

Japanese Culture and Wellbeing

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Lesson 6: Giving to Others

<p>Learning Objectives:</p> <ul style="list-style-type: none">• To be able to identify different ways of giving• To understand how acts of giving can improve wellbeing <p>Learning Outcomes:</p> <ul style="list-style-type: none">• Students can identify different ways of giving in their own culture and in Japanese culture• Students create a 'Thank you' card for someone
<p>Curriculum Links:</p> <p>Mental and physical wellbeing</p>
<p>Keywords:</p> <p>Giving, Osoji (cleaning time in Japanese schools), Thank you, Arigato (Thank you in Japanese), Shochu-mimai (summer postcard), Nengajo (new year's card)</p>
<p>Resources:</p> <p>Presentation: Giving to Others</p> <p>Video: Japanese Students Clean Classrooms To Learn Life Skills https://www.youtube.com/watch?v=jv4oNvxCY5k (external resource)</p> <p>Templates: Thank you card</p> <p>Additional Resources:</p> <p>Template: Write Arigato in Japanese</p> <p>Worksheets: Osoji, origami instructions to make a rabbit, a heart, or a secret message envelope</p> <p>Video: Make an Origami Rabbit https://www.youtube.com/watch?v=67ExD6FIYQs</p> <p>Video: Secret Message Envelope https://www.youtube.com/watch?v=Z1jhlF8Kop4</p>

Task 1

- As a starter run a think, pair, share activity to promote discussion around different types of giving and motivations for giving.
- Take feedback from the class on what they have discussed, drawing out answers that focus on giving thanks and showing appreciation. Emphasise that giving does not have to be a physical gift; there are many ways to give.
- Explore the custom of osoji (children cleaning their school in Japan). Watch the video using the link provided and structure discussion using the questions on the slide. Alternatively, students can fill in the answers to the questions on the **Osoji Worksheet** if this is preferred.

- Learn the word for thank you in Japanese and practise saying this as a class. Explore why saying thank you is important and how students feel when someone says thank you to them.

Optional Extension Activity: Students practice writing 'Arigato' in Japanese hiragana characters using one of the templates.

Estimated Time: 15+ minutes

Task 2

- Explore other cultural traditions around saying thank you/thinking of others in Japan by introducing shochu-mimai (summer postcards) and nengajo (new year's cards). Ask students if they can think of similar customs in the UK, or if they have received a nice card in the post. How did it make them feel?
- Students will create a thank you card and decorate it for a friend or family member. Pick one of the templates or differentiated templates to give to students. This task can be adapted depending on the time of year and what best suits the class i.e. you can theme it as a new year card or a summer greetings card if you prefer.

Estimated Time: 20 minutes

Task 3

- End the lesson with reflection. Students will identify which of the 5 Ways to Wellbeing they have been practising.
- Explore why giving is positive for wellbeing. Students can bring in their personal experiences here and teachers should ensure an emphasis not just on gifts but on the other things individuals can do to help and 'give' to others. Examples:
 1. Acts of giving and kindness create positive feelings and a sense of reward.
 2. Doing something for someone else gives us a feeling of purpose and makes us feel good about ourselves.
 3. When we help or give to others, we connect with them too and build a better relationship.

Estimated Time: 5-10 minutes

Extension Activities

1. Write a thank you letter and fold it into a secret message envelope for a friend or family member. See additional resources for video link and worksheet instructions.
2. Make an origami rabbit or heart for a friend or family member. See additional resources for video or worksheet instructions.
3. Copy and decorate the word 'Arigato' in Japanese and decorate this for a friend/family member. The **Arigato Template** can be used for writing practice. Calligraphy sets can also be loaned from the Japan Society. Visit: <https://www.japansociety.org.uk/calligraphyset>