



VIBRANT HAWAI'I
PRESENTS A GUIDE TO

A Very Vibrant Holiday



LESSON 1: THE REASON FOR THE SEASON

What is your vision of a Vibrant Holiday? Use the space below to write, draw, or paste pictures to show what is most important to you this season.

*What do you love most
about the holidays?*

What makes it special?

Who do you celebrate with?



LESSON 2: THE GIFTS THAT I CAN SHARE

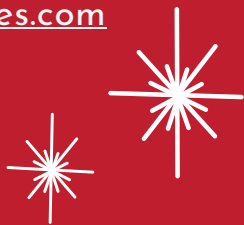
Sharing gifts is one way we celebrate our love for family and friends - and you have so many gifts to share!



Did you know that people show and receive love in different ways? Dr. Gary Chapman coined the term 5 Love Languages: Physical Touch, Words of Affirmation, Quality Time, Gift Giving, and Acts of Service.

Use this sheet to brainstorm all the gifts you have to share for each one of the love languages.

To learn more about Love Languages, or to take a quiz to find out what your love language is, visit 5lovelanguages.com



Gifts I Can Make

- Cookies
- Crafts
-
-
-
-
-
-

Gifts I Can Buy

- An Ornament
- Popcorn
- Water Guns
-
-
-
-
-

Physical Touch

- Hug Coupons
- Back Massage
- Yoga
- Playing Tag
- Secret Handshake
-
-
-

Encouragement And Affirmation

- Write a card or poem
- A jar full of encouragement, gratitude or favorite memories
-
-
-
-

Gifts of Service

- Wash the car
- Cook a meal
- Sweep or vacuum
- Fold laundry
- Babysit
-
-
-

Quality Time

- Going for a walk
- Playing a game
- Talking story
- Watch TV together
-
-
-
-

LOVE LANGUAGES IN ACTION

How Kim and Grandpa Show Their Love:

WORDS OF AFFIRMATION

My grandpa affectionately called me Kimi-chan. Every morning we lit incense in front of our butsudan and shared three things we were grateful for.

Gift Ideas: A jar full of notes about what you are grateful for about someone or things they are good at.

RECEIVING GIFTS

Grandpa would buy my favorite snacks. I would pick flowers and harvest vegetables from the garden to share. My grandparents gave me their change from the grocery store to add to my piggy bank.

Gift Ideas: Buy a piggy bank or open a savings account.

PHYSICAL TOUCH

When we would walk to KTA, Grandpa would hold one hand and Grandma would hold my other hand. I would swing while holding their hands.

Gift Ideas: Swinging, sharing a hug, or playing hand clapping games.

ACTS OF SERVICE

Grandpa and I built a swing together so I could swing from the orange tree.

Gift Ideas: Check homework, work on a project together, plant a garden.

QUALITY TIME

On Sundays, I prepared dinner with my grandparents for our 'ohana. After dinner we would play a Japanese card game called Hanafuda.

Gift Ideas: An invitation to cook together, read together, or play games together.



LESSON 3: BOUNDARIES & BUDGETS



One of the best teachers we have is our 'āina. 'Āina teaches us how to be generous with our gifts and resources, and also how to have boundaries to protect us and ensure that we have enough for the future.

Mango trees are generous with fruit during the summer, then rest to grow roots during the winter. Some plants grow thorns so you know that even if they are beautiful, it's not OK to touch them.

When we give gifts, it is important that we know what our boundaries are. Another word for boundary is "personal limit". When it comes to money, this boundary is known as a budget.

Use the space on this page to think about the boundaries and limits that you have around each kind of gift that you have.

Boundaries to Encouragement and Affirmation

- Be sincere and honest
-
-
-
-
-
-

Boundaries to Acts of Service

- Be sure I have the skill to keep myself and others safe when I am trying to be helpful
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-
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-
-
-

Boundaries to Physical Touch

- Ask for permission
- Give permission
-
-
-
-
-

Boundaries to Gifts I Can Make

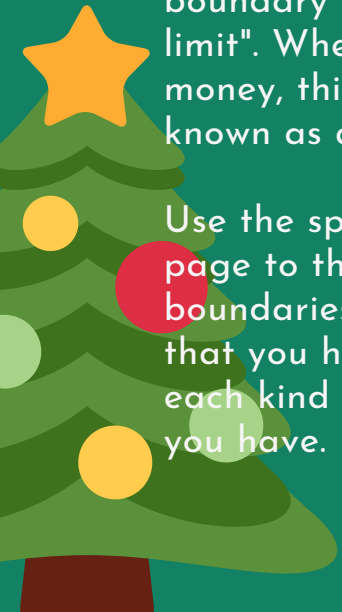
- Ask first before using supplies I find around the house
-
-
-
-
-
-

Boundaries to Gifts I Can Buy

- No more than \$5 per person
-
-
-
-
-
-

Boundaries to Quality Time

- Honor myself when I need time alone
- Give quality time to others when I am not too hungry or tired
-
-
-
-
-



LESSON 4: MAKE A LIST AND CHECK IT TWICE

Use the space below to think about the people you want to give a gift to. Do you know what their love language is? Think about how they show love to you. What do they most often ask for? Use your ideas from lesson 2 to think about a gift you would like to give to them.



A Gift For:

Her/His love language is:

My gift to give is...



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LESSON 5: GRATITUDE

Believe it or not, someone is thinking about you right now and planning a very special gift for you this holiday season. That person is so excited just thinking about how you will respond to their gift of love.

You can make their vision of A Very Vibrant Holiday come true by showing gratitude and celebrating the love behind each gift you receive. Take the Gratitude Pledge here!



I promise and pledge to spread holiday cheer
by showing gratitude for the gifts I receive this year.
No matter how many gifts are under the tree,
I know each one is a symbol of love for me.
And so I will celebrate in true holiday style,
with a thank you note, a hug, and a great big smile.

Sincerely,

NOW HAVE YOURSELF

A Very Vibrant Holiday



SCAN ME

Click here to complete the evaluation form
or scan the QR code
to claim your holiday gift card.

