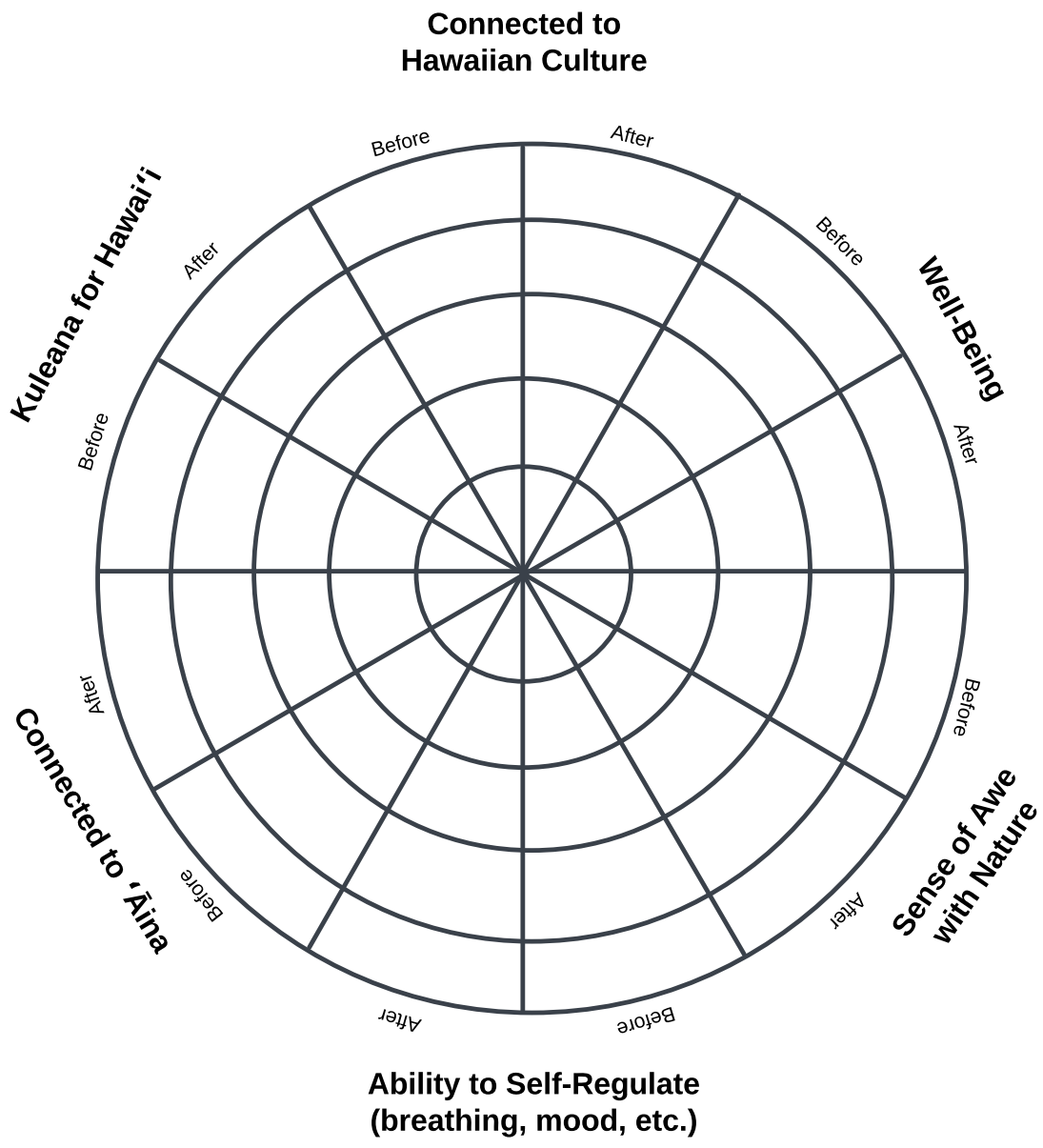




# Mauiola Ke'ehi Reflection Wheel

**Instructions:** Today you will participate in a transformative journey in the healing waters of Ke'ehi. Before and after your experience we ask you to use this reflection wheel to show how you are feeling about a few things. Please think about what level you are feeling in each area and then color from the middle extending outwards. For example, if I am feeling only a small connection to Hawaiian Culture I will only color the first level, whereas if I am feeling really connected to Hawaiian Culture I will color all five levels. Please use different colors for before and after your experience.



Date: \_\_\_\_\_

Your Grade: \_\_\_\_\_

Do you have Hawaiian ancestors?  
 Yes    No    Unsure