

子どもが困難に挑むとき（英訳）

## **When a child takes on a challenge**

Human beings are by nature “challenging beings”. Even if it is hard, we are not averse to working to achieve something difficult. This is because, unlike other animals, it is an intrinsic part of the human way of life.

So, what supports us when we are trying to do something difficult? The best thing is encouragement. Even we adults like to be encouraged. It's great to have someone close to you to say “well done” when you have overcome a challenge.

Children, by nature, are very active beings who want to grow, to become bigger and to be able to do things. If you encourage them to do their best and say “well done”, they are more than willing to take on bigger and bigger challenges.

Keiko set herself the goal of finishing in the top 20 in the school (all school) marathon. The class decided that everyone should set their own goal and run as hard as they could. However, the day before the event, Keiko's confidence dropped, and she dropped her goal to the top 50. When her father heard her story that night, he encouraged her, saying: “You can lower your goal, but you still have to do your best.” You can lower your goal, but don't relax your running. Tomorrow you will run as hard as you can. It's not about in what place you finish, it's about the satisfaction of knowing that you've run as hard as you can and that's what makes you a winner.

With this encouragement in mind, Keiko ran on. The result was 10th place. She was so happy that she called her father and mother at their work. “I did my best”.

When Popeye eats spinach, he feels full of energy. In the same way, when children eat “encouragement”, they become more motivated.