

## Japanese Culture and Wellbeing: Health and Happiness in Japan

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### Differentiated Task: New Year's Dream Teacher Script

Now, imagine you are going to take me on a journey.

You are going to take me on a journey into your imagination as we travel to the country of Japan.

You are going to use the storyboard in front of you to tell me about this journey, the things you see and the dreams you have as you travel to Japan.

In each box I will ask you to draw something to help me understand what you have seen. You don't need to worry about it being too neat as you won't have much time for each box but you can use different colours if you would like. You can use a mixture of words and pictures.

1. Our story starts off in box number one. You are in Japan on New Years' Eve. Think about the things you might see and the people you are with. Think about the flag of Japan and the moon and stars in the sky. People are feeling happy and celebrating as they welcome the first day of the New Year.
2. In box number two we see you, very tired after eating lots of food and dancing as you celebrate the New Year. You are so sleepy that you go to bed and curl up under the covers. The stars are still twinkling above you as you fall asleep thinking about what a wonderful time you have had.
3. In box number three you start to dream. The sky is very dark at first but you can see a large shape in front of you. You can't quite decide what it is but slowly the sun starts to rise and eventually you realise that you can see the beautiful Mount Fuji. As the sun gets higher the mountain lights up and you can see snow resting on top of the rocks like icing sugar.
4. In box four you start to wake up as you realise the sun has really come up and is shining through your window. You tell everyone that you have dreamt of Mount Fuji! You are so happy because this means you will have good luck for the rest of the year. You smile for the rest of the day as you think about all the good things that might happen.

5. Think about all the good things in the world. In box five draw or write down three things that make you feel happy and healthy.
  
6. Finally, in box six we see you smiling with Mount Fuji in the background. You smile because you know that even if sad things happen, there will be more good days in the future. You feel so lucky because you dreamt of Mount Fuji on this special day.