

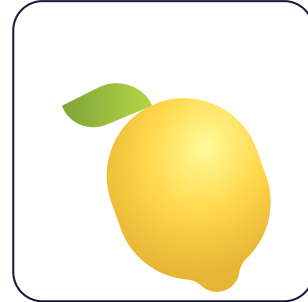


A Hot Bath on the Shortest Day

Read the story. 英文を読もう。

Class _____ No. _____ Name _____

① Around December 22, Japan has the shortest day of the year. This day is called Toji, the winter solstice. In Tokyo in 2026, the sun rises at 6:47 in the morning and sets at 4:32 in the afternoon. That is less than ten hours of daylight. In June, Tokyo gets almost five more hours of sun.



音声を聞こう

② On this night, many families take a yuzu bath. Yuzu is a small yellow citrus fruit with a strong, fresh smell. People put whole yuzu into the hot water and relax. Some say a yuzu bath keeps you from catching a cold. This custom is said to have started at public bathhouses in old Tokyo, about 200 years ago.

③ People also eat kabocha, a sweet Japanese pumpkin. An old saying tells us that kabocha on this day helps you live a long life. Today, some families also eat foods with the sound n in their names, like udon. But this custom is quite new. Old records from the 1800s talk about foods that start with to, like tofu.

④ Toji is not only about the cold. From this day, the days slowly get longer again. So people also see it as a day when good luck starts to come back. In China, many people eat dumplings on this day. In Iran, families stay up late with watermelon and poems on the longest night of the year.

Words 単語

solstice 至 (夏至・冬至)

daylight 日光、昼の明るさ

sunset 日の入り

citrus かんきつ類

custom 習慣、風習

public bathhouse 銭湯、公衆浴場

catch a cold かぜをひく

stay up late 夜ふかしする



Reading Check

Choose the best answer. 正しいものを選ぼう。

Class _____ No. _____ Name _____

1. What is the main idea of the passage?

- (A) Toji is a summer festival in Japan. (B) On the shortest day, Japanese people enjoy yuzu baths and kabocha, and people in other countries have their own customs.
- (C) Toji is a national holiday with fireworks. (D) Yuzu baths started in Iran.

2. In Tokyo in 2026, when does the sun set on the winter solstice?

- (A) At 6:47 in the morning. (B) At 4:25 in the morning.
- (C) At 7:00 in the evening. (D) At 4:32 in the afternoon.

3. Where is the yuzu bath custom said to have started?

- (A) At public bathhouses in old Tokyo. (B) At schools in Kyoto.
- (C) At hot springs in Hokkaido. (D) At temples in China.

4. What does the passage say about eating foods with the sound n?

- (A) It is the oldest custom of Toji. (B) It started in Iran.
- (C) It is quite a new custom. (D) Only children do it.

5. In the dialogue, what did Emily think the yuzu were at first?

- (A) Oranges. (B) Lemons.
- (C) Pumpkins. (D) Apples.

True or False? 正しいければ T、ちがえば F に○

- The winter solstice is the shortest day of the year in Japan. T / F
- On Toji, people put lemons in the bath. T / F
- In Iran, families stay up late on the longest night. T / F
- The earliest sunset in Tokyo is on the winter solstice. T / F



Word Work

Words & phrases. 単語のれんしゅう。

Class _____ No. _____ Name _____

① Match the pictures and the words. 絵と単語を線で結ぼう。



● night



● sunrise



● bath



● citrus



● snow



● pumpkin

② Fill in the blanks. 語群から選んで () に入れよう。

solstice

smells

kabocha

beach

longer

cold

dark

water

ice

shorter

yuzu

The Longest Night

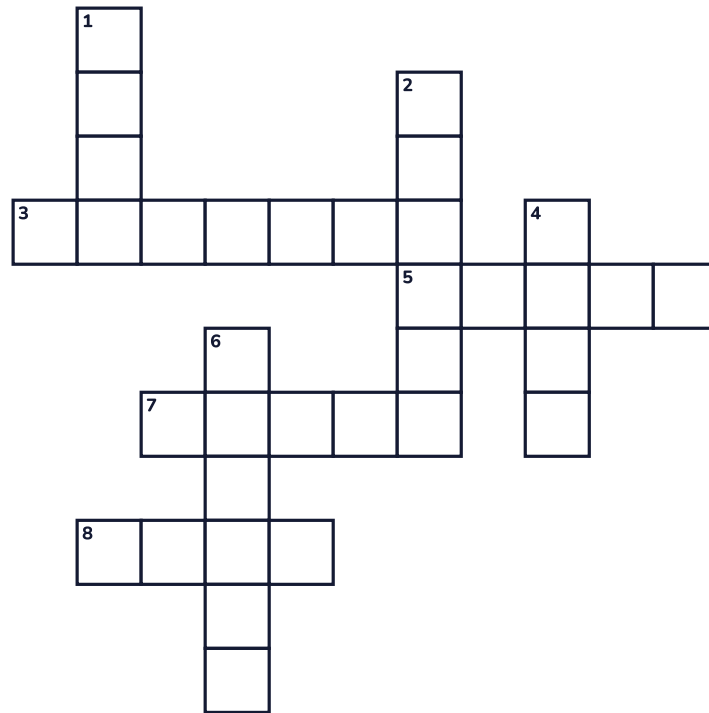
Today is the winter (1) _____. It gets (2) _____ very early. After school, Riko helps her mother cook (3) _____. At night, her father puts three yellow (4) _____ into the bath. The bathroom (5) _____ so fresh! Riko stays in the hot (6) _____ for a long time. Her mother says, "Now you won't catch a (7) _____." From tomorrow, the days will get (8) _____.



Crossword Puzzle

Read the clues and fill in the puzzle. ヒントを読んで、クロスワードを完成させよう。

Class _____ No. _____ Name _____



Across →

- 3 A big orange or green vegetable. Kabocha is one. (7)
- 5 The opposite of long. (5)
- 7 The dark time between evening and morning. (5)
- 8 You sit in hot water in this. (4)

Down ↓

- 1 A yellow citrus fruit. People put it in the bath on Toji. (4)
- 2 The time when the sun goes down. (6)
- 4 You may sneeze and cough when you have this. (4)
- 6 The cold season after autumn. (6)



Word Search

Find the hidden words. かくれた単語を探そう (→ ↓ ↘ ↗)。

Class _____ No. _____ Name _____

C	O	L	D	C	R	T	W	H	E	C	N	C
O	A	N	I	G	H	T	N	P	Y	V	Y	K
P	N	A	D	S	B	A	T	H	N	L	A	Y
K	P	A	U	H	U	K	L	O	M	T	P	P
N	I	S	W	S	B	N	T	S	T	D	U	S
L	P	H	A	B	N	D	S	A	I	O	M	R
S	H	O	R	K	P	V	T	E	U	G	P	R
C	F	R	M	A	L	R	C	T	T	M	K	C
B	C	T	O	T	E	U	S	J	O	P	I	W
C	P	R	R	T	Z	N	M	M	P	S	N	W
A	P	G	N	U	A	D	D	H	I	O	K	N
N	F	I	Y	E	B	U	M	D	Y	S	U	K
J	W	C	B	U	E	J	A	N	P	O	I	P

Find these words! 10

- ☐ BATH
- ☐ BEANS
- ☐ COLD
- ☐ NIGHT
- ☐ PUMPKIN
- ☐ SHORT
- ☐ SUNSET
- ☐ WARM
- ☐ WINTER
- ☐ YUZU

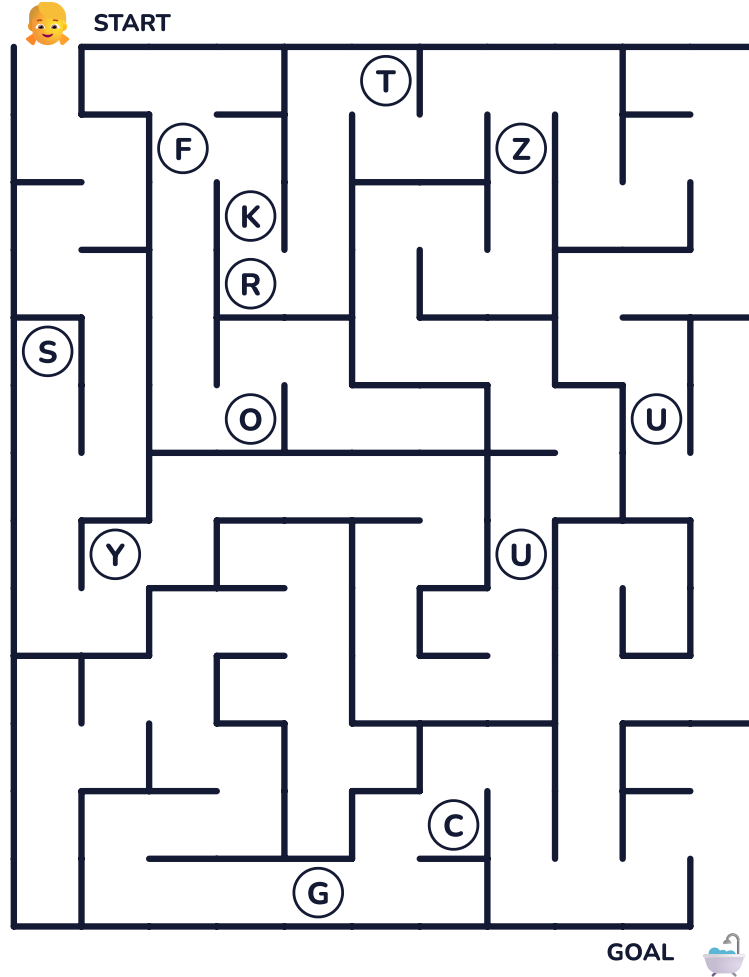


Maze & Sentences

Class _____ No. _____ Name _____

Help Riko carry the yuzu to the bath!

Collect the letters on the right path. What is the secret word? 正しい道の文字を集めると、ひみつの言葉になるよ。



Secret word: _____



Class Activity & Writing

Class _____ No. _____ Name _____

Let's Write! 英語で書いてみよう。

On the shortest day of the year, I want to _____ because _____.

To explain a yuzu bath to a friend, I would say, "_____."



Trace & Color

Trace the words. Then color the picture! なぞって書こう。絵に色を塗ろう。

Class _____ No. _____ Name _____



citrus



pumpkin



bath



sunrise



snow

Draw your Toji (Winter Solstice in Japan)! 冬至（ゆず湯とかぼちゃ）の絵を描こう。