



HAWAI'I VIRTUAL TOUR 'OHANA CHALLENGE

Participate in Three 'Ohana (Family) Challenge Options to Support Ocean Conservation!

Koa Matsuoka, 2014/ NMFS Permit No.16632

USE STORYTELLING TO MAKE CHANGE!

The Marine Mammal Center has been caring for Hawaiian monk seals at Ke Kai Ola since 2014. It is our *kuleana* (responsibility) to share the stories of our patients, people and ocean to inspire conservation. Share your connection with the ocean and Hawaiian monk seals by participating in Challenge #1!



MAKE MOVES TO TAKE ACTION!

We want to ensure the ocean is a healthy place for marine mammals and humans. Did you know plastics can have a negative effect on marine mammals such as Hawaiian monk seals and the ocean environment they live in? Track your own personal use of single-use plastics in Challenge #2 and find out how much you could be reducing to *mālama 'āina* (care for the land and ocean).



REACH OUT TO RAISE AWARENESS!

It is rare to see a Hawaiian monk seal as there are only about 300 of these marine mammals that live around the Main Hawaiian Islands. If you see one in the wild, it's important that you give them space. Keeping your distance is for their safety – and your safety. In Challenge #3, you'll create a way to share with family and friends how to make space for Hawaiian monk seals!



CHALLENGE #1

Steps:

1. Complete the [Hawai'i Virtual Tour](#).
2. Create a story with words and/or illustrations inspired by your virtual tour experience using the *E Mo'olelo Kākou* (Let's Tell Stories) guide.
3. Take a picture of your story and post it to your social media. Tag The Marine Mammal Center with the hashtag **#StoriesForChange** for the chance to be showcased on our channels!

CHALLENGE #2

Steps:

1. Complete the [Hawai'i Virtual Tour](#).
2. Reduce single-use plastics using the *Mālama 'Āina* (Care for the Land and Ocean) guide. Compete against yourself or amongst friends or family to reduce the most single-use plastics.
3. Take a picture of yourself in action and post it to your social media. Tag The Marine Mammal Center with the hashtag **#ReduceSingleUse** for the chance to be showcased on our channels!

CHALLENGE #3

Steps:

1. Complete the [Hawai'i Virtual Tour](#).
2. Design a visual representation of how to make space for Hawaiian monk seals using the *Mālama* (Protect) Monk Seals guide.
3. Take a picture of your creation and post it to your social media. Tag The Marine Mammal Center with the hashtag **#MakeSpace** for the chance to be showcased on our channels!

E MO'OLELO KĀKOU

CHALLENGE #1



Please visit these stops during the [Hawai'i Virtual Tour](#) before starting Challenge #1.

INTRODUCTION

E mo'olelo kākou (let's tell stories)! Native Hawaiian *oli* (chants), *mo'olelo* (stories), and other forms of traditional ecological knowledge can teach us a lot about the past and how to treat the ocean and land with *hō'ihī* (respect). Inspire those around you by creating and sharing your own story!

Steps:

1. Complete the [Hawai'i Virtual Tour](#).
2. Create a story with words and/or illustrations inspired by your virtual tour experience using the guide below.
3. Take a picture of your story and post it to your social media. Tag The Marine Mammal Center with the hashtag [#StoriesForChange](#) for the chance to be showcased on our channels!

 **Time commitment: 2-4 hours**

MATERIALS

- Notebook paper
- Writing utensils
- Blank sheets of paper and art supplies for illustrations

MORE TO LEARN

 [Mo'olelo](#) 

 [Hō'ihī](#) 

 [Kuleana](#) 

 [Kūlia I Nā Kamalani O Kanaloa](#) 

CHALLENGE OVERVIEW

After you have explored the Hawai'i Virtual Tour, think about the following questions:

- *What stop on the tour would you want to go back to? Why?*
- *What did you learn about that excited you the most?*
- *In what ways are your actions connected to the health of the ocean and Hawaiian monk seals?*

Use storytelling to make change!

Create a story using words and/or illustrations that you feel would encourage a sense of *kuleana* (responsibility) in others to care for the ocean and Hawaiian monk seals. Use what you learned during the Hawai'i Virtual Tour as your inspiration!

Getting started:

- **Choose your audience.** Perhaps you plan to tell your story to a younger sibling? In this case, a children's picture book may be most appropriate.
- **Choose the type of story you wish to tell.** Will your story be fiction or nonfiction?

- **Choose a problem that you learned about during the Hawai'i Virtual Tour to highlight in your story** (e.g. single-use plastics, human interaction, etc.).
- **Use the [Story Planner](#) to help you develop a strong outline of your story.** Fill in the blank boxes with your notes or drawings of the story you'd like to create.
- **Write a rough draft of your story after completing your outline on a separate sheet of paper.** Then, ask someone you trust to review it and have them provide feedback.
- **Create illustrations to help bring your story to life after you have finished writing your final story.**
- **Practice telling your story out loud and when you're ready, share it with your intended audience!**
- **Showcase your story online by following the instructions in the introduction** (optional).



Visiting the islands?

Take photographs of your adventures and use them to help inspire and illustrate your story!



STORY PLANNER

IT ALL STARTED WHEN...

The **introduction** of a story includes the primary characters' names, setting, mood and time. *Decide on a main character. Maybe this could be a Hawaiian monk seal, a rescue volunteer at Ke Kai Ola or a visitor vacationing in Hawai'i?*

UNTIL ONE DAY...

The **conflict** is the primary problem that drives the plot of the story. *Decide what the main conflict or problem for the ocean or Hawaiian monk seals will be (e.g. single-use plastics, human interaction, etc.).*

BECAUSE OF THAT...

The **rising action** of the story is all of the events leading to the climax. This may include events that create suspense or keep your audience guessing what might happen next! *What struggles does your main character have facing the problem? Why should people care about the problem?*

UNTIL FINALLY...

The **climax** is when the character faces conflict, creating an exciting and dramatic point in the story. *Decide on the main conflict that will lead your main character to take action and come to a solution. What did it take to succeed?*

AND SINCE THAT DAY...

The **falling action** is everything that happens because of the climax. *How has the main character impacted the health of marine mammals and the ocean with their actions?*

AND THE LESSON OF THE STORY IS...

The **ending** is the completion of the story. *What is the story's final lesson? How is the message of your story connecting back to ways you can make change to help the ocean and Hawaiian monk seals?*

MĀLAMA 'ĀINA

CHALLENGE #2



Please visit these stops during the [Hawai'i Virtual Tour](#) before starting **Challenge #2**.

INTRODUCTION

Whether you live on the islands or not, your waste can have a great impact on Hawaiian monk seals. Over 90% of ocean trash is plastic, so simple actions we take on land to reduce our use of plastic can help to prevent this problem in the future. Find out what actions you can take to *mālama 'āina* (care for the land and ocean).

Steps:

1. Complete the [Hawai'i Virtual Tour](#).
2. Reduce single-use plastics using the guide below. Compete against yourself or amongst friends or family to reduce the most single-use plastics.
3. Take a picture of yourself in action and post it to your social media. Tag The Marine Mammal Center with the hashtag [#ReduceSingleUse](#) for the chance to be showcased on our channels!



Time commitment: *Dependent on how many actions a family completes. Actions range from a few minutes to hours.*

MATERIALS

- Blank sheet of paper
- Writing utensils
- Camera (*optional*)

MORE TO LEARN

- ▶ [Mālama 'Āina](#)
- ▶ [Plastic Marine Debris](#)
- ▶ [Papahānaumokuākea Marine Debris Project](#)

CHALLENGE OVERVIEW

After you have explored the Hawai'i Virtual Tour, think about the following questions:

- *What patients during the tour were affected by plastic trash and how did it affect them?*
- *What moves can you make to help Hawaiian monk seals who are affected by plastic trash?*

Make moves to take action!

Print or copy the [BINGO](#) board onto a blank sheet of paper. Fill in the blank boxes on the board with 5 different actions you can take to reduce your use of single-use plastics. Make sure to add different actions than the ones that have already been included. The Hawaiian monk seal in the middle is a free space!

For one full week, cross off the actions you have completed on your BINGO board. Challenge yourself to complete a line of five actions in a vertical, horizontal or diagonal row before the end of the week.

Team up with a friend or your family to complete the entire board together, or compete against them to see who can get 5 in a row first! Take a picture of you in action to show and inspire others.

Look out for these icons on the board!

The more waves you make, the bigger impact you have in protecting the ocean and marine mammals.



Become an Ocean Supporter

Actions that require the least amount of time.



Become an Ocean Hero

Actions that may involve more planning or small group action.



Become an Ocean Champion

Actions may take longer, require more research or community action.




























Visiting the islands?

Bring your [BINGO](#) and see if you can complete additional actions as a family during your stay!



Image credit: NOAA

<p>USE A REFILLABLE WATER BOTTLE</p> 	<p>REUSE PLASTIC FOR AN ART PROJECT</p> 	<p>BRING YOUR OWN REUSABLE BAG TO USE AT THE STORE</p> 	<p>SWITCH TO BAR SOAP INSTEAD OF LIQUID SOAP</p> 	<p>STORE LEFTOVERS IN A REUSABLE CONTAINER RATHER THAN PLASTIC WRAP OR BAGS</p> 
<p>SUPPORT A BUSINESS THAT USES ECO-FRIENDLY PACKAGING MATERIALS</p> 	<p>SHARE THIS BINGO WITH A FAMILY MEMBER TO DO WITH YOU</p> 	<p>FIND A BEACH, WATERWAY OR PARK NEAR YOU AND HELP COLLECT TRASH</p> 	<p>SHOP AND SUPPORT YOUR LOCAL FARMERS MARKET (FRESH FOOD TYPICALLY HAS LESS PACKAGING)</p> 	<p>PURCHASE FOOD FROM A BULK BIN TO AVOID PLASTIC PACKAGING</p> 
<p>SHARE THIS BINGO WITH A FRIEND TO DO WITH YOU</p> 	<p>SHARE ON SOCIAL MEDIA HOW YOU ARE REDUCING YOUR PLASTIC USE</p> 		<p>CARRY YOUR OWN CONTAINER FOR TAKE-OUT FOOD</p> 	<p>USE BAMBOO OR REUSABLE UTENSILS RATHER THAN SINGLE-USE PLASTIC</p> 
<p>CONDUCT A HOME WASTE AUDIT AND IDENTIFY HOW MUCH PLASTIC YOU USE</p> 	<p>CONDUCT A TRAVEL WASTE AUDIT FOR WHAT MATERIALS YOU BRING WITH YOU WHEN YOU TRAVEL</p> 	<p>FORM A TEAM AT SCHOOL OR WORK TO GET MORE PEOPLE WORKING TO REDUCE PLASTIC</p> 	<p>TALK TO YOUR FAVORITE RESTAURANT ABOUT REDUCING THEIR SINGLE-USE PLASTIC</p> 	<p>TALK TO YOUR COMMUNITY LEADERS ABOUT IMPLEMENTING NEW POLICIES TO REDUCE PLASTIC PRODUCTION</p> 
<p>ADD YOUR OWN ACTION HERE:</p> 	<p>ADD YOUR OWN ACTION HERE:</p> 	<p>ADD YOUR OWN ACTION HERE:</p> 	<p>ADD YOUR OWN ACTION HERE:</p> 	<p>ADD YOUR OWN ACTION HERE:</p> 

MĀLAMA MONK SEALS

CHALLENGE #3



Please visit these stops during the [Hawai'i Virtual Tour](#) before starting **Challenge #3**.

INTRODUCTION

Hawaiian monk seals are a rare sight and quite charismatic, which draws people to them. They are also negatively impacted by the presence of humans. If you are fortunate enough to see one in the wild, it's important to keep your distance for their safety and yours! Help us *mālama* (protect) Hawaiian monk seals by sharing tips for safe and respectful wildlife viewing.

Steps:



- Complete the [Hawai'i Virtual Tour](#).
- Create a visual representation of how to make space for Hawaiian monk seals using the guide below.
- Take a picture of your creation and post it to your social media. Tag The Marine Mammal Center with the hashtag [#MakeSpace](#) for the chance to be showcased on our channels!

 **Time commitment: 2-4 hours**

MATERIALS

- Scrap paper for recording ideas, sketches, notes
- Writing utensils
- Recycled supplies from your home that can be used for an art display

MORE TO LEARN

- ▶ [Mālama 'Āina](#) 
- ▶ [Stewardship Saturday: Tourism & Wildlife](#)  

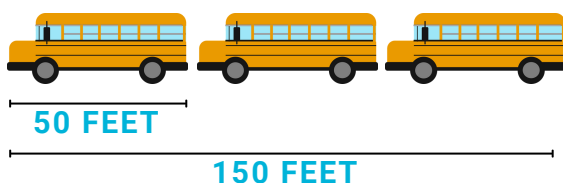
CHALLENGE OVERVIEW

After you have explored the Hawai'i Virtual Tour, think about the following questions:

- *What patients during the tour were affected by human-wildlife interaction and how did it affect them?*
- *How can you help make space for Hawaiian monk seals?*

We can all be responsible wildlife viewers by maintaining a distance of 150ft from Hawaiian monk seals. When you look in front of you, can you imagine how far away 150ft is? It might be difficult to guess correctly without a reference or measuring tool. Visual comparisons can help us perceive distances more accurately. (Example: Educators at The Marine Mammal Center often use the comparison of three yellow school buses, nearly the same length as 150ft!)

What would you use to demonstrate this distance?



Reach out to raise awareness!

Create a sign, poster, piece of art, or another visual of how you would describe the distance wildlife viewers should keep from Hawaiian monk seals. Include one or more of the tips for safe Hawaiian monk seal viewing below!

Tips for safe Hawaiian monk seal viewing:

- *Draw a line in the sand! Keep 150ft away from seals on the beach or in the water.*
- *Stay behind signs and ropes.*
- *Use your zoom – no #sealfies allowed!*
- *If the animal(s) is looking at you or has changed their behavior, you're too close.*
- *Spread the word - tell your friends and other onlookers why it's important to keep their distance.*



Visiting the islands?

If you see a Hawaiian monk seal on Hawai'i Island, call our 24-hour hotline at **808-987-0765!**