



At A Glance

Na Hopena A'o—HA: BREATH Hawai'i Department of Education

Na Hopena A'o or HA are six outcomes to be strengthened in every student over the courses of their K12 learning journey. When taken together, these outcomes become the core BREATH that every student can draw on for strength and stability throughout school and beyond. Underlying these outcomes is the belief that student need both social and emotional learning (SEL) skills and academic mindsets to succeed in college, careers and communities locally and globally. Thus, HA learning outcomes emphasize the competencies that include application and creation of knowledge along with the development of important skills and dispositions.

Strengthened Sense of **Belonging**

Every student stands firm in his/her space with a strong foundation of relationships. A sense of Belonging is demonstrated through an understanding of lineage and place and a connection to past, present, and future. S/he is able to interact respectfully for the betterment of self and others.

1. Knows who s/he is and where s/he is from
2. Knows about the place s/he lives and goes to school
3. Builds relationships with many diverse people
4. Cares about these relationships to others
5. Is open to new ideas and different ways of doing things
6. Communicates with clarity and confidence
7. Understands how actions affect others
8. Actively participates in school and communities

Strengthened Sense of **Responsibility**

Every student willingly carries his or her responsibility for self, family, community and the larger society. A sense of Responsibility is demonstrated by a commitment and concern for others. S/he is mindful of the values, needs and welfare of others.

1. Comes to school regularly, on-time and ready to learn
2. Sees self and others as active participants in the learning process
3. Questions ideas and listens generously
4. Asks for help and feedback when appropriate
5. Makes good decisions with moral courage and integrity in every action
6. Sets goals and completes tasks fully
7. Reflects on the quality and relevancy of the learning
8. Honors and makes family, school and community proud

Strengthened Sense of **Excellence**

Every student believes s/he can succeed in school and life and is inspired to care about the quality of his/her work. A sense of Excellence is demonstrated by a love of learning and the pursuit of skills, knowledge and behaviors to reach his or her potential. S/he is able to take intellectual risks and strive beyond what is expected.

1. Defines success in a meaningful way
2. Knows and applies unique gifts and abilities to a purpose
3. Prioritizes and manages time and energy well
4. Takes initiative without being asked
5. Explores many areas of interests and initiates new ideas
6. Utilizes creativity and imagination to problem-solve and innovate
7. Sees failure as an opportunity to learn well
8. Assesses and makes improvements to produce quality work



Strengthened Sense of Aloha

Every student shows care and respect for his/her self, families, and communities. A sense of Aloha is demonstrated through empathy and appreciation for the symbiotic relationship between all. S/he is able to build trust and lead for the good of the whole.

1. Gives generously of time and knowledge
2. Appreciates the gifts and abilities of others
3. Makes others feel comfortable and welcome
4. Communicates effectively to diverse audiences
5. Responds mindfully to what is needed
6. Gives joyfully without expectation of reward
7. Shares the responsibility for collective work
8. Spreads happiness

Strengthened Sense of Total Well-being

Every student learns about and practices a healthy lifestyle. A sense of Total Well-being is demonstrated by making choices that improve the mind, body, heart and spirit. S/he is able to meet the demands of school and life while contributing to the well-being of family, 'aina, community and world.

1. Feels safe physically and emotionally
2. Develops self-discipline to make good choices
3. Manages stress and frustration levels appropriately
4. Has goals and plans that support healthy habits, fitness and behaviors
5. Utilizes the resources available for wellness in everything and everywhere
6. Has enough energy to get things done daily
7. Engages in positive social interactions and has supportive relationships
8. Promotes wellness in others

Strengthened Sense of Hawai'i

Every student is enriched by the unique of this prized place. A sense of Hawaii is demonstrated through an appreciation for its rich history, diversity and indigenous language and culture. S/he is able to navigate effectively across cultures and communities and be a steward of the homeland.

1. Pronounces and understands Hawaiian everyday conversations words
2. Uses Hawaiian words appropriate to their task
3. Learns the names, stories, special characteristics and the importance of place in Hawai'i
4. Learns and applies Hawaiian traditional world view and knowledge in contemporary settings
5. Shares the histories, stories, cultures and languages of Hawai'i
6. Compares and contrasts different points of views, cultures and their contributions
7. Treats Hawai'i with pride and respect
8. Calls Hawai'i home