

# 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”

= ʻokina, 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

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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 | 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)

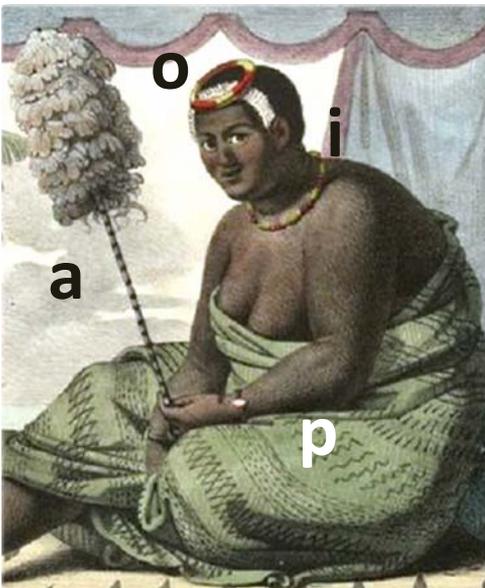
\_\_\_ *Kapa*; garment made from  
the beaten inner bark of *wauke*

\_\_\_ *'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

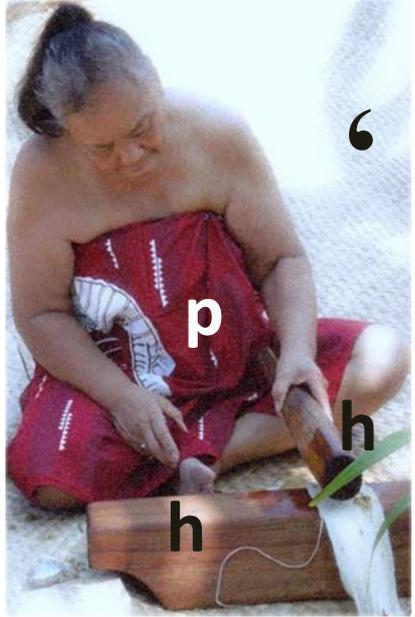
\_\_\_ *I'e kuku* and *kua*; wooden  
*kapa* beater and anvil

\_\_\_ *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:***

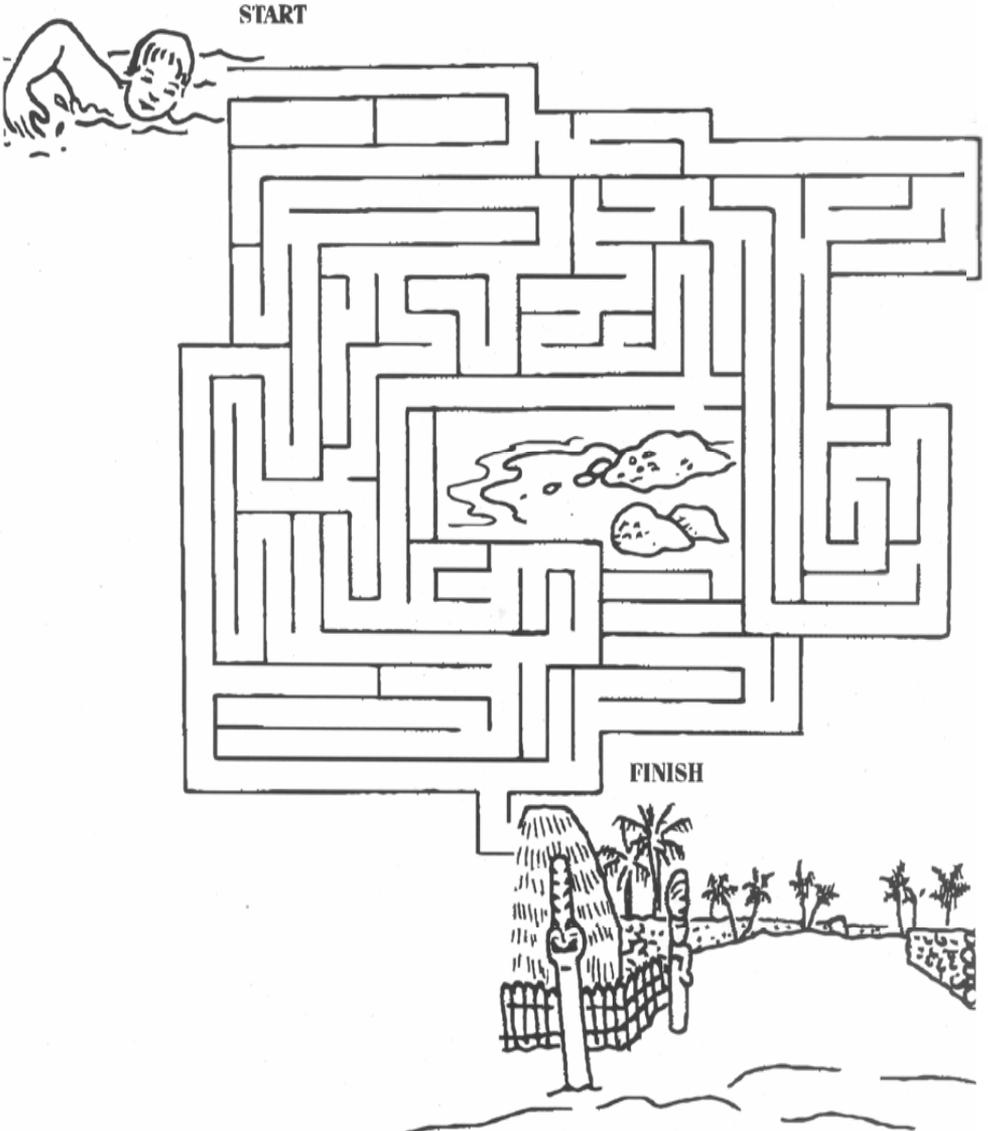
***Look for answers  
throughout this  
book and the  
brochure***

**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

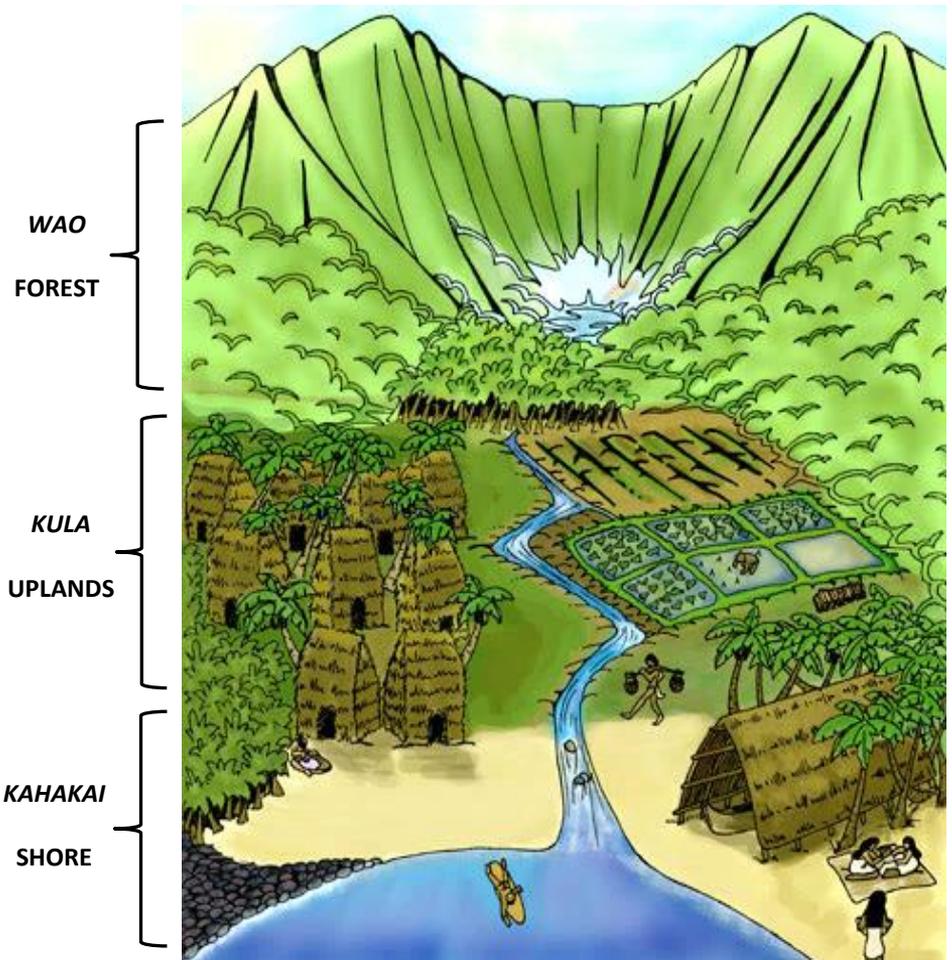
Kamiki has just endured a harrowing journey from Kohala; having broken the *kapu*, his punishment is death! Warriors have chased him 50 treacherous miles, help Kamiki swim to refuge!





## 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?

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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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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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