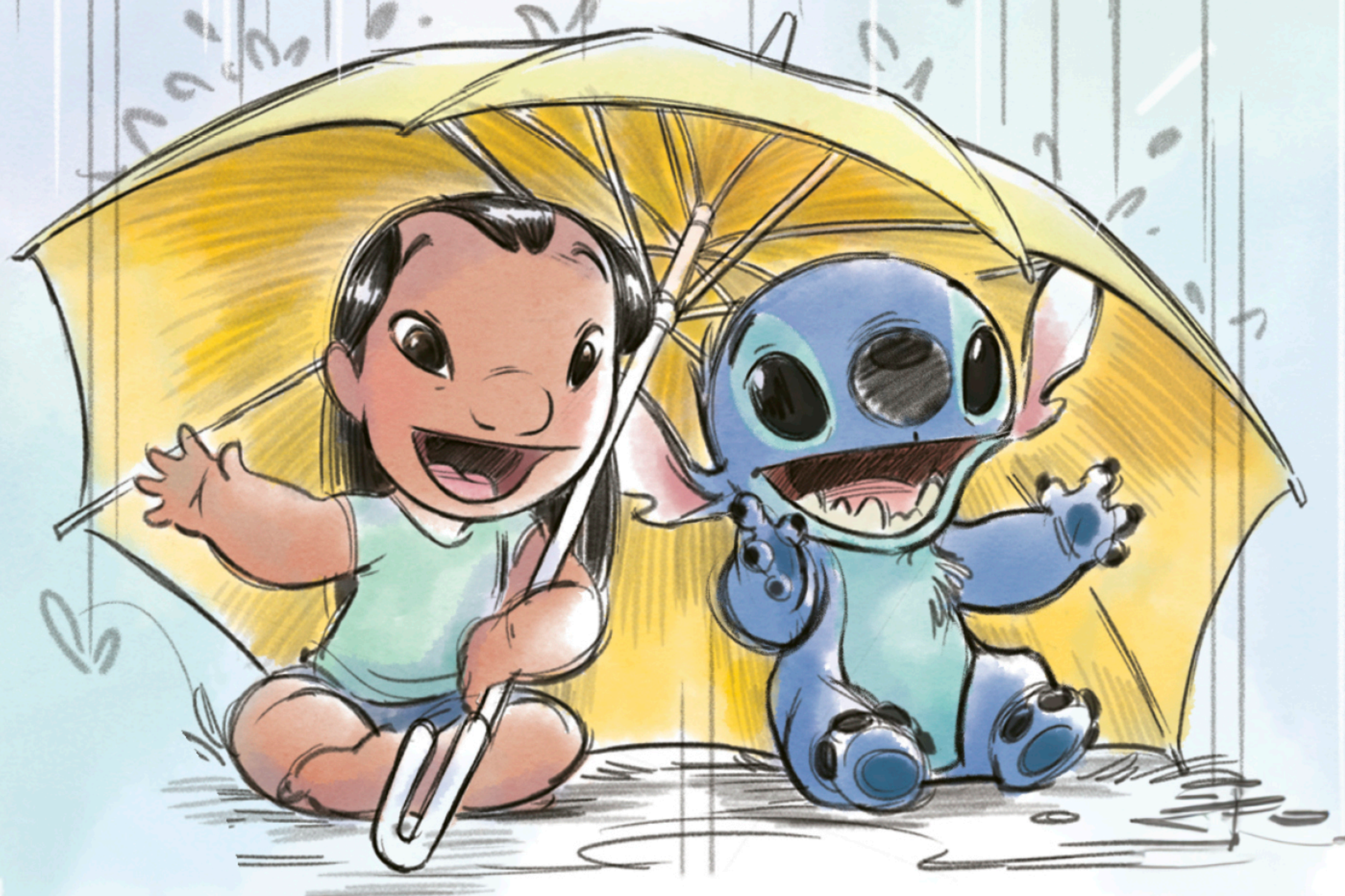


Disney
Stitch

'Ohana means Family



Musings on Everyday Life

Disney
Stitch

'Ohana means Family



Denise Shimabuluro

First published in the UK in 2024 by Studio Press,
an imprint of Bonnier Books UK,
4th Floor, Victoria House, Bloomsbury Square, London WC1B 4DA
Owned by Bonnier Books, Sveavägen 56, Stockholm, Sweden
www.bonnierbooks.co.uk

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1 3 5 7 9 10 8 6 4 2
ISBN 978-1-83587-091-4

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Cover designed by Alessandro Susin
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A CIP catalogue record for this book is available from the British Library

Printed and bound in China

Growing up in Hawai'i, I had the privilege to experience firsthand the strength and beauty of the "Aloha Spirit": an indescribable feeling that binds us all together as one 'ohana in the islands. Although many of us had to leave that paradise, we may still carry this spirit with us wherever we are, and share this love with those we encounter.

This book is inspired by memories of my childhood, as well as the stories exchanged within my 'ohana. Through these treasured moments, I hope to share a better understanding of this special concept with others around the world. To share the importance of the little things we experience every day and often do not notice or take for granted. In this way, our families will grow, and the Aloha Spirit may spread and continue to gather US ALL in one big 'ohana.

This work is dedicated to the people of Hawai'i, to my extended 'ohana, and especially to my mother, who has always embodied the Aloha Spirit.

Denise Shimabukuro



Lost



No matter how many people are in our family,
there's always room for one more.
By welcoming someone into our 'ohana, our families continue to grow,
gain strength and flourish, even beyond blood ties.
And no one is left alone.

Sunrise

Wake up, Stitch!
We don't want
to miss it!



Whew!
We're just
in time!

What?
All Stitch see
is water.

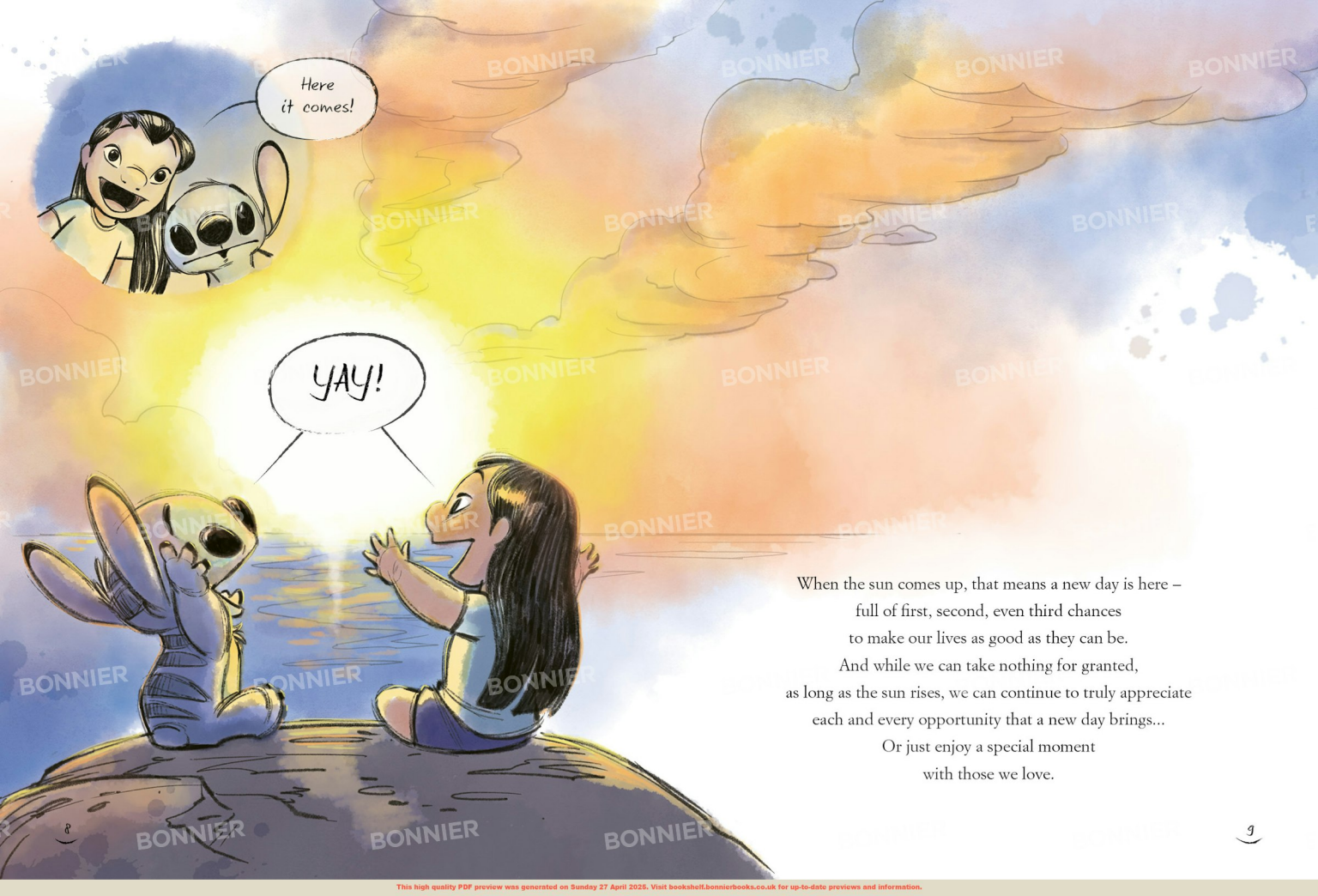


You'll see!

Grumble
grumble

HURRY!





When the sun comes up, that means a new day is here –
full of first, second, even third chances
to make our lives as good as they can be.
And while we can take nothing for granted,
as long as the sun rises, we can continue to truly appreciate
each and every opportunity that a new day brings...
Or just enjoy a special moment
with those we love.

Broken Shells



If something appears broken, it's tempting to toss it aside.

We do this with seashells,
and sometimes we do this with people, too...

But if we embrace the imperfect – in others
as well as ourselves – we may be surprised at the beauty
that can result.

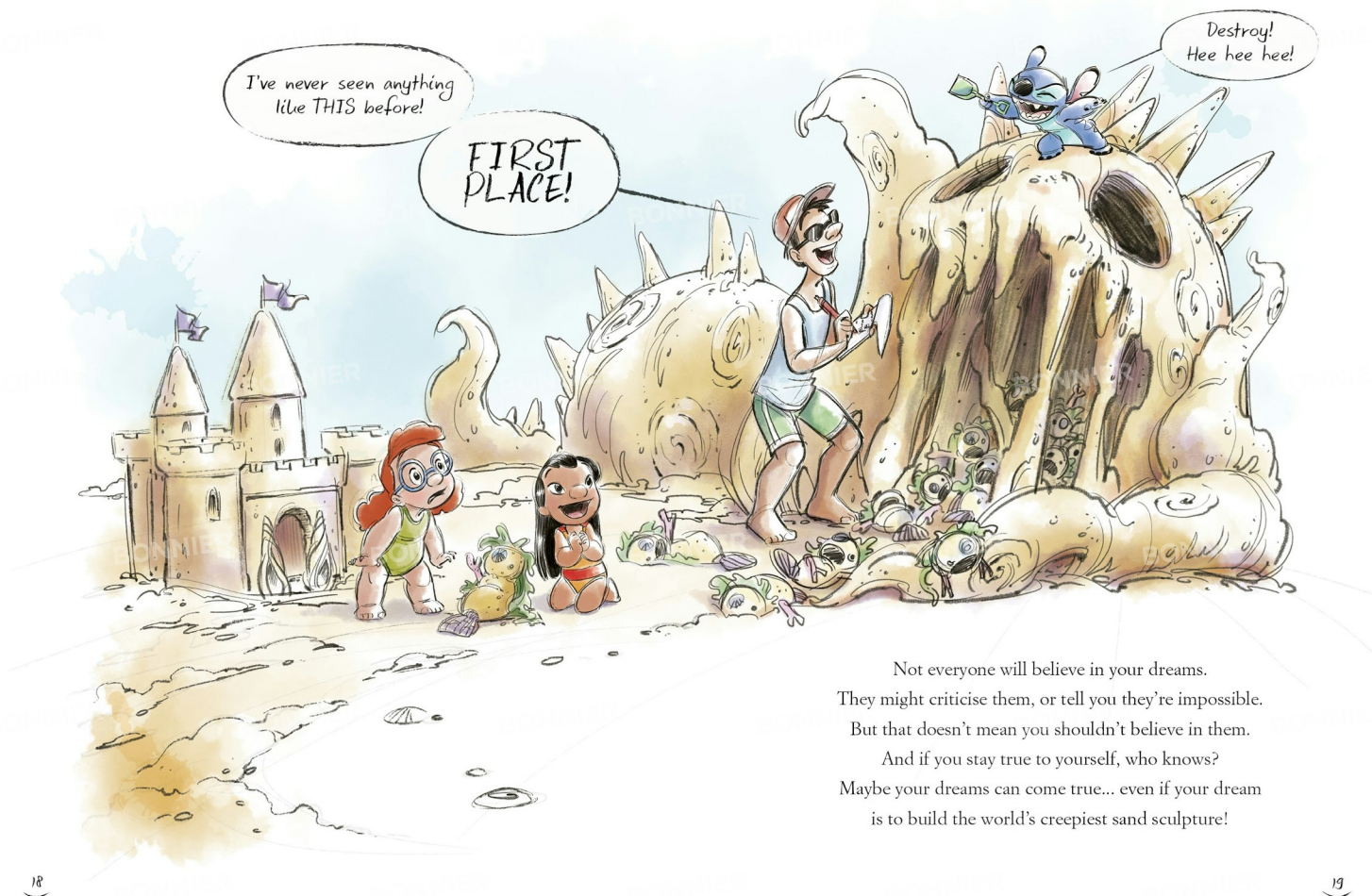




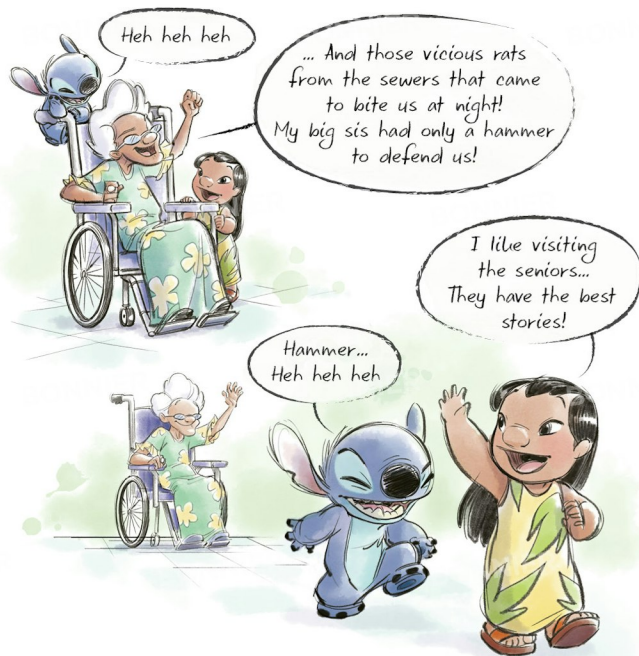
Life moves fast, and it's easy to get so busy that we lose touch with our families and friends. Everyone may need a lū'au, the Hawaiian party that gives a chance to reconnect and renew bonds of family and friendship. It means feeling welcomed and loved, and eating a lot, too!

Sand Dreams





Seniors

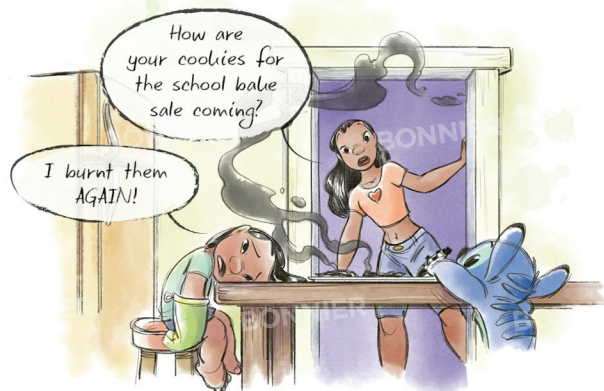


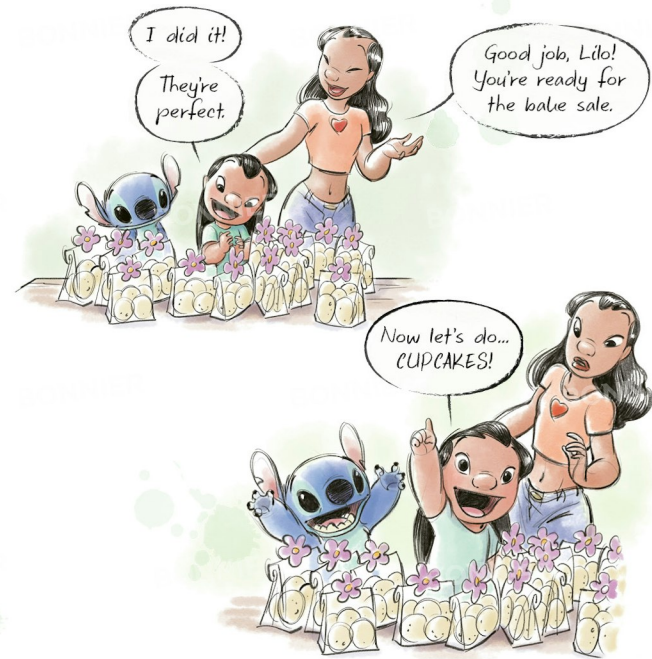
The bonds between generations are at the core of our communities' strength.

Still, those bonds are not always at the centre of our hectic lives.

But by nourishing these much-needed relationships, by spending time together and sharing our stories, we may enrich our lives, and help them bloom.

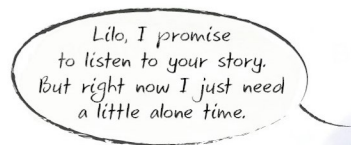
Bake Sale



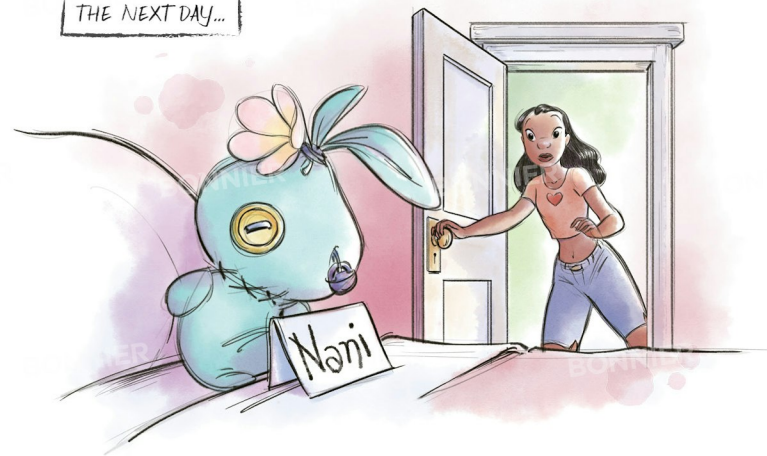


Sometimes, things just seem impossible.
But that doesn't mean you shouldn't try! With hard work and determination,
plus a lot of patience, you might just be surprised what you can achieve.
And no matter what, know that your 'ohana is always there
to help when you need it.

Alone Time



THE NEXT DAY...



Dear Nani,
I made you a friend
in case you need
a hug during your
alone time. -Lilo



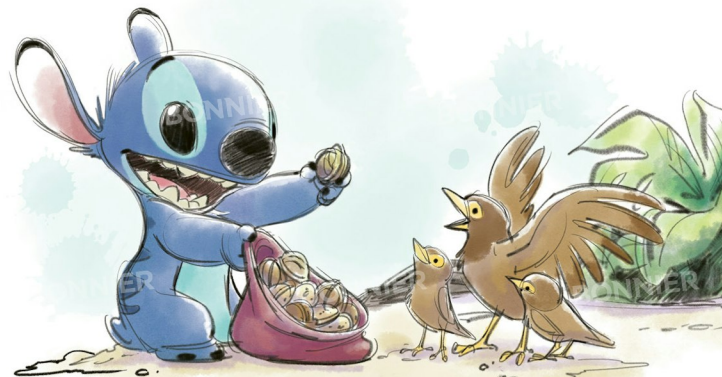
Being with family and friends is great,
but everyone needs a little alone time to rest and recharge.
By giving our loved ones a little space and telling them it's okay,
we let them know that we understand
and support them.



HEH HEH HEH







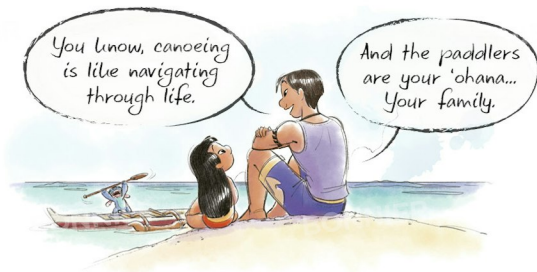
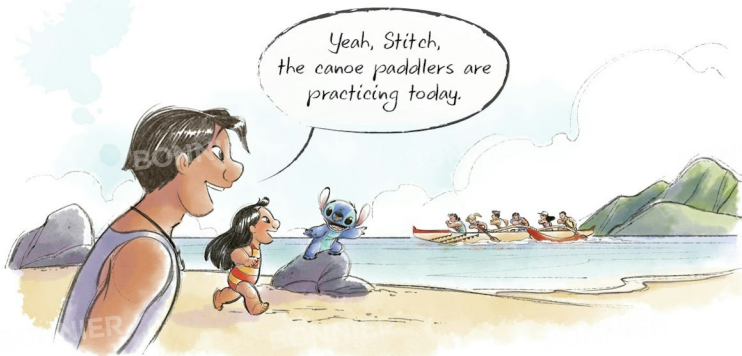
It's wonderful to share what you have
to help take care of someone else.
But before you can do that, you need to take care of yourself first.
If you make sure that you're okay,
you'll be in a better place to do the same for someone else.
(That includes sharing cookies.)

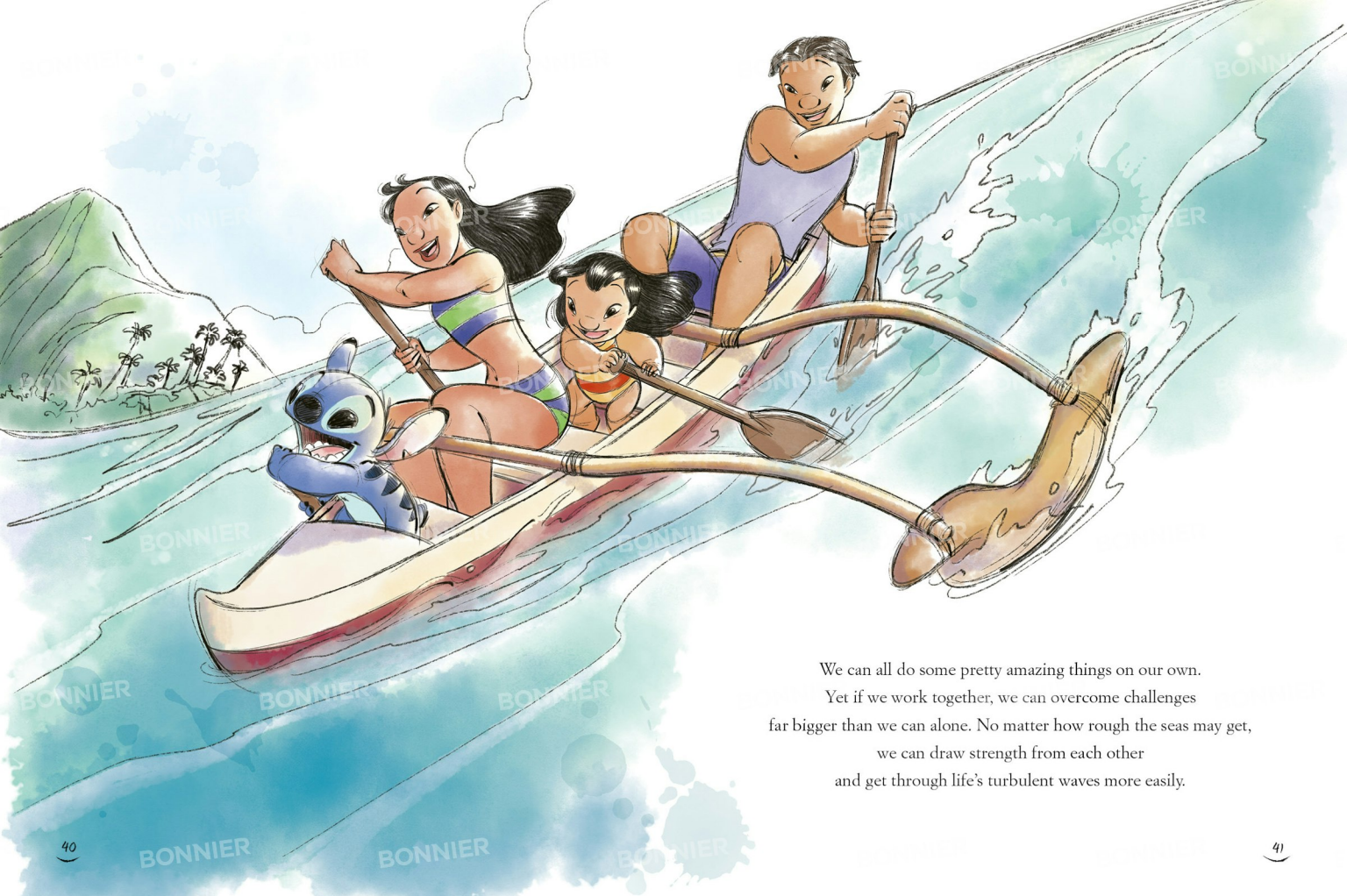
Differences



No two people are exactly alike, and even the best of friends can have differences that might lead to arguments. As friendships grow, we can learn to accept and even celebrate those differences, bringing us closer together.

Canoe





We can all do some pretty amazing things on our own.

Yet if we work together, we can overcome challenges
far bigger than we can alone. No matter how rough the seas may get,
we can draw strength from each other
and get through life's turbulent waves more easily.

Best Day



It's easy to focus on the things we don't have, or that make us feel sad or sorry for ourselves. But by focusing on the good instead of the bad, by appreciating what we have instead of what we don't, we can transform our down days into memorable ones.

Teatime



Putting aside our wishes to embrace those of others can feel frustrating.

But nothing makes up for the disappointment of a sacrifice like seeing the joy it can bring to those you love. And who knows?

You might even have fun yourself!

Icky Creatures

How lucky!
We just found a smiley
face spider AND a gecko!
They're a little icky!

Icky!
Hee hee



Stitch squash
icky things!



NO,
STITCH!

They may be icky,
but they are helpful

They eat
a lot of flies
and mosquitoes.



Lilo!
What about
this one?
Is it helpful,
too?

No, that's
a cockroach.



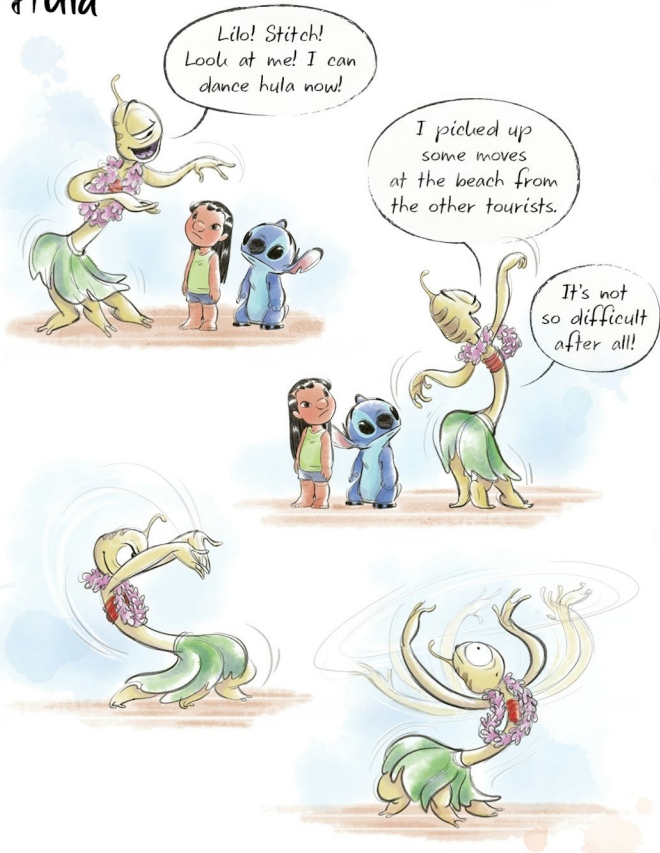


Just because something may not look cute and cuddly on the surface
doesn't mean that it isn't wonderful in its own way.

We shouldn't be so quick to judge...

Or to squash!

Hula



Hula isn't just a form of entertainment – it's a traditional dance that tells a story, and is an important part of Hawaiian culture. Learning even a little about the customs of another culture not only enriches everyone, but is a sign of respect.

Class Project





When a person seems not so nice, that may be when they need a little extra kindness the most. By looking past the difficulties, we might see someone who is hurting or in need... And in those situations, everyone can use a friend.

Rain Concert



There's beauty and wonder to be found all around us.

All we need is to embrace and appreciate the gifts
we are given every day.

Story Time



When we see that someone has had a difficult day,
even a small act of kindness – like helping them relax –
can go a long way to making them feel better.

Rainbow

What are you doing?

I'm getting ready
for our school show
tomorrow.

I'M A
RAINBOW!

A rainbow?
I think you're gonna
need more colours
than that, Lila.

You'll see.



Just as each colour is a part of the rainbow,
 so is each of us a part of the world,
 with our differences and uniqueness at the heart of its strength.
 Together, our colours make one big,
 beautiful 'ohana.



