

Japanese Culture and Wellbeing

Kimberley Evans with the Japan Society (2020)

Lesson 1: Health and Happiness in Japan (An Introduction to Wellbeing)

Learning Objectives:

- To learn what wellbeing is and how moods change
- To learn about the importance of Mount Fuji as a national symbol in Japan.

Learning Outcomes:

- Students can explain what wellbeing is and discuss their own wellbeing
- Students produce illustrations of what makes them happy

Curriculum Links:

Physical health and mental wellbeing

Keywords:

Wellbeing, mental health, Mount Fuji

Resources:

Presentation: Health and Happiness in Japan

Video (external resource): What are the 5 Ways to Wellbeing (1:21)

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>

Worksheets: Dream Template and Differentiated Storyboard with Teacher Script

Additional Resources:

NHS webpage: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Task 1

- Use the **Health and Happiness in Japan Presentation**. Explain the theme of today's lesson: An introduction to the concept of wellbeing and the country of Japan.
- Show the students the image of sunrise over Mount Fuji. Ask students to discuss the questions on the slide with a partner. Students may need further prompts, but do not reveal yet what the photograph is.

Estimated Time: 5 minutes

Task 2

- Reveal that it is a picture of Mount Fuji in Japan. Ask students if anyone knows anything about Japan? Has anyone been or heard of it?
- Discuss how in Japan Mount Fuji is very special - it is seen as a national symbol. Ask students to think of other national symbols.
- Ask students for their ideas about what it could mean to dream about Mount Fuji. Explain it is considered lucky if your first dream of the year is about Mt. Fuji. This means you will be happy and healthy for the whole year; you will have good wellbeing.
- Check the students understanding of wellbeing and introduce the concept using the relevant slide.

Estimated Time: 5-10 minutes

Task 3

- Introduce two other 'lucky dreams' via the Mini Quiz. Then move on to the Mini Task and ask students to think about what wellbeing means to them.
- Put students into pairs to discuss the questions on the slide:
 - What makes you feel happy and healthy?
 - What would you like to dream about on New Year's Eve?
- Students will now draw their dreams of health and happiness on the **Dream Template**.
- If using the differentiated task, hand out the **Dream Storyboard** to students and read the **Teacher Script** to assist pupils to create their dream. Pupils will draw in each box as directed by the teacher. This can then be peer-assessed. To differentiate further, write on the board what students should draw in each box.
- Ask if anyone would like to show their dream/explain what would make them happy and healthy? You could also use peer-assessment here.

Estimated Time: 20 + minutes

Task 4

- End with reflection and tell the students that, just as the sun comes up and down over Mt. Fuji, so does our mood and the way we feel. Acknowledge that we can't have good wellbeing all the time and that it is normal to have both happy and sad moments. (See further notes on slide).

- Briefly introduce the 5 ways to wellbeing by watching short video, 'What are the 5 ways to Wellbeing', made by Rochdale Borough council with children in Lancashire and explain how you will be looking at each 'way' in more detail over the next 5 lessons.
- Finish by signposting school specific provisions for wellbeing. Update the final slide in the Presentation with relevant information.

Estimated Time: 5 -10 minutes
