

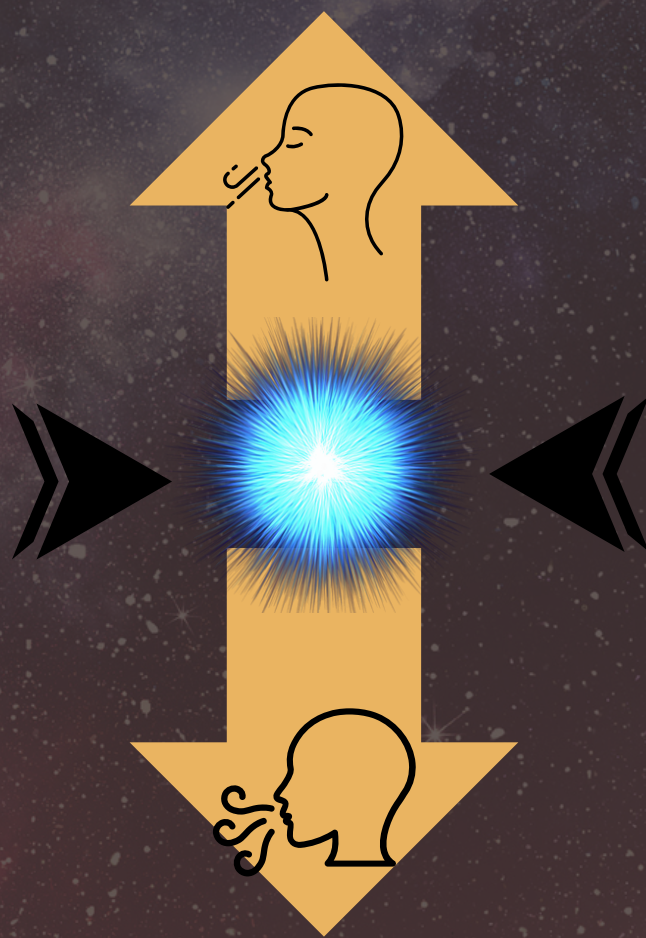


Master presentation skills!

**Learn to be great at speaking in
front of people!**

[illegible]

**Breathe in
through your nose.**



**Breathe out
through your mouth**

STAGE PRESENCE



Control your breath

- Breathe in
- Breathe out
- Find your power between the in and the out.
- Follow your breath.

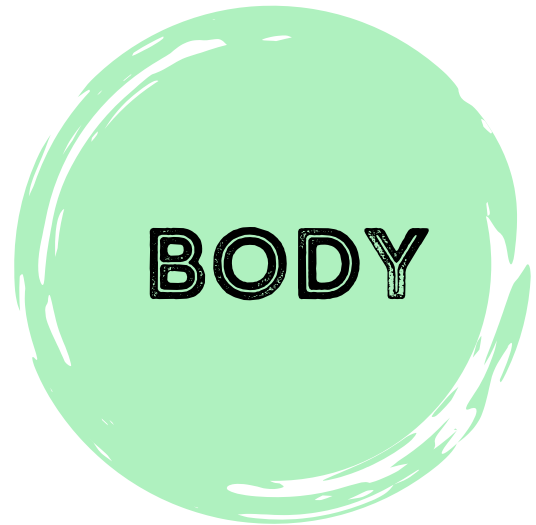


Control your voice

- Is your voice too soft?
- Is it too loud?
- Is it strong?
- Is it shaky?

Control your body

- Are you moving too much?
- Are you too rigid?
- Are you fidgeting?



Train your mind

- Did you prepare?
- Did you warm up?
- What conversation did you have with yourself?
- How is your confidence?
- (If you wake up the body, you can wake up the mind)



too loud?



too quiet?



too fast?



too slow?

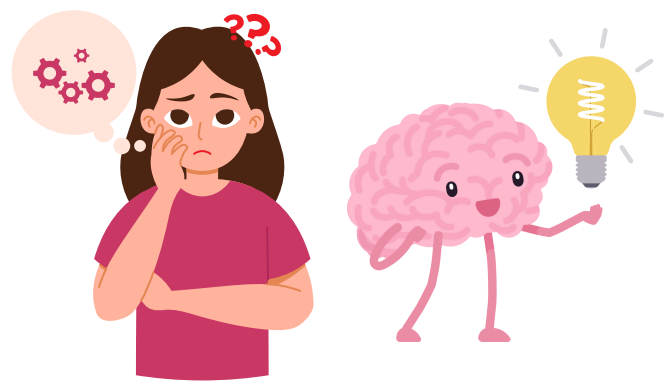


Tchaikovsky

Listen to me!

Romeo and Juliet Fantasy Overture

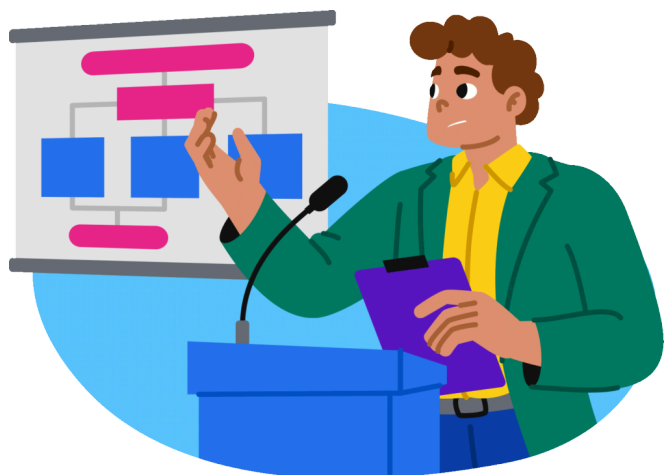




Memorize
暗記する



Improvise
その場で話す



Balance
両方のバランス

HANAMI



Do you know what Hanami is?

In Japan, every spring, the cherry blossoms bloom for about one week.

They are beautiful white and pink blossoms.

Japanese people enjoy viewing these flowers while having a picnic under the trees.

This is called hanami.



Momenta Kids

「英語を覚える」その先へ



Have you ever heard about Hanami?

In Japan, during spring, cherry blossom trees bloom with beautiful pink and white flowers.

These flowers last only about one to two weeks.

During this short time, Japanese people enjoy "hanami," which means "flower viewing."

They gather with family and friends under the cherry blossom trees to have picnics and eat special foods.

Many Japanese people say that it is the best time of the year.



Momena Kids

「英語を覚える」その先へ

HANAMI



Have you ever experienced "hanami"?

In Japan, during spring, cherry blossom trees bloom with spectacular beautiful pink and white flowers.

These flowers don't last long though! The petals fall from the trees after about two weeks.

During this short time, Japanese people enjoy something called "hanami," which means "flower viewing."

They gather with family and friends under the cherry blossom trees to have picnics, eat special foods, and sometimes drink tea or sake.

Hanami is a way to appreciate the beauty of the blossoms and to celebrate the arrival of spring.

It's a joyful time when people come together to enjoy nature's beauty.



Momenta Kids

「英語を覚える」その先へ





Have you ever been to a convenience store in Japan?

When you go to a convenience store in Japan, the shop assistant always says “irashaimase”. This means “welcome”.

There are so many things you can buy there. It’s so convenient!

You can pay for your goods with cash, credit cards or a bar code payment.

The shopkeeper will say “arigatou gozaimashita” when you leave. This means “Thank you for coming”.



Speech Title

KONBINI

Have you ever been to a convenience store in Japan? They are interesting places. When you enter, the shop assistant will say “いらっしゃいませ” which means “welcome.” Japanese people call them konbini.

Japanese convenience stores, often called konbini, offer a wide variety of items. You can buy snacks, drinks, prepared meals, and daily necessities.

When paying, you can use cash, credit cards, or mobile payment apps.

When you leave the shop assistant will say “ありがとうございました” which means “thank you very much.”

There are many chains of convenience store in Japan. Seven Eleven, Lawson and Family Mart are the biggest.

What’s your favourite konbini?





Have you ever been to a convenience store in Japan? When you enter, the shop assistant will usually say “いらっしゃいませ” which means “welcome.”

This greeting is a common way for staff to show politeness and make customers feel comfortable.

Japanese convenience stores, often called konbini, offer a wide variety of items. You can buy snacks, drinks, prepared meals, and daily necessities.

When paying, you can use cash, credit cards, or mobile payment apps. Many people in Japan still prefer to use cash, but electronic payments are becoming more common.

As you leave, the shop assistant will say “ありがとうございました” which means “thank you very much.”

This polite phrase shows appreciation for your visit.

Visiting a konbini is not just about shopping; it's also a chance to experience Japanese culture and hospitality.



JAPANESE FOOD



Have you ever tried Japanese food?

There are so many unique foods in Japan.

One of these is Natto. Natto is made from fermented soy beans. It is very sticky and has a unique smell.

Another one is Umeboshi. This is a pickled plumb. It is very sour.

We also eat many kinds of seaweed in Japan. Seaweed is called Nori in Japanese.

Noodle dishes are very popular in Japan too. Raamen, Soba and Udon are the most famous.

What's your favourite Japanese food?



JAPANESE FOOD



Have you ever tried Japanese food?

There are so many unique foods in Japan.

Japanese people love to eat rice and noodles.

Japanese rice is so delicious. In every house in Japan there is a rice cooker. People eat rice for breakfast, lunch and dinner.

We have rice balls, fried rice and rice dishes called “donburi”

Japan is also famous for raamen. Raamen noodles are famous all over Japan.

I live in Fukuoka. Fukuoka is famous for tonkotsu raamen. But my favourite is Miso raamen.

If you come to Japan, you should try some raamen.



JAPANESE FOOD



Have you ever tried Japanese food? There are a lot of interesting foods in Japan.

One such food is Nattō, made from fermented soybeans. Some people love it but some people can't stand it. It's very sticky and has a unique smell.

Another traditional food is Umeboshi, which are pickled plums. They are very sour and salty. Umeboshi are commonly eaten with rice, especially in bento lunch boxes.

Seaweed is another food we often eat. There are so many different types.

Noodles are very popular in Japan as well. Some of the most famous noodle dishes are Ramen, soba and Udon. Ramen is the most popular. Soba is another made from buckwheat flour.

There is also Udon, which are thick wheat noodles. These noodles can be served hot or cold, depending on the season.

Do you have a favorite?



JAPANESE FOOD



Have you ever tried Japanese food? Japan offers a wide variety of unique and delicious dishes. One such food is Nattō, made from fermented soybeans. It has a sticky texture and a strong smell, which some people find unusual.

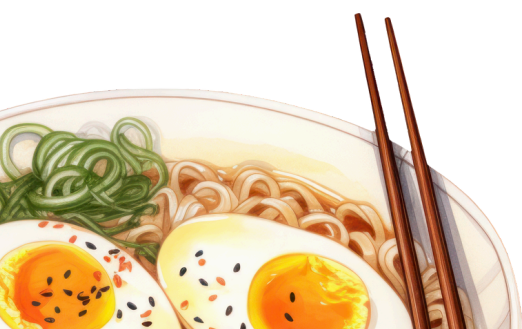
However, many Japanese people enjoy it for breakfast, often served over rice.

Another traditional food is Umeboshi, which are pickled plums. They are extremely sour and salty. Umeboshi are commonly eaten with rice, especially in bento lunch boxes.

Seaweed is also a common ingredient in Japanese cuisine. One popular type is Nori, which is dried and used to wrap sushi rolls or as a topping for rice dishes.

Noodles are very popular in Japan as well. Some of the most famous noodle dishes include Ramen, which comes in various flavors and styles; Soba, made from buckwheat flour; and Udon, which are thick wheat noodles. These noodles can be served hot or cold, depending on the season.

With such a diverse range of flavors and textures, Japanese cuisine has something for everyone. What's your favorite Japanese food?



JAPANESE NEW YEAR



Have you ever celebrated the New Year in Japan?

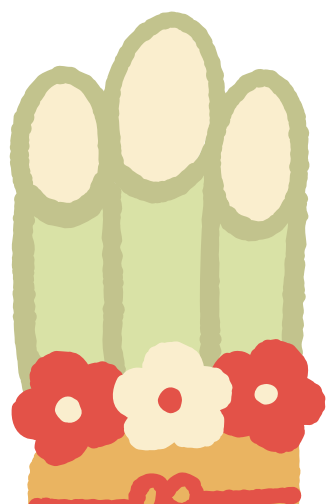
In Japan, the New Year season is called **Shōgatsu**. It is one of the most important holidays.

Many people visit shrines or temples. This is called **Hatsumōde**. They pray for good luck in the new year.

Families eat special food called **Osechi Ryōri**. These dishes are served in boxes and have different meanings.

Children receive money in small envelopes. This is called **Otoshidama**.

How do you celebrate the New Year in your country?



JAPANESE NEW YEAR



Have you ever celebrated the New Year in Japan?

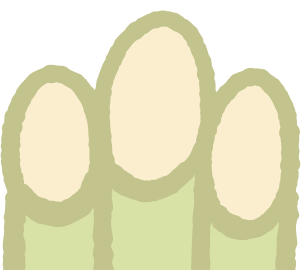
In Japan, the New Year season is called Shōgatsu. It is one of the most important holidays of the year. There are many traditions and customs during this time.

People eat a noodle dish called Soba on new years eve. This is called toshi-koshi-soba. Toshi -koshi means passing the new year. Many people visit shrines or temples. This is called Hatsumōde. They pray for good luck in the new year.

In the new year, families eat special food called Osechi Ryōri. These dishes are served in boxes and have different meanings. Another traditional food is Ozōni. It is a soup with mochi rice cakes.

Children receive money in small envelopes. This is called Otoshidama.

How do you celebrate the New Year in your country?



JAPANESE NEW YEAR



Have you ever had the opportunity to celebrate the the New Year in Japan?

In Japan, New Year is called Shōgatsu. It is one of the most important holidays. There are many traditions and customs during this time.

People eat Soba on new years eve. This is called toshi-koshi-soba. Many people pay a visit to shrines or temples. This is called Hatsumōde. They pray for good fortune in the new year.

On the 1st of January families eat special food called Osechi Ryōri. These dishes are served in boxes and have different meanings. There is also a special rice wine called Otoso. Even children have a little sip of this on new years day.

Another traditional food is Ozōni. It is a soup with mochi rice cakes.

Children receive money in small envelopes. This is called Otoshidama. Children all over Japan look forward to this.

Japanese New Year is a time for family and tradition.

How does this compare to the New Year celebrations in your country?

