



of Greater Indianapolis

LEARN A HULA WITH MILA

Ages: 6-8

Description:

With this interactive activity, you and your family will be able to learn a traditional Hawaiian Hula with our facilitator Miss Endya's cousin Mila! The instructional video will allow you to travel all the way to Honolulu, Hawaii while in the comfort of your home! This activity was inspired by Girls Inc. belief that all girls should be encouraged to be bold and daring. This activity will allow you and your family to be bold together and try something new!

Time:

30-60 Minutes

Materials Needed:

- A comfortable space to move around in
- A positive attitude and an open mind

Instructions:

The instructional video will include a demonstration by Mila, as well as a voice over by Miss Endya breaking down each step of the Hula! The steps will also be listed below. Hula is a dance of Aloha, the way Hawaiians warmly welcome you and bid you farewell. So while you are practicing this dance, remember to smile and think warm, happy, friendly, thoughts and you'll have this hula mastered in no time!

The Kawika Hula Step by Step:

Step 1:

Before the song begins, you'll want to lock your thumbs together. Make sure your fingers are also together and slant them towards the sky.

Step 2:

Put your right leg forward and point your right foot. This is what we call the "Starting position".

Step 3:

When the drums begin, you are going to shift your arms to the right side of your body. Keep them level with each other and make them parallel with your chin. You want your hands to be flat. We'll call this move, "Original Arms".

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Step 4:

Bring your feet together and bend your knees.

Step 5:

Take two steps to the right.

Step 6:

Then switch the direction of your arms towards the left side of your body.

Step 7:

Take two steps to the left.

Step 8:

Take one step to the right and extend your arms straight out in front of you, then take another step to the right. Next, dip your arms down as if you are reaching down to pick up two delicate flowers.

Step 9:

Hold your hands out in front of you (arms bent) as if your hands have become those flowers you just picked. We call this move, "Flower Hands".

Step 10:

Take two steps to the left.

Step 11:

After your second step to the left, reform "Original Arms" and face them towards the right side of your body.

Step 12:

Take two steps to the right.

Step 13:

Following that second step to the right, shift your arms to the left side of your body.

Step 14:

Take two steps to the left.

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Step 15:

Then take one step to the right, as you do that dip down to reform “Flower Hands”.

Step 16:

Take another step to the right.

Step 17:

Then take two steps to the left.

Step 18:

Next, turn your body so that you are facing a new direction. And bring your arms back into “Original Arms”.

Step 19:

Take two steps towards your new right.

Step 20:

Take two steps towards your new left.

Step 21:

Following that second step to the left, delicately bring your arms down to your hips (palms of your hands facing the sky). We’ll call this move, “Open Palms”.

Step 22:

Take two steps to the right.

Step 23:

Take two steps to the left, and then reform “Original Arms”.

Step 24:

Take two steps to the right.

Step 25:

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Take two steps to the left and then transition your arms back into “Open Palms”.

Step 26:

Take two steps to the right.

Step 27:

Take two steps to the left.

Step 28:

Turn your body so that you are now facing the direction you were facing in, “Starting Position” at the start of the dance.

Step 29:

Place your left hand (palm side out) on your forehead like you’re doing a backwards dab, in fact we’re going to call this move the “Backwards dab”.

Step 30:

Straighten your right arm (make sure your right hand is also straight) and slant your fingers up.

Step 31:

Take two steps to the right.

Step 32:

Take two steps to the left.

Step 33:

You are going to transition your hands and arms again. Place your left hand behind your left ear as if you are trying to hear something better. Fully extend your right arm, palm to the sky. This move is going to be called the “Listening Ear”.

Step 34:

Take two steps to the right.

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Step 35:

Take two steps to the left.

Step 36:

Reform the “Backwards Dab” with your arms.

Step 37:

Take two steps to the right.

Step 38:

Take two steps to the left.

Step 39:

Transition your arms back into the “Listening Ear”.

Step 40:

Take two steps to the right.

Step 41:

Take two steps to the left.

Step 42:

Turn your whole body to face a new direction.

Step 43:

Then, you are basically going to form “Flower Hands” again. But this time, your arms will be positioned differently. Take your right arm and reach it as far as you can across your torso while still keeping your arm bent. Reach your left arm as high to the sky as you can. We call this move, “Flowers to the Wind”.

Step 44:

Take two steps to the right.

Step 45:

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Take two steps to the left.

Step 46:

Take one step to the right, and bring your arms out to your sides.

Step 47:

Take another step to the right and straighten your arms out in front of you. Make sure your thumbs are locked and your fingers are together and slanted upwards.

Step 48:

Take a step to the left and bring your arms to your chest, you want them to be horizontal or straight across.

Step 49:

Take another step to the left.

Step 50:

With your arms, reform "Flowers to the Wind".

Step 51:

Take two steps to the right.

Step 52:

Take two steps to the left.

Step 53:

Transition back to "Horizontal Arms" one last time.

Step 54:

Take two steps to the right.

Step 55:

Take two steps to the left.

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Step 56:

Turn your body so that you are now facing the direction you were facing in, “Starting Position” at the start of the dance.

Step 57:

Reform “Original Arms” and begin moving your hips in a circle.

Step 58:

You will switch the direction of your arms and head after four slow hip circles. You’ll alternate left and right a total of six times.

Step 59:

Lastly, you’ll return to the “Starting Position”.

That’s it, you’ve done it!

Click the link below to watch Mila perform the Kawika Hula!

[Learn a Hula with Mila](#)

Additional Information:

As Mila mentions in the video, the Kawika Hula was a tribute to Hawaiian King David Kalākaua. For more information about this historical king, hula, an English translation of the lyrics, and other versions of the song, [click here!](#)

ACTIVITY RECAP

- What did it feel like to learn this Hula? Was it easy or hard?

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- Is there anything you already knew about Hawaiian culture before participating in this Hula? If so, what did you already know? If not, why is it important that we try to learn about and understand cultures that are different from our own?
- How can learning a hula help you to be Strong, Smart, and Bold? How can you help others to become Strong, Smart, and Bold based on what you learned from this activity?
- With a parent/guardian's permission, share with us your at home hula sessions on our Instagram page with the tag @girlsincindy.

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