing to be good in this area. Make sure to praise their efforts.
6. Last ask your child what area they are having challenges in and have a conversation on how they can improve in this area.

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

### Other ways to use the lōkahi wheel:

- Start your day with one piece of the wheel to focus and improve on, and the next day move to the piece on the right of the last piece of the wheel you worked on. This way you can make sure to build a balance for your wellness by working on every area of health.
- Daily pick a piece on the wheel to work on all together as a 'ohana.





