One-Page Symbol Guide

Five ALOHA values and one all-values pause

The five values

Face	Value	Meaning
A^{k}	Akahai	Kindness to be expressed with tenderness.
L	Lōkahi	Unity to be expressed with harmony.
O	ʻOluʻolu	Agreeableness to be expressed with pleasantness.
H	Haʻahaʻa	Humility to be expressed with modesty.
A^{h}	Ahonui	Patience to be expressed with perseverance.

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.

Teaching Mode

1. Roll once.
2. Try to recall the value represented by the face.
3. Reveal the value name and meaning only.
4. Repeat until the five values become familiar.

Practice Mode

5. Bring one manageable situation or use a prepared scenario.
6. Roll once and recall the value.
7. Reveal the meaning and use the matching practice question.
8. Name one insight, responsibility, question, or next action.

Keep the distinction clear. A^{k} represents Akahai. A^{h} represents Ahonui. The smaller k and h distinguish the two A faces. The triangle means ALOHA Pause through all five values.