



Materials Checklist

ACTIVITIES

- [Hula Dancing Lesson](#)
 - Online access
- Hula Hoop Family Contest
 - Hula Hoop
- [Limbo](#)
 - Broom or other limbo stick
- [Frisbee](#)
 - Frisbee
- [Yoga on the Beach \(towel\)](#)
 - Yoga mat or towel
- Moana or Lilo & Stitch Movie Night
 - [Disney+](#) or the movie!
- [Volcano Science Experiment](#)
 - 6 cups of flour
 - 2 cups of salt
 - 2 cups of water
 - 2 Tbsp of cooking oil
 - Coloring (food coloring or liquid watercolor)
 - Warm water
 - Red food coloring
 - Dish soap
 - 2 Tbsp baking soda
 - Vinegar
 - Water bottle, soda bottle, or glass bottle

FOOD

- [Luau-Style Pork](#)
 - Crock pot
 - 2 to 3 lb trimmed pork shoulder blade roast
 - 1 Tbsp liquid mesquite smoke
 - Sea salt
- [Smoothies](#)
 - Blender
 - 2 cups of frozen pineapple chunks, 1 cup unsweetened almond milk, & 1 Tbsp organic honey or
 - 2 cups frozen strawberries, 1 cup milk (any variety), & 2 Tbsp honey or
 - 2 cups blueberries (perfect if they are frozen), 1 cup Coconut milk, & 1 frozen (or fresh) banana or
 - 1 frozen banana, 2 Tbsp peanut butter, 2 Tbsp cacao powder, & 1/3 cup of water or
 - 1 frozen banana, 1/2 cup frozen kale, 1/2 cup coconut water, & honey to taste or
 - 1 red bell pepper (remove stem and seeds), 1 peeled orange, & 1 Tbsp coconut oil or
 - 1 ripe avocado, 1 cup fresh orange juice, & 1/2 cup frozen raspberries
- [Pineapple Salsa](#)
 - 1 ½ cups small diced pineapple
 - ¾ cup small diced orange pepper
 - ¾ cup small diced red pepper
 - ½ cup small diced red onion
 - 2 Tbsp minced cilantro
 - 1 tsp lime zest
 - 3 Tbsp fresh lime juice
 - ½ tsp salt
- [Hawaiian Roll Ham Sliders](#)
 - ¾ cup melted Butter
 - 1 Tbsp Dijon Mustard
 - 1 tsp Worcestershire Sauce
 - 1 tsp Brown Sugar
 - 1 Tbsp Poppy Seeds
 - 2 tsp Dried Minced Onion
 - 12 King's Hawaiian Dinner Rolls
 - 9 oz thin sliced Deli Ham
 - 8 oz thin sliced Swiss Cheese

- [Coconut Grilled Chicken with Pineapple Salsa](#)
 - 1 ½ pounds boneless skinless chicken thighs
 - ½ cup low sodium soy sauce
 - ¼ cup water
 - ¼ cup packed light brown sugar
 - ½ tsp minced garlic
 - 1 tsp sesame oil
 - ½ cup light coconut milk
 - ¼ cup pineapple juice
 - 1 cup pineapple slices fresh or canned
 - 1 cup white rice
 - 1 ¼ cup light coconut milk
 - ½ cup water
 - ¾ teaspoon kosher salt
 - 2 tsp brown sugar
 - Cilantro leaves and lime wedges for garnish optional
- [Old-Fashioned Hawaiian Dream Bars](#)
 - 1 cup butter
 - 1 cup lightly packed light brown sugar
 - 1 tsp vanilla
 - 3 cups flour
 - 3 cups well-drained crushed pineapple
 - ½ cup melted butter
 - 1½ cups sugar
 - 2 eggs
 - 2 tsp vanilla
 - 2 cups shredded coconut

CRAFTS

- [Hula Girl & Mermaid Toilet Paper Roll Craft](#)
 - Empty Toilet Paper Rolls
 - Construction Paper
 - Glue
 - Scissors
 - Markers (Sharpies are best)
 - Glitter Glue Pens (easier to use than loose glitter)
 - Craft Paint
 - Paint Brush
- [DIY Leis](#)
 - Thread
 - 3 or 4 tissues
 - Markers
- [Pineapple Pinecone](#)
 - Pinecones
 - Yellow paint
 - Paintbrushes
 - Green construction paper
 - Scissors
 - Tape or glue gun
 - Bakers thread

- [Tin Can Tiki Lamps](#)
 - Tin cans
 - Felt and/or construction paper
 - Hot glue/hot glue gun
 - Scissors
- [Hawaiian Ribbon Lei](#)
 - 5-6 yards each of two colors of 3/8" satin ribbon
 - Scissors
 - Optional for sealing ends: Lighter, fray check, or white glue