

# SESSION 6: ALOHA (LOVE, AFFECTION, PEACE, COMPASSION)

## Objectives:

- Student will share 4 personal experiences with group
- Student will ask at least 1 empathetic question of peers

## Outline:

- Welcome: "E komo mai (A ko-mo my), or welcome, back to group! How did it go demonstrating kuleana, or responsibility, during the week?" Allow responses. "How did people react to you being responsible?" Allow responses. "How did it feel be responsible?" Allow responses. "I'm so proud of all of the ways you have taken steps to be responsible members of the school community this week, and I hope you'll keep it up!"
- Explain: "We have talked about aloha, and how it can mean hello or goodbye. Aloha also means so much more to Hawaiian people. Aloha means love, affection, peace, and compassion. That is a lot of meanings! Basically, aloha means that you create a community of respect in which everyone is valuable and everyone cares about others in the community." Allow students to ask questions. "What makes you feel compassion toward another person?" Allow responses. "Great! Yes, knowing the person and understanding his or her feelings and situation helps us to feel and care deeply for that person and to want the best for him or her."
- Activity: "Today we're going to get to know each other better by understanding the pieces of each others' hearts." Give students Heart Puzzle Handouts. Students will complete individually. Play breezy island music while students work.
- Share: Students share their puzzles with the group. Allow students to ask questions, modeling first. "How did that experience feel?" or "How did that experience change you?" or "If I was in your position in that situation, I might feel \_\_\_\_\_. How did you feel?"
- Debrief:
  - What was it like to share a piece of you with the group today?
  - Which of these pieces were easy to share?
  - Which of these pieces were difficult to share?
  - What was it like to hear about your peers' difficult times?
  - How might you treat your peers differently now that you know more about their experiences?
  - What can you do to get to know other peers in the school better?
  - What might our school be like if everyone worked to understand each others' experiences?
- Wrap-up: "Mahalo, or thank you, for sharing with the group today. I know some of these things might have been difficult to share, and I thank you for trusting us with these pieces of you today." Give students Aloha Bingo cards. Explain that you hope they will do their part to promote a sense of aloha in the school community by doing as many of the tasks on the Bingo cards during the week. You may choose to give prizes for this! Remind students that we only have 2 more group meetings together. Wrap up group with group motto, "Aloooooooha!"

## Materials:

- Heart puzzle handouts
- Writing/coloring utensils
- Aloha bingo cards

## ASCA Standards Alignment:

- Mindsets: Sense of belonging in the school environment
- Behavior: Social Skills: Create positive and supportive relationships with other students
- Behavior: Social Skills: Demonstrate empathy
- Behavior: Social Skills: Demonstrate social maturity and behaviors appropriate to the situation and environment

# Pieces of Me

My happiest memory

A time when I felt most loved

My saddest memory

A time when I felt alone