

Fono 3: Connection activity instructions (30 min.)

Introduce *Fono 3*: Connection activity (1 min.)

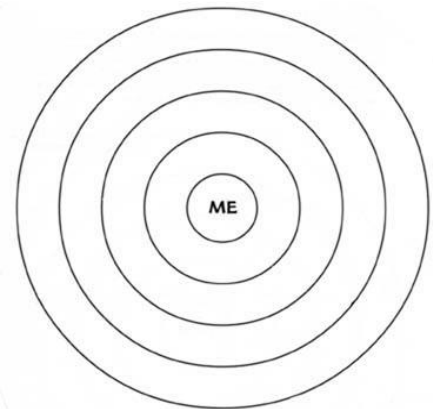
This activity that will help us share the experiences we have had in our *fono*. Just as mothers have a responsibility to pass on their knowledge and wisdom to their children through the *kaliloo* or *'aliloo*, we each have a responsibility to pass on what we have learned to our kin members and community through our connections.

The ocean connects us (2 min.)

Moana is a pan-Pacific term for ocean encompassing both its depth and vast openness. Pacific Islanders are often referred to as "oceanians" or people of the ocean. Oceanians view the ocean not as something that separates our islands from one another, but as something that connects us all. The ocean is in us and continues to deeply connect us no matter where we are in the world.

Who am I connected to? (10 min.)

Ask the village council members to use the circles to see who they are connected to. Explain that we can look at our community as the ocean. We are in the center of the ocean. We can reach different community members through waves and ripples represented by each circle (e.g., one may be family, one may be neighbors and friends, and one may be a religious affiliation or community center). Explain that the ocean starts at a small point and ripples its way out. Those closest to you will feel your waves and ripples first.



Give the village council members (and you) time to map out the circles. This should be completed individually without talking to others. Ask everyone to share their community waves circles.

How can I expand my ocean? (5 min.)

Ask everyone to draw another circle on their worksheet. Invite them to write two ways they could expand their ocean and community waves and ripples. Ask everyone to share their ideas.

How do I share what I have learned with my community? (10 min.)

Explain that each wave and ripple is different. How they communicate with a person may be different and depend on the level of trust or intimacy (e.g., a family discussion may be richer in detail while discussion with community leaders may be more formal). Invite the village council members to go to the next page. Give participants time to think about each wave and ripple and how they would share what they have learned (e.g., in a community center, they could share what they have learned by decorating a bulletin board; or with their family they could talk around the dinner table). Ask everyone to share at least one idea.



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Conclusion (2 min.)

Explain that when we understand that we are the ocean and the ocean connects us, we reclaim the depth and vast openness of our connections with each other as Pacific Islanders. When an issue such as infant mortality affects one of us, it affects all of us. Taking time to decide how to communicate with each level of your community will help the information ripple out to benefit your kin and whole community.