Facilitator Packet

A practical guide for leading the current one-die Share Aloha practice

Purpose. Support reflection before action. The rolled value offers a perspective; it does not supply the answer.

Before the session

- Learn the five ALOHA values and the ALOHA Pause before guiding others.
- Choose one real, appropriate situation. Avoid matters requiring therapy, mediation, crisis response, legal advice, medical advice, or another trained professional.
- Set a clear time boundary and decide whether the session will inform a decision, prepare a conversation, or identify a next step.
- Invite voluntary participation. Make clear that anyone may pass and that personal disclosure is optional.
- Prepare one six-sided ALOHA die or use Practice Online.

Suggested agreements

- Listen without interrupting.
- Speak from your own experience.
- Stay close to the question and keep contributions concise.
- Do not pressure, diagnose, fix, or advise another participant.
- Agree on privacy expectations without promising confidentiality.
- Pause or stop if the situation moves outside the facilitator’s role.

The facilitation flow

1. Frame the moment. State the situation neutrally and name what the practice will help the group examine.
2. Roll once. Let one person roll the die or use the online tool.
3. Recall before reveal. Invite participants to identify the value represented by the face. Then reveal the value name and meaning.
4. Reflect. Use the matching practice question. Allow silence. Participants may speak, write, listen, or pass.
5. Integrate. Ask what the perspective changes, clarifies, or leaves unresolved.
6. Close with responsibility. Name an action, responsibility, or question to carry forward. For a shared decision, identify an owner and follow-up time.

The six faces and practice questions

Face	Value	Meaning	Practice question
A^{k}	Akahai	Kindness to be expressed with tenderness.	What does kindness look like here, and what truth needs to be expressed with tenderness?
L	Lōkahi	Unity to be expressed with harmony.	What would support unity here without forcing agreement?

Face	Value	Meaning	Practice question
O	ʻOluʻolu	Agreeableness to be expressed with pleasantness.	What would cooperation look like while keeping the response honest and respectful?
H	Haʻahaʻa	Humility to be expressed with modesty.	What changes if we listen first and soften our certainty?
Aʰ	Ahonui	Patience to be expressed with perseverance.	What requires time, and what steady action can we take without forcing the outcome?

ALOHA Pause

△ The triangle represents ALOHA as an integrated whole. Pause and consider all five values together. It is not a sixth value and does not represent Lōkahi alone.

Practice question: What do Akahai, Lōkahi, ʻOluʻolu, Haʻahaʻa, and Ahonui ask of us before we act?

Prompting without steering

- Ask: “What does this value help us notice?”
- Ask: “Whose perspective, need, or responsibility is missing?”
- Ask: “What might this value require in how we proceed?”
- Delay “What should we do?” until participants have reflected. Then move into action planning.
- Do not treat one interpretation as culturally or morally correct.

Choosing a scenario

- Use a situation participants can discuss without exposing private details.
- Prefer a neutral description of observable facts over blame or assumed motives.
- Use fictionalized scenarios for practice or when the real issue is too sensitive.
- Do not use the activity to compel agreement, confession, forgiveness, or reconciliation.

Facilitator boundaries

A facilitator supports respectful conditions, pacing, and participation. A facilitator cannot guarantee safety, confidentiality, healing, behavior change, relationship improvement, agreement, or a particular outcome.

Pause or stop when participation is no longer voluntary or respectful, or when the situation exceeds the facilitator’s role. Use appropriately trained professional support when needed.