

# 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!

## ‘OLELO 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 ‘

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

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

Ā = 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

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## 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)

**ALI'I:** FIND THE ITEM DESCRIBED AND LABEL IT WITH THE CORRECT LETTER

\_\_\_ *Kāhili*; feather standard symbolic of royalty

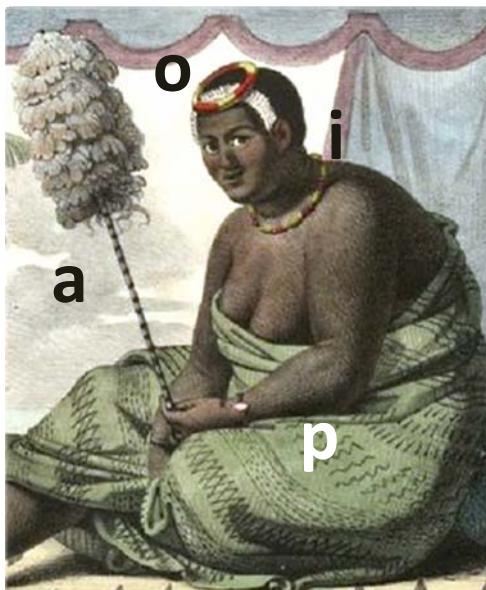
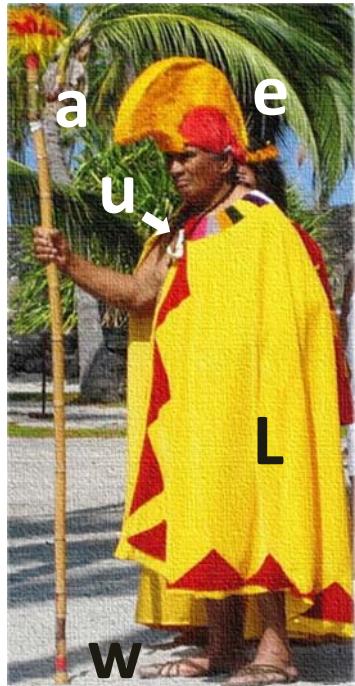
\_\_\_ *Mahiole*; helmet woven from 'ie 'ie with feathers attached

\_\_\_ *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



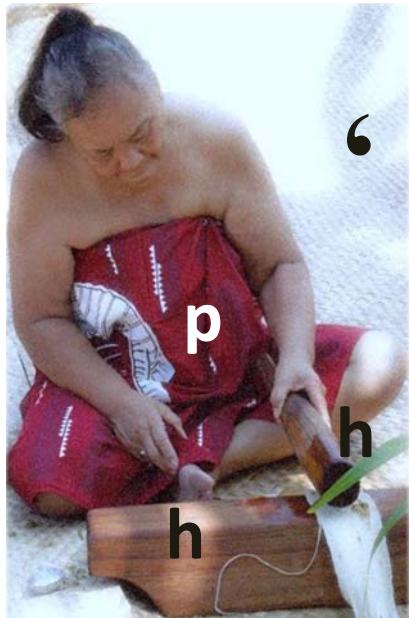
\_\_\_ *Lei niho palaoa*; neck ornament of shaped whale ivory and braided human hair

\_\_\_ *Kāma 'a*; ti leaf sandals

## KANAKA MAOLI (NATIVES)

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

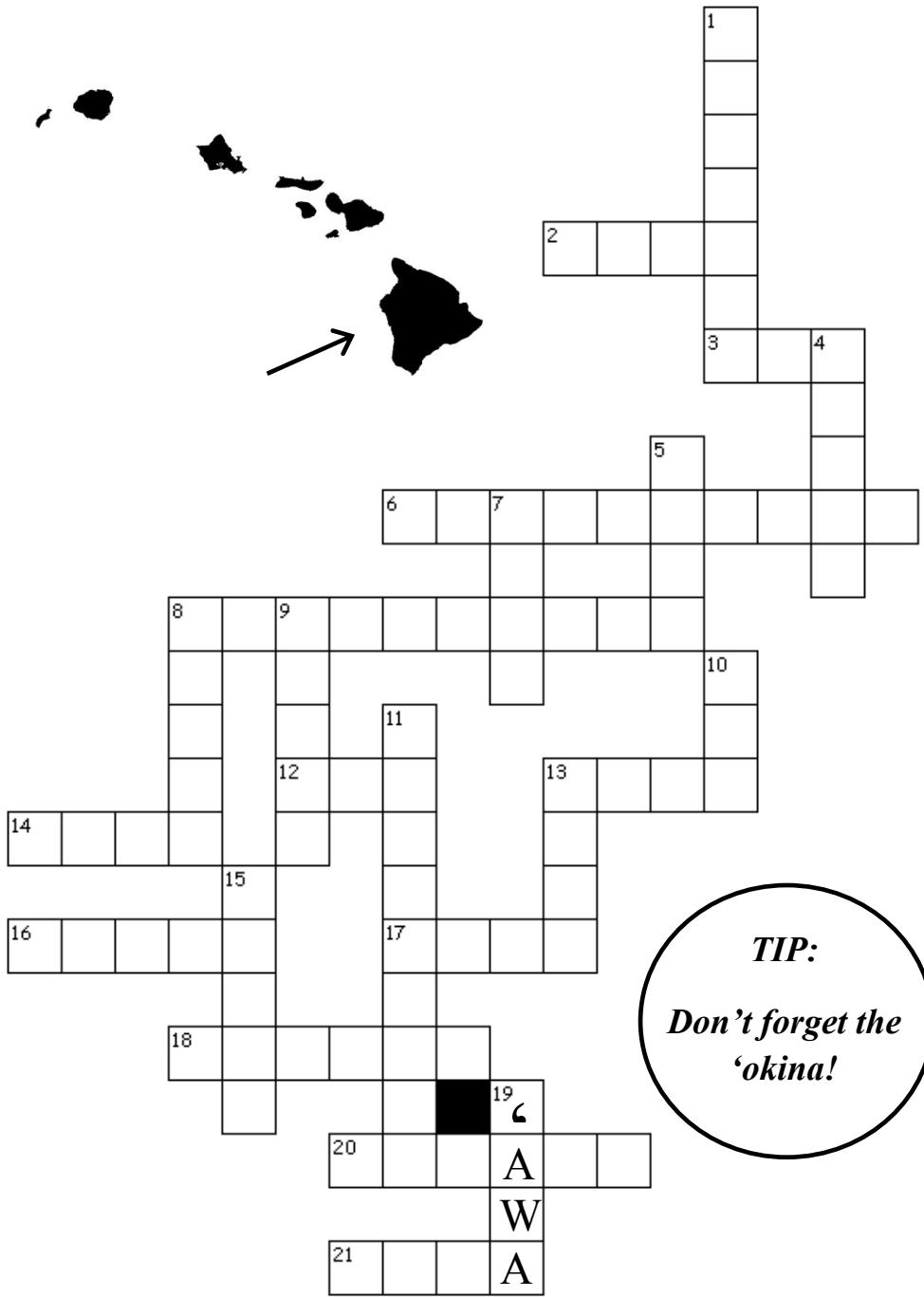
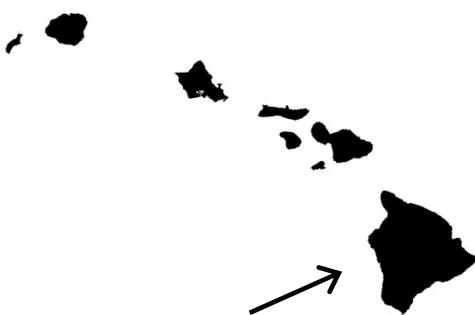
- \_\_\_ 'Ahu mai 'a; a cape made of netting and banana leaves
- \_\_\_ I'e kuku and kua; wooden *kapa* beater and anvil
- \_\_\_ Kāma 'a; ti leaf sandals
- \_\_\_ Lei; Lei of twisted *ti*
- \_\_\_ Malo; loincloth worn by *kāne* (men)
- \_\_\_ Lei po 'o; head *lei* (leaves)



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

\_\_\_ Moena; a mat plaited from *lauhala* by expert weavers

# HAWAIIAN CROSSWORD PUZZLE



**TIP:**

*Don't forget the  
'okina!*

# 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!



# PU‘UHONUA HISTORY

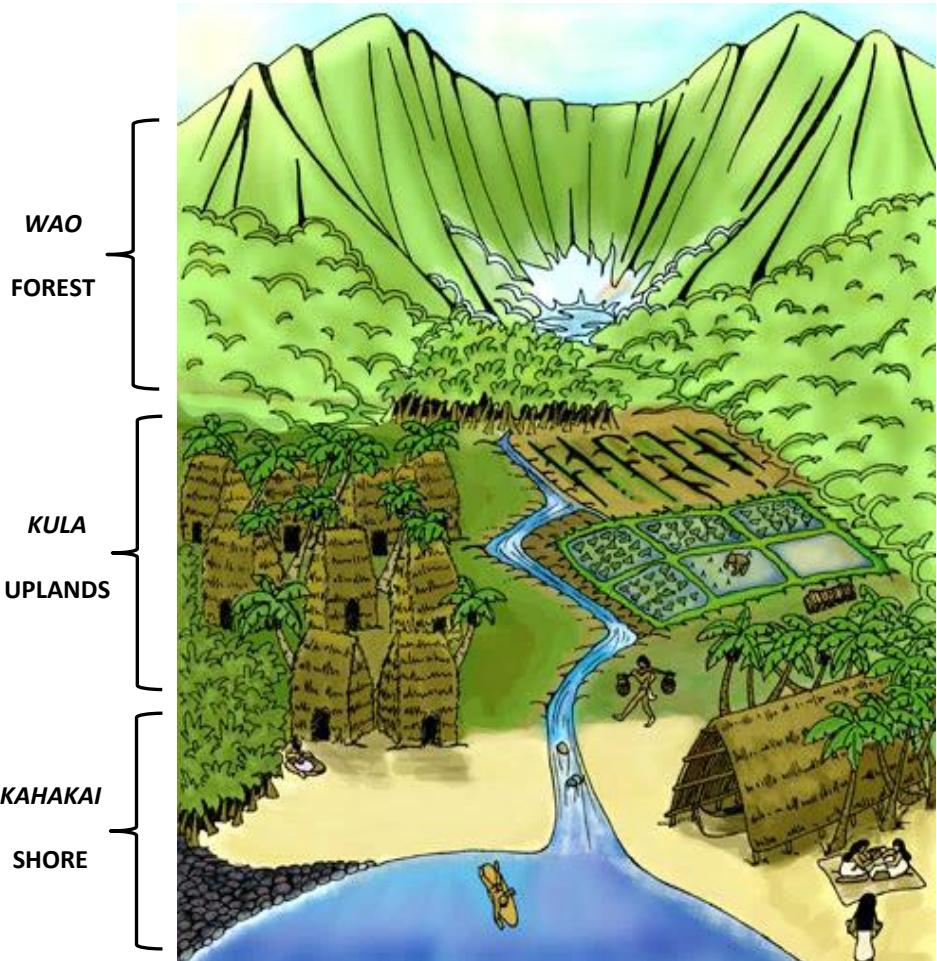
FILL-IN THE BLANK USING THE WORD LIST

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 Hawaiians 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.



**PAHŪ-** 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?

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

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

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

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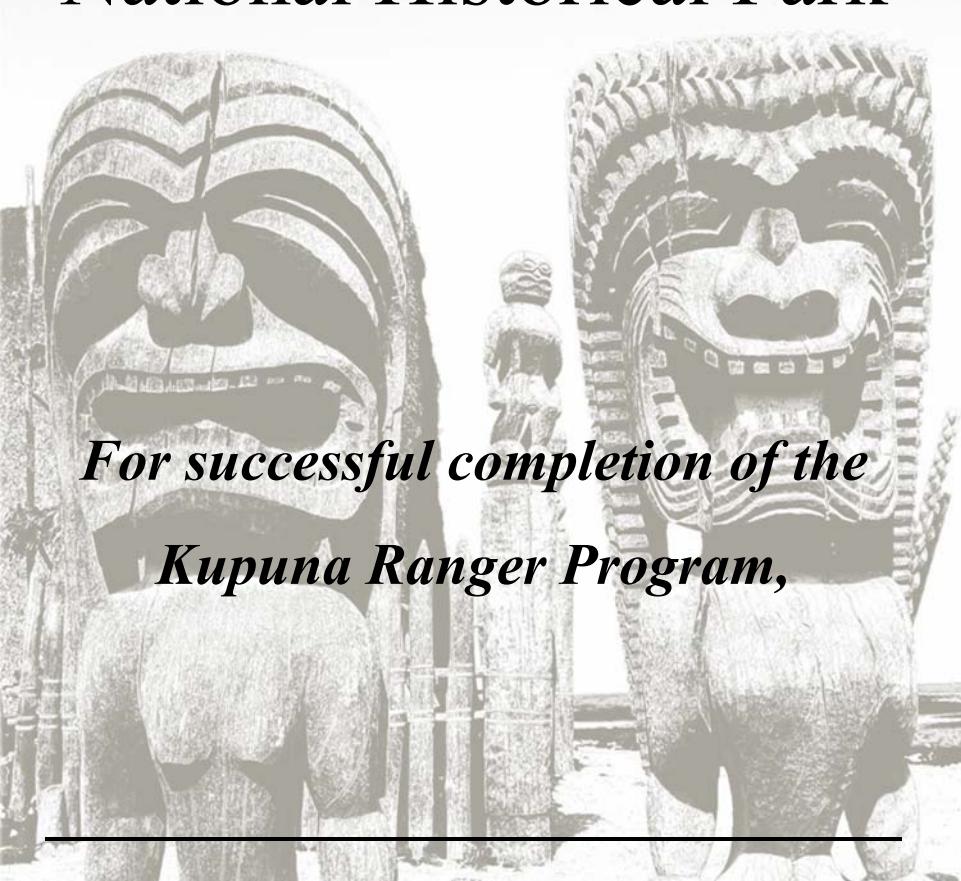
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5. Endangered species are protected, what is an appropriate distance for taking pictures of them?

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# Pu‘uhonua o Hōnaunau National Historical Park



*For successful completion of the  
Kupuna Ranger Program,*

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*is hereby declared to be a*

**Kupuna Ranger**

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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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