

## 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
<b>Lāpule</b> ____/____/____	<b>Helu Pō:</b> _____
<b>Pō'akahī</b> ____/____/____	<b>Helu Pō:</b> _____
<b>Pō'alua</b> ____/____/____	<b>Helu Pō</b> _____
<b>Pō'akolu</b> ____/____/____	<b>Helu Pō</b> _____
<b>Pō'ahā</b> ____/____/____	<b>Helu Pō</b> _____
<b>Pō'alima</b> ____/____/____	<b>Helu Pō</b> _____
<b>Pō'aono</b> ____/____/____	<b>Helu Pō</b> _____

## Additional Pages

Day	Notes
<b>Lāpule</b> ____/____/____	<b>Helu Pō:</b> _____
<b>Pō'akahī</b> ____/____/____	<b>Helu Pō:</b> _____
<b>Pō'alua</b> ____/____/____	<b>Helu Pō</b> _____
<b>Pō'akolu</b> ____/____/____	<b>Helu Pō</b> _____
<b>Pō'ahā</b> ____/____/____	<b>Helu Pō</b> _____
<b>Pō'alima</b> ____/____/____	<b>Helu Pō</b> _____
<b>Pō'aono</b> ____/____/____	<b>Helu Pō</b> _____



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**