



Change is Good! – Michael Henderson

Hello everyone! This is Daini's English newsletter called "Grapevine". Every month, Kate-Sensei and I write articles (記事) in English about different topics (話題). By writing articles, we hope more people can practice and become more interested in English. If you want to read past articles (過去の記事), you can find them on Daini's website!

This month, I would like to write about "change" (変化). I think March and April are a very busy time in Japan, as people graduate (卒業する), enter new schools, and start new jobs. In America, it's not very busy, as our school graduation is in June, and the new school year starts in September. This past March, the first students I taught at Daini graduated. It was very bittersweet (ほろ苦い), because I was happy that they could graduate, but sad that they were leaving. Recently (最近), I heard that many of them are having fun and enjoying university now, but others miss high school and are having trouble getting used to the new environment (新しい環境に慣れるのに苦労する). I think that everyone feels like this when they have a big change in life.

When I was young I didn't like change, but now, I think it can be exciting. When change happens, we can experience (経験できる) and learn new things. We can meet new people and create new friendships. Of course, it's sad when things that were familiar (馴染みのあるもの) are gone, and you don't know what will happen in the future, So when I am worried about change in the future, I remember what Tomoda-Sensei said at the graduation ceremony: In life, if things always go as planned (いつも計画通りにいけば), then it's not a fun life!

もし記事の英語や内容などの質問があれば

ALT に気軽に聞いてくださいね!

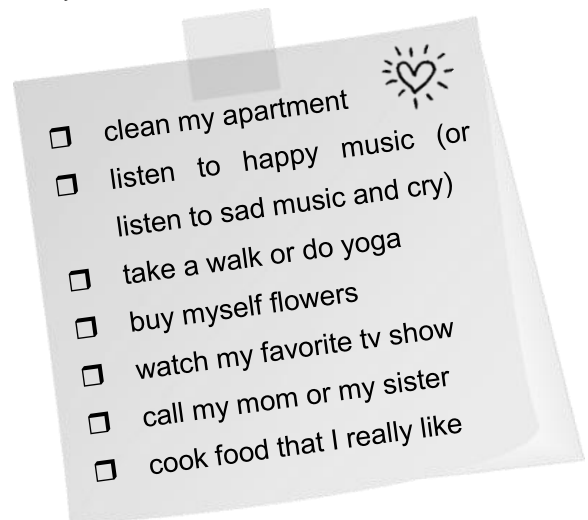
Tomorrow is a New Day – Katelyn Sondereker

Something that my mom often told me when I was little was, "Tomorrow is a new day, fresh with no mistakes in it." This is a quote from *Anne of Green Gables* (赤毛のアン), which I have watched over and over again with my mom and my sister.

Sometimes, days are just...bad. We don't feel like ourselves, we are tired, we feel overwhelmed (圧倒される), we make mistakes, we feel sad for no reason. I have had many, many days like this. But it's important to remember that *it is okay* to feel these feelings! We are human (人間だから), we are going to have emotions (感情) that make us feel bad sometimes. We cannot be happy all the time.

So my advice to you, when you have bad days, is to *let them be bad*. Don't try to change your emotions. Be kind to yourself (自分に親切に). Talk to people that make you feel safe and loved, like your family and friends. Make sure you are eating enough. Listen to your favorite music. And allow yourself to feel.

When I am having a bad day, I have a Bad Day Checklist (チェックリスト) of things I can do to make myself feel better. It looks a little bit like this:



What does your Bad Day Checklist look like? If you haven't made one, I recommend that you try it!

Because the thing about bad days is, they always, always end. You can always wake up to a new day, fresh with no mistakes in it.

Fun Facts about your ALTs!



How long have you been in Japan? **2 and 1/2 years**

What is your current favorite English song lyric?
“Don’t let this darkness fool you / all lights turned off can be turned on.” – Noah Kahan, *Call Your Mom*

What is your favorite café in Kumamoto?
Kusahamochi or Café Lx or Green Tea.Lab

What place do you want to visit in Japan?
Hokkaido! In the summer for the flowers and in the winter for the snow!

Describe your perfect day.
My perfect day would be waking up early on a rainy morning and drinking coffee with my mom. Then we would go to my favorite café in Ohio called *The Blue Door* and visit the bookstore. After that, I would make dinner with my family and watch TV with my sister!

Kate Sondereker

How many siblings do you have?

I have one brother and one sister. I am the oldest!

Favorite restaurant in Kumamoto?

It is Bunryu (文龍) of course. It is the best ramen in the world.

What is something you want to do?

I want to try surfing in Miyazaki again! I’m not good at it at all but it’s pretty fun.

What is something you like to do?

I really enjoy driving in nature because it’s relaxing. The nature in Japan is especially beautiful.

What is your favorite word in Kumamoto Dialect?

It is probably むしゃんよか, because I would like to be むしゃんよか someday. I also like さしより because I thought it was standard dialect (標準語) at first.

Michael Henderson

