Hawaiian spinner dolphins feed on fish, shrimp, and squid that, during the day, remain deep in the ocean but migrate to the surface (upper 200 m) at night. Spinner dolphins hunt cooperatively at night when their prey are closer to the surface.

As spinner dolphins transition between rest and foraging, they typically display the leaps and spins for which their common name was given. Social behaviors among themselves also occur frequently during the transition period.

During the day, spinner dolphins move into shallow coastal waters to rest and socialize with each other. Resting areas are usually wind protected, typically < 50 m in depth, and have sandy bottoms. Resting dolphins move slowly back and forth in tight groups, spending most of their time below the surface.