

- In Japan, lunches are sometimes packed in beautifully decorated bento boxes. Each bento box contains a complete meal neatly packaged in many small compartments. Using any small cardboard box, have your students decorate the outside of the box and create compartments inside the box. Use magazines and newspapers to cut out food pictures to fill the box with a healthy and tasty lunch.

Suggested Internet Resources

Periodically, Internet Resources are updated on our web site at www.LibraryVideo.com

- web.mit.edu/jpnet/kimono/index.html
Explore the history of the traditional clothing of Japan — the Kimono — at this web site. There are links to styles for men, women and children.
- www.nps.gov/nacc/cherry/index.htm
In 1912, the Japanese government sent cherry trees to Washington, D.C. as a gift of friendship. A festival is held each year to celebrate this gift. Find out more about these beautiful trees and the Cherry Blossom Festival by visiting this web site.
- web-jpn.org/kidsweb/index.html
This web site, Kids Web Japan, offers activities and information on Japan and Japanese life for young people. Included are links to Japanese recipes, help with speaking the Japanese language, and a link to a Japanese school.

Suggested Print Resources

- Fisher, Teresa. *Japan*. Raintree Steck-Vaughn, Austin, TX; 2000.
- Say, Allen. *Under the Cherry Blossom Tree: An Old Japanese Tale*. Houghton Mifflin Co., Boston, MA; 1997.
- Iijima, Geneva Cobb. *The Way We Do It in Japan*. A. Whitman, Morton Grove, IL; 2002.
- Wells, Rosemary. *Yoko*. Hyperion Books for Children, New York, NY; 1998.



Japanese-American Heritage

Grades K-4

The United States has always been a country of immigrants, rich with the customs and traditions of the many countries they represent. *American Cultures for Children* introduces students to the heritage of some of the immigrant groups that make up this diverse land. Through songs, play food, holidays and history, students are provided with an understanding of and appreciation for the cultural differences they see every day in their classrooms and neighborhoods. Everyone has at least one culture to celebrate, and this series gives children a chance to explore their heritage and share it with others.

TEACHER'S GUIDE

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TITLES IN THIS SERIES

- AFRICAN-AMERICAN HERITAGE
- ARAB-AMERICAN HERITAGE
- CENTRAL AMERICAN HERITAGE
- CHINESE-AMERICAN HERITAGE
- IRISH-AMERICAN HERITAGE
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Program Summary

Japanese-American Heritage introduces students to some of the customs and traditions of the people from Japan who now make their home in the United States. Students learn the location, geography and climate of Japan, visit Tokyo and view Mount Fuji. The struggles of Japanese Americans to assimilate into American life, including their internment during World War II, are presented. Students learn to say a few words and count to ten in Japanese. On a field trip to a Japanese restaurant in Maryland, students experience the preparation and presentation of a traditional Japanese meal. The Japanese folktale, "A Humble Mouse" is retold, and the Japanese folksong, "Usagi," is sung. In an arts & crafts segment, students are given a lesson in the traditional Japanese gift-wrapping technique called *furosbiki*.

Vocabulary

origami — The ancient Japanese art of folding paper into figures without cutting or pasting.

island — An area of land surrounded by water that is smaller than a continent.

Asia — One of the seven continents on Earth.

Mount Fuji — The highest mountain in Japan.

Tokyo — The capital of and largest city in Japan.

Nippon — The name the Japanese call their country. English-speaking countries call it Japan.

immigrant — A person who makes a new home in a country other than his or her own.

kimono — The name for traditional Japanese clothing worn by men, women and children, usually on special occasions.

sushi — A traditional Japanese food made with raw fish or shellfish pressed onto rice.

chopsticks — A pair of slender sticks used to lift food to the mouth.

furosbiki — The Japanese art of wrapping a gift with a hand-painted scarf.

koto — A 13-stringed instrument often played in traditional Japanese music.

Words in Japanese

Hello = Konnichiwa

Good-bye = Sayonara

friend = otomodachi

Thank you = Arigato

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Numbers in Japanese

One = Ichi

Two = Ni

Three = San

Four = Shi

Five = Go

Six = Roku

Seven = Shichi

Eight = Hachi

Nine = Kyu (or Kyuu)

Ten = Ju (or Juu)

Focus Questions

1. What is the capital of Japan?
2. How many "main" islands make up the country of Japan?
3. Why do the Japanese remove their street shoes when they come indoors?
4. What does the red circle on the flag of Japan represent?
5. What are some of the differences between the Japanese written language and English?
6. How do you say good-bye in Japanese?
7. What is an immigrant?
8. Name the highest mountain in Japan.
9. What popular American sport is also very popular in Japan?
10. What are the main ingredients in sushi?
11. In Japan, high speed railroad trains are called "_____ Trains."

Follow-up Discussion

- Japanese children go to school Monday through Friday and two Saturdays each month. What do you think are the advantages or disadvantages of going to school an extra two days each month?
- Japan is a small country with many, many people. What problems might exist when a large number of people have to live in a small place? How would the type of house and car you have be different in Japan?
- During World War II, many Japanese-Americans were forced to leave their homes and live in internment camps. It was feared that because they were Japanese their loyalties would be with the Japanese government. Ask your students how they would feel if they were unjustly singled out because of their ancestry. Is it right to condemn the entire group for the actions of a few?

Follow-up Activities

- Make a traditional Japanese *origami* with your students. Research books and the Internet for directions, gather supplies and help your students to create their own paper artwork. The web site www.mathinmotion.com/whalefld2.html#3 offers easy-to-follow directions for making a blue whale.
- Help your students to create maps that show the location of Japan in relation to the rest of the world. Distribute world outline maps to each student and have them locate, color and label Japan and the countries and bodies of water that surround it. Also have them locate, color and label the United States. Extend the activity by having your students locate, color and label all seven continents.
- Create a Japanese cookbook. Have each student research books and the Internet and select, recopy and illustrate a Japanese recipe. Compile all the recipes into a classroom book. Extend the activity by selecting a simple recipe to prepare in class or, if there is a Japanese restaurant in your town, arrange a class tasting trip.
- In Japan, several "Bullet Trains" travel at high speed between major cities. Use the map scale on a map of Japan to help your students to calculate the distance between two cities in Japan. If a "Bullet Train" travels at an average speed of 150 miles per hour, how long will it take to go from one city to the other? Have your students find the distance between two other cities and find the time for that trip on the bullet train.
- Plan a five-day trip to Tokyo, Japan. Use the web site www.travelforkids.com/Funtodo/Japan/tokyo.htm as an activities selection guide. Have students write the days of the week on a sheet of paper and use the information on the web site to choose one place to visit on each day. Include a picture or drawing for each place. You may want to have students include the reason why they chose each location. Have students share their lists with the class.
- The Japanese language is written by using a combination of characters. It is difficult to learn and children spend many years perfecting their writing. At www.asahi-net.or.jp/~ft5k-ynd/Yn.html, you can find the translation of some American names into Japanese. Encourage children to find their names or similar ones and to attempt to recreate the Japanese symbols. Once at the web site "keyboard," have students click on the first letter of their first names. Then choose their first names and the Japanese translations from the list. Have students use brushes, black paint, wide tipped markers and white paper to reproduce their names in Japanese. Please note that not all names will be found at this web site.

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