【実施概要】 English 👇P7

※1：P5～P6 を印刷し、8 枚のカードを作成。グループ数に応じて、配布できるご準備をお願いします。
※1：P7「私の小さな一歩」最後に参加者全員が記載します。人数分、印刷してください。

Ⅰ）8 つの宝探しの意図

8 つの宝は、日本の祭文化に見られる社会的機能や文化的レジリエンスを手がかりに、参加者が発見し、考えるための価値観として抽出したものです。

日本では、阪神・淡路大震災や東日本大震災をはじめ、自然災害によって多くの人々が困難な状況に直面してきました。そのような中で、祭りや伝統文化は、人々のつながりを保ち、互いに支え合う心を育み、地域の復興を精神的に支える役割を果たすことがあります。

本プログラムでは、日本の祭文化を入り口に、参加者が自分自身の暮らしや地域社会の中から、支え合い、尊重し合い、共に生きるための価値を発見します。

8 つの宝を探し、互いの発見を共有する過程を通して、自己理解、他者理解、対話、協働など、社会性と情動の学び（SEL）に関連する力を育むことを目指します。

ここで大切なのは、決められた正解を見つけることではありません。一人ひとりが自分の価値観に気づき、他者の考えに触れながら、人と人とのつながりの意味を考えることです。

「人間は一人では生きていけない」

この気づきを出発点に、文化が人々をつなぎ、地域社会を支える力となることを考え、日常生活の中で自分にできる小さな一歩へとつなげていきます。

祭りや庶民文化は、平和な社会の中で花開くだけのものなのでしょうか。

それとも、人々が集い、互いを支え、共に生きる経験を積み重ねることで、平和な社会を育むための基盤にもなり得るのでしょうか。

そんな問いを参加者と共有しながら、8 つの「宝」探しを設定しています。

Ⅱ）動画の鑑賞

学習目的や実施状況に応じて、以下の 4 本の動画から選択してご活用ください。

① What Are You Feeling?（約 4 分 30 秒）

多様な背景を持つ人々が一緒に踊る様子を通して、「あなたは何を感じますか？」という問いを投げかけます。

参加者一人ひとりの感じ方を尊重し、自分自身の感情や、同じ場面でも人によって受け取り方が異なることに気づくきっかけを提供します。

② Asian Smile(s)（約 3 分 30 秒）

アジア 6 か国の人々が、それぞれの国の伝統舞踊を紹介し合い、互いの文化に拍手を送ります。そして最後には、一つのチームとなって、日本の伝統芸能である阿波踊りを踊ります。

文化の違いを尊重しながら、共に踊る喜びを分かち合い、人と人とのつながりを築いていく姿を紹介します。

③ Asia-Ren（約 40 秒）

東京・高円寺阿波おどりで、アジア 8 か国から集まった 100 人以上の人々が一緒に阿波踊りを踊る様子を紹介します。

異なる文化的背景を持つ人々が、踊りを通じてつながりの輪を広げていく姿を伝えます。

④ Let's Dance Together

多様な背景を持つ人々が、一緒に練習を重ねる様子を紹介します。

文化や言葉の違いを越え、協力しながら一つの踊りを創り上げていく過程を通して、相互理解とチームワークの大切さを考えます。

動画を視聴した後、参加者は感じたこと、気づいたこと、考えたことを共有し合い、対話を深めます。

Ⅲ）ワークシートの記入

最後に、自分の日常生活の中で、他者への理解や尊重、人と人とのつながりを育むためにできる**「小さな一歩」**を、自分自身の言葉で記入します。

この振り返りを通して、プログラムでの学びを日常生活に結びつけ、実際の行動へとつなげることを目指します。

この活動をもってプログラムは終了します。

■プログラムは 45～90 分／講師 1 名で実施可能な設計です。

実施状況に合わせ時間配分をご検討下さい。

Ⅲ）教材の特徴

- **非言語コミュニケーションを視覚的に体験し、理解を深める**
- **SDGs 4.7／11.4／16／17 と関連**
- **多文化共生・平和教育・ESD／GCED に活用可能**
- **学校・地域・国際交流など、さまざまな場で実施可能**

Ⅳ）国際的な評価と広がり

Music in Peacebuilding Hub Directory 掲載

MOMRI Hub Directory | Japan Folk Dance NIPPON

NESCO 日本の公式サイト掲載　UnescoJapanOfiicialSite

UNESCO のアジア事務所から教材の共有・実施検討などの前向きな反応

北米日米協会より地域での実施について問合せ

UNESCO MGIEP より、教材について説明する公式ミーティングへ招待等

少しずつですが世界へ広がり始めています。

Ⅴ）オプションプログラム

・ご要望により、下記の体験プログラムの提供を致します。

1)Asian Smil(s) 30 分～90 分

多様な背景を持つ人が、登場し、母国の舞踊を紹介　※3～10 ケ国
次第に融合し、
最後は一緒に阿波踊りを踊り
フナーレは観客も対話に参加する感動的なパフォーマンス

・～Dialogue　thorough dance～Work　Shop30 分～60 分

舞踊手が実施する Work Shop

【プログラム】

阿波踊り・　多様な盆踊り等

・その他、ご要望に応じます。ご相談下さい。　info@nicenippon.biz

①開放性 Openness	②包摂性 Inclusiveness
③多様性の創出 Cultural Diversity	④協働 （Cooperation

⑤継続性 Sustainability	⑥相互扶助 Mutual Support
⑦文化的レジリエンス Cultural Resilience	⑧祈りの文化 Culture of Prayer

【one small action they can take"（自分ができる小さな行動）】

■ **今日学んだ「8 つの価値」から、心に残ったものを 1 つ選ぼう／ Choose one value from the "8 Values" we learned today that resonated with you most.**

※（例：包摂性・相互扶助・レジリエンス など_ *(e.g., Inclusiveness, Mutual Support, Resilience, etc.)* ）

■ **② 選んだ価値をやってみる！「私の小さな一歩」 Put the selected value into action ー "My Small Step"**

下に、自分ができる小さな行動を書いてみましょう。 **Write one small action you can take to practice this value in your daily life.**

※Note 1: Please print pages 5～6 and prepare the eight cards. Make enough sets for all groups.
※Note 2: On page 7, "My Small Step," each participant will complete the worksheet at the end of the program. Please print one copy for each participant.

Implementation Guide | Mirai Lab! Matsuri × SDGs

I. The Purpose of the Eight Treasures Discovery Activity

The Eight Treasures represent values identified from the social functions and cultural resilience reflected in Japanese festival culture. They are designed to encourage participants to discover, explore, and reflect on these values through their own experiences.

Japan has experienced many natural disasters, including the Great Hanshin–Awaji Earthquake and the Great East Japan Earthquake. In times of hardship, festivals and traditional cultural practices can help maintain social connections, foster mutual support, and provide emotional and spiritual support for community recovery.

Using Japanese festival culture as an entry point, this program invites participants to discover values that support living together, respecting one another, and helping one another in their own daily lives and communities.

By exploring the Eight Treasures and sharing their discoveries, participants are encouraged to develop skills associated with Social and Emotional Learning (SEL), including self–awareness, social awareness, dialogue, and collaboration.

The purpose is not to find predetermined correct answers. Rather, participants are encouraged to become aware of their own values, listen to different perspectives, and reflect on the importance of human connection.

"No one can live entirely alone."

Starting with this realization, participants explore how culture can connect people and support communities, and consider small steps they can take in their everyday lives.

Do festivals and folk culture simply flourish as a result of a peaceful society?

Or can they also serve as a social foundation for nurturing peace, as people gather, support one another, and build shared experiences of living together?

These are the questions that inspire the Eight Treasures Discovery Activity and invite participants to reflect on the role of culture in society.

II. Video Viewing

Four videos are available. Please select those that best suit your learning objectives and implementation context.

1. What Are You Feeling? (Approximately 4 minutes 30 seconds)

This video shows people from diverse backgrounds dancing together and invites viewers to consider the question, "What are you feeling?"

It encourages participants to respect individual emotional responses and recognize that people may interpret the same experience in different ways.

2. Asian Smile(s) (Approximately 3 minutes 30 seconds)

People from six Asian countries introduce their traditional dances and applaud one another's cultural expressions. Finally, they come together as one team to dance Awa Odori, a traditional Japanese dance.

The video illustrates how people can celebrate the joy of dancing together, respect cultural differences, and build connections across cultures.

3. Asia-Ren (Approximately 40 seconds)

This video features more than 100 people from eight Asian countries dancing Awa Odori together at the Koenji Awa Odori festival in Tokyo.

It illustrates how dance can bring people from different cultural backgrounds together and expand circles of connection.

4. Let's Dance Together

This video shows people from diverse backgrounds practicing dance together.

Through the process of working together to create a shared dance beyond differences in culture and language, participants are invited to reflect on the importance of mutual understanding and teamwork.

After watching the videos, participants share their feelings, observations, and thoughts, using them as a starting point for dialogue.

Ⅲ Worksheet Reflection

As a final reflection, participants are invited to write, in their own words, one "small step" they can take in their daily lives to foster understanding, respect for others, and meaningful human connections.

Through this reflection process, participants are encouraged to connect the lessons learned in the program with their everyday lives and translate them into concrete actions.

This activity marks the conclusion of the program.

Program Duration: 45–90 minutes
Facilitator Requirement: One instructor

Please adjust the time allocation according to the needs and circumstances of your participants.

Ⅳ) Key Features of the Educational Material

- Provides a visual and experiential understanding of nonverbal communication.

- Aligned with SDGs 4.7, 11.4, 16, and 17.
- Suitable for multicultural education, peace education, ESD (Education for Sustainable Development), and GCED (Global Citizenship Education).Adaptable to a wide range of settings, including schools, communities, and international exchange programs.

V) International Recognition and Growing Impact

Featured in the Music in Peacebuilding Hub Directory
https://hub.institute.min-on.org/directory/japan-folk-dance-nippon

Featured on the Official UNESCO Associated Schools Network (ASPnet) Japan Website
UnescoJapanOfiicialSite

Positive Responses from UNESCO Regional Offices in Asia, including interest in sharing and exploring implementation of the educational material.

Inquiries from a Japan-America Society in North America regarding possible community-based implementation.

Invited by UNESCO MGIEP (Mahatma Gandhi Institute of Education for Peace and Sustainable Development) to participate in an official meeting to present and discuss the educational material.

Although still in its early stages, the program is gradually beginning to reach audiences around the world.

VI) Optional Programs

Additional experiential programs can be provided upon request.

1.Asian Smile(s) Duration: 30-90 minutes

Artists from diverse cultural backgrounds introduce traditional dances from their home countries.
(Approximately 3–10 countries represented.)

As the program progresses, the performances gradually blend together, demonstrating cultural connection and mutual understanding through movement.

The experience culminates in a shared Awa Odori dance, followed by an inspiring finale in which audience members are invited to join the dialogue and celebrate together.

2.〜Dialogue Through Dance〜

Interactive Workshop：Duration: 30–60 minutes

A hands-on workshop led by dancers and cultural practitioners.

Sample Program Content

- Awa Odori
- Traditional Bon Dance styles from various regions of Japan
- Cross-cultural movement and communication activities

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3. Customized Programs

Additional programs can be designed according to the needs of schools, universities, communities, and organizations.

For inquiries, please contact:

info@nicenippon.biz