

## Japanese Culture and Wellbeing

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### Lesson 5: Magnificent Manga

#### Learning Objectives:

- To learn what Manga is
- Students explore emotions and consider why learning new skills improves wellbeing

#### Learning Outcomes:

- Students will create a manga character based on a plant

#### Curriculum Links:

Physical and Mental Health

#### Keywords:

Manga (a style of drawing from Japan), emotions, expression, personality, mindfulness

#### Resources:

Presentation: Magnificent Manga

Worksheet: Manga Expressions

Pencils, paper and other drawing equipment

#### Additional Resources:

Teacher's Notes: Manga Key Questions

Presentation: Manga Extension Activities

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### Task 1

- To settle students into the lesson begin with a short drawing exercise. Students can choose one of the images on slide 2 of the **Magnificent Manga** presentation, or use a real plant if available.

**Estimated Time: 5 minutes**

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### Task 2

- Introduce the lesson theme: Exploring the links between positive wellbeing and the development of new skills and knowledge through the Japanese art of manga.
- Continue using the information on the slides to explain manga and manga cafes to the students.
- Complete the second drawing activity, again using the images on the slide or a real plant.

- Use the slide 'Identifying Emotions' to start a general conversation about why facial expressions are important in our lives. Students should be able to explain that facial expressions tell us about how someone is feeling and they are linked to our emotions.
- Then relate this to manga - the different speech bubbles and facial expressions are important so the reader can understand how the characters are feeling and ask students to have a go with the example pictures i.e. what emotion is that?

**Estimated Time: 10 - 15 minutes**

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### Task 3

- Introduce the idea of giving their drawings personalities by allowing students to guess what kinds of personalities the plants could have. Emphasise that there is no right answer; we don't know how people feel inside from their appearance, but their expressions may give us a hint.
- Give the students time to make their plant character. Show the Manga Expressions slide or hand out the **Manga Expressions worksheet** to help students draw their plant's face.
- Students share their character. Can the other students guess the personality? This can be done in pairs, small groups, or in front of the whole class.

**Estimated Time: 15 - 20 minutes**

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### Task 4

- End the lesson with reflection and facilitate a class discussion on why learning is good for wellbeing. Examples:
  1. It increases self-esteem by showing us that we can be in control of our own progress.
  2. It can encourage social interaction and we can meet new people.
  3. It can give us hope for the future.
  4. It can help us handle stressful situations.
  5. We can find new passions or things we enjoy.

**Estimated Time: 5 minutes**

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## Extension Activities

There are two extension activities in the **Manga Extension Activities Presentation**:

1. Mindful Manga – students continue to practice drawing for mindfulness with a series of short drawing tasks. This task can be completed with relaxing music or outside if facilities are available.
2. Manga Mascots – students will look at examples of mascots in Japan which represent local areas. They will then create a character for their local area and give it a personality.