

Lesson 2. Helu Pō

As you read in **Lesson 1**, the phases of the Moon determine the best and worst times to plant and harvest crops, go fishing, and perform other tasks. In Hawaiian culture, they also believe that the moon phases can affect people. For one week (or longer) you will take daily notes on how you are feeling both physically and mentally. Be sure to include details about your day, especially events that seem out of the ordinary.

Day	Notes
Lāpule ___ / ___ / ___ Helu Pō: _____	
Pō'akahi ___ / ___ / ___ Helu Pō: _____	
Pō'alua ___ / ___ / ___ Helu Pō _____	
Pō'akolu ___ / ___ / ___ Helu Pō _____	
Pō'ahā ___ / ___ / ___ Helu Pō _____	
Pō'alima ___ / ___ / ___ Helu Pō _____	
Pō'aono ___ / ___ / ___ Helu Pō _____	

Additional Pages

Day	Notes
Lāpule ___ / ___ / ___	Helu Pō: _____
Pō'akahi ___ / ___ / ___	Helu Pō: _____
Pō'alua ___ / ___ / ___	Helu Pō _____
Pō'akolu ___ / ___ / ___	Helu Pō _____
Pō'ahā ___ / ___ / ___	Helu Pō _____
Pō'alima ___ / ___ / ___	Helu Pō _____
Pō'aono ___ / ___ / ___	Helu Pō _____



Mahope O Ke Kula Ke A'o Mau Ana Program

Reflection

Reflect on your experiences with the Moon journal. Note any changes you observed in the following.

Mood (Including motivation in school)

Relationships with Family/Friends

Health