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THE STUDENT OUTLOOK



THE MIDDLE SCHOOL
NEWSPAPER

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The Sound of Impact: How Music Changes People's Connection, Emotions, and Ideas

by Ai L.



Image from Canva

Music is not just sound – it's a powerful tool which allows individuals to shape how they feel, think, or connect with others. Most people commonly underestimate the true power that music holds – it elevates moods, reduces stress, improves memory, and facilitates social bonding.

First, music elevates moods and reduces stress. According to the Music Institute of Chicago, studies indicate that music boosts dopamine and serotonin production in the brain. So, that means we feel happier, more relaxed, and more motivated while listening to music. The Music Institute of Chicago also mentions that a lot of the brain pathways that process music overlap with those that process pain. This means that the same areas of our brains which help us enjoy music can also play a role in pain management. While focusing on playing an instrument or listening to music, there is not a lot of room for relaying the pain messages. Therefore, music can serve as a distraction for us, which helps to ease pain or discomfort. Furthermore, the Music Institute of Chicago explains that by listening to music, we can reduce levels of cortisol, the primary stress hormone. According to the same source, by listening to music for as short of a time as 15 minutes, anxiety levels are reduced, while relaxation is promoted.

Next, music can improve memory! According to Healthline, regular engagement with music, which can be done in ways such as learning an instrument or singing, can stimulate brain activity, and help maintain one's ability to memorize, or improve memory. This is shown in a study published by the National Library of Medicine. In the study, researchers gave people tasks which required reading and recalling short lists

of words. One group did the tasks while listening to music (specifically classical music), while the other group did the tasks with no background music. Those who listened to classical music outperformed those who did the work in silence. The source Healthline states that the same study tracked how fast people could perform simple processing tasks, which was matching numbers to geometrical shapes, and a similar beneficial effect of music was seen. In short, music does not only stimulate brain activity, but also enhances memory, proving that a simple melody can boost our mental abilities!

Finally, music can facilitate social bonding. According to Arendal, to discover new social connections, we can join or participate in musical activities, such as singing in a choir or going to a concert. The social interactions that can be discovered from these activities are great for maintaining good mental health by providing the person with support, reducing the feeling of isolation, and promoting a sense of shared experiences.

In conclusion, music is really more than just something we listen to. It can hold the power to shape things from emotions, to social connections. Shown earlier, by boosting our moods and memory, music helps us mentally while also

having a social benefit. Personally, I have found music beneficial during times I am stressed, studying, and have even made a friend with our common interest in music. The effects of music are powerful, and show how things as simple as music can make a difference in our lives.

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Mrs. Wilson: Our Next Middle School Principal

by Sophie L.



Image from Canva

As you know, we will sadly be saying goodbye to Mrs. Griffiths this year. That also means that we will be welcoming a new Middle School Principal, Mrs. Wilson. Before we jump into the new school year, I thought this would be a great opportunity to interview her so that we, students, can get to know our new principal better.

How long have you been at ISSH and what made you decide to teach here?

My first academic year was 2005, so that was 20 years ago. I decided to teach here because I had worked in Japan two times before, and each time left Japan to go somewhere else. I just loved Japan so much that when this opportunity came up I thought it was a great idea to return.

When did you realize that being the Middle School Principal was something you wanted to do?

I didn't even think about it until Mrs. Griffiths told me that she was going to take early retirement. Even then, I didn't even seriously think about it until a couple of people started suggesting that it might be a good thing for me to try.

What was your initial reaction when you found out you were going to be the next principal?

Excitement and then apprehension. I was wondering whether or not I would do a good job. I think it's a really difficult job and Mrs. Griffiths put so many hours into it, doing so many different things, and she's been such an excellent principal. So, I was wondering if I would be able to be as good as she has been.

How does it feel to be neighbors with the Griffiths'?

To be perfectly honest, before I moved here, the school

wrote to me and said “We’ve got this place for you to live in and it's fantastic and you’ll be living next to another Australian family.” I thought, well that's not really why I’m in Japan. I don’t need to live next to another Australian family, so I was a little bit concerned. However, we just have a really good relationship as neighbors. It is not like we are at each other's houses all the time, but if we need help or we just want to have a chat we are there for each other.

Do you think your close relationship with Mrs. Griffiths will make the transition from teacher to principal easier for you?

I think so because we know each other well and I have watched the sorts of things that she has been doing. Even though I know it's going to be really difficult, I think it will be easier for me compared to someone coming from a different school.

Did you receive any advice from Mrs. Griffiths?

Yes, we have meetings where we sit down and she tells me what things I am going to do and different things I need to think about.

What is your goal as a soon-to-be Middle School principal?

My main goal is to make sure that Middle School is a place where everyone feels comfortable. I want to make it a place everyone wants to come to because they have good friends

and teachers who care about them, and they are interested in trying new activities. That's not to say that this doesn't happen now. I just want to make sure that that continues.

Do you have any final messages for the students?

I want the students to know that I am very excited to be working with them next year. So far I've been very lucky to work very closely with a small number of students, but now I'm going to be working with a much larger group of students, which is exciting.

Thank you very much to Mrs. Wilson for letting me interview her and giving us the chance to get to know her a little better. As we near the end of the 2024-2025 school year, despite saying goodbye to a lot of amazing teachers, we should look forward to our next school year as we will be welcoming many new people. Mrs. Wilson is someone we have probably seen around, but I hope that now you know her a little better and look forward to seeing her in the position of Middle School Principal. Many of us students know that she will do a splendid job, and we cannot wait to see what she has in store for us!

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Hidden Places in Tokyo

by Maki S

Have you ever wondered what else is there to do in Tokyo other than eating sushi or going to Harajuku? Being a person who has lived in Tokyo for their entire lives, I have had that same question for a long time. So, I decided to compile all the places and things that I think are really underrated, and are sometimes even better than the places that everyone knows about. So, let's make our way towards some of the hidden places in Tokyo!

Places That I Have Been

1. Tsukiji Fish Market



I know that sushi is definitely a dish cherished by both foreigners and locals. However, at the Tsukiji Fish Market there aren't just selling sushi, but they're selling a multitude

of different fish for anyone to try. When I first heard of the Tsukiji Fish Market, I thought of it more like a supermarket where you could buy fish to bring home. What I didn't realize was that, the Tsukiji Fish Market was a place where they had restaurants that included sushi or unagi (eel), and you could even 食べ歩き (tabe-aruki: walk and eat), to use a Japanese phrase. Even though the first time I went there it was raining, walking through the fish market made me feel very much more involved in the local side of Japan, and made me drool at the smells of the different fish, especially the ones that were being cooked. This was definitely a 10/10 experience for me, and I would recommend it to anyone, especially non-locals, to come to this place which definitely isn't fishy!

2. Jingu Stadium (Meiji Jingu Gaien)



According to the official website called meijijingugaien.jp/english/, the stadium is the home field of the baseball team Yakult Swallows. However, what the website doesn't talk about is how thrilling the whole

experience is to the audience, and you don't have to be a baseball fan to be entertained. From my experience of seeing baseball for the first time, I feel like the crowd cheering for the Yakult Swallows and the opposing team is just so hyped up, that it makes you sit on the edge of your seat, and also makes you want to jump up and down. Not only that, but when the Swallows score a home run, everyone raises all their small, colorful umbrellas up and down, creating this wave of rainbows that is just so delightful to see. Even though I have never tried eating at the stadium before, I think being able to buy drinks and food such as hot dogs would make this experience both a delicious and fun experience for anyone, including those who might be new to watching baseball. I feel that this experience is definitely a must-go place, especially at night when you can get to see the fireworks!

3. Roppongi Hills Observation Deck



If you want to be able to see Tokyo through a broader view, I definitely recommend Roppongi Hills Observation Deck.

This photo does not do it justice, but from this window I was amazed at the view in front of me, and I was surprised at how huge Tokyo really was! I could see Tokyo Tower and could even see our school from this observation deck! I was able to see how beautiful Tokyo was on that particular day with the sun out in front of me. It is also quite high up, going up to the 52nd floor on the elevator, but even one of my family members who is scared of heights was not scared because of how safe the observation deck was. So, if you want to experience more of the view of the city of Tokyo, buy your tickets to go to this observation deck!

Places That I Have Not Been

1. 2D Cafe in Shin Okubo



While I was doing research for places that are hidden in Tokyo, I came across the 2D Cafe, and when I saw the pictures I was immediately interested in going there. This place isn't just a normal cafe, but everything including the

decor and food looks like a two-dimensional drawing. Because I have never been here before I can't say much about the environment of the cafe, or the quality of the food. Even the comments on [tripadvisor.com](https://www.tripadvisor.com) make it hard to determine anything, as they vary, some saying positive things and others saying negative things. However, what they all say is that one way or another they wanted to go to the 2D cafe, after hearing about it either through social media or through people they know. I definitely hope that one day I can make my way through the doors of the 2D cafe.

2. Nezu Shrine



I don't really know if this is a hidden gem in Japan, but living in Japan for my whole life, I had never heard of this place and it doesn't come to my mind as a place that most tourists visit. Seeing this picture, I can definitely tell that if you like nature this is a place to visit! I also think that by visiting this shrine, you can really experience the culture and history of Japan through the architecture much more than seeing Tokyo

Tower or Tokyo Skytree. According to japanexperience.com, it is one of the oldest shrines of Japan, and it uses an Edo Period shrine construction. I also think that by walking through the torii, you can definitely take some Instagram-worthy photos as memories. If it were me, I would make sure to make the time to walk through this historically beautiful shrine!

Tokyo is full of amazing places, some which are popular, but some which are unknown to many. I think that some of you may have places that you consider hidden within Tokyo. However, I hope that by reading my article, you were able to find some new places that you are interested in going to during the weekend, with your family and friends or even by yourself!

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The Influences of Music Socially and Mentally

by Arianna M.

For thousands of years, music has effortlessly made its way into becoming a fundamental part of our lives, contributing to society in countless ways and continuing to influence us to this day.

How can something so simple – such as a melody composed of a few notes – bring people closely together, improve our memory, and in some cases, even help soothe mental ailments?

What does music exactly offer to listeners?

Believe it or not, these listed options only brush the surface of the countless benefits of both playing and listening to music. In this article, we are going to explore the many ways in which music has allowed society many advantages emotionally, socially, and mentally!

To begin, let's break down the **four MAIN elements of music** according to Essential Elements of Music : Britannica:

Tempo – This determines the entire pace of the entire piece, strongly affecting the mood and energy of the entire song. The tempo is flexible, and it (or the beat, in simpler terms) may change dramatically depending on the song's genre.

Melody – Often perceived as the most significant element of music, the melody is a succession of notes arranged in alternated pitches and rhythms to compose the base of the entire song, intended to evoke different sensations and emotions for the listeners. Typically, a song is based around a sequence of only a few notes mixed together in a diverse, rhythmic pattern, which is why you are able to easily recognize a song after hearing a few notes composing its main melody.

Rhythm – The “engine” of the song, the rhythm performs alongside the melody as it drives the song, consisting of different divided beats lining up perfectly with the melody and tempo. Although created by all different types of instruments, drums and other percussion instruments are important in managing the rhythm in a typical song.


Dynamics – Also known as the “volume” of music, dynamics play a significant role in any piece as it adds to the emotional intensity of a song and can help shape the emotions of the audience.

Firstly, how does music benefit our mental health?

As the constant struggles and worries of our lives can often completely take up emotions, it is imperative to find remedies for constant stress and demanding responsibilities that get in the way of life. Luckily, music is a very important factor in relieving the stresses of these issues, which in some cases may tend to viciously pile up and deteriorate one’s mental health if not given the chance to decompress.

According to *Releasing Stress Through Music*, listening to music is extremely beneficial for these main reasons:

- Relieving stress and anxiety
- Helping to maintain optimism
- Easing the mind
- Relaxation
- Helping with poor sleep quality
- Relieving certain mental disorders
- & much more...



Fun fact: Your taste in music is significant in how particular types of music influence your mood. (According to: How does music make you feel? | BPS)

Nowadays, it is not difficult to assume that specific tempos of music ALWAYS result in the same fixed moods – such as that slower paced music ALWAYS results in calmer, relaxed moods, or that fast paced music ALWAYS results in more frenzied, energetic moods.

In simpler terms, different types of music may provide diverse responses from a variety of different people. Consider music taste – some may enjoy heavy metal, while others may enjoy classical music. Listening to your favorite song is the best remedy for stress and a harsh mood. Those who enjoy heavy metal may feel less stressed when they listen to Slipknot or Korn despite their reputation for harsh, vigorous tunes. Likewise, those who delight themselves in more traditional forms of music may encounter the same ease when they listen to Beethoven or Mozart. One's taste of music does indeed highly influence their reaction towards a certain song – and of course all music tastes differing per person determines different outcomes/emotions from different audiences.

Therefore, if you are feeling stressed, worried, anxious, or

upset – the best remedy for gloominess is simple as this: listening to your favorite music.

Secondly, what is the influence of music on society as a whole? (Based on my own personal experiences)

Although it may initially not seem so, music tends to have a very significant effect on people socially.

From artists creating and sharing music amongst each other to performers on stage singing and connecting with their audience – music plays a large role in bringing groups of people together, making them feel both connected and not alone. Here are some of my personal experiences and ideas about this.

Instances of this include:

- Different groups of people – divided by age, race, gender, etc. – connected through music which can even encourage groups of people worlds apart to come together through a common taste in music.
- Artists collaborating to create new pieces of music together may also lead to one's individual audience to get to know the other and connect with each other.
- A music artist performing at their concert and interacting with their audience.

- Making new friends through sharing the same taste of music or liking for a certain artist
- Traditional music from a certain nation or society (national anthems, historical music..) bringing groups of people sharing the same culture together even if they are unknown to each other – united by the same familiar tunes.

To finish, here are some more **fun facts about music!** (According to: Interesting Facts about Music 2024):

- Music greatly enhances productivity and focus
- Heartbeats actually tend to sync with the beat of music
- Music may alter perception, changing how you view the world as you age
- Music helps plants grow, and so is suitable for gardening
- Music aids memory recovery – specifically patients suffering from dementia
- Babies respond to music in the womb
- Music helps people to express their emotions as some find more difficult to do so than others

These just create the tip of the iceberg about how much music always finds its way into positively shaping, and contributing to our ways of life within ourselves and with other people. With its diverse ways, I believe music will

forever continue to influence humanity and society endlessly as it continues to transform itself and evolve.

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Middle School Reflections

by Maya F.



Image from Canva

As this year is coming to an end students are looking back on fun memories of this year and forward on what the next year holds for them. Yuma A. (8th grade) Tiana K. (7th grade), Lily I. (6th grade), and Anne O. (5th grade) answered some questions about their favorite parts of the year, what challenges they had, and how they overcame them.

Maya: “What has been your favorite memory from this year?”

Yuma: “Excursions definitely. We went to Norikura. I had so much fun hanging out with my friends, making new memories, and hiking.

Tiana: “My favorite part of 7th grade was during excursions. We were all able to connect and have fun! We also made a lot of funny memories at the buffet like eating too much crab.”

Lily: “My favorite part is definitely how nice everyone is and how much more freedom you get as you get older and to a higher grade in middle school.”

Ann: “I really enjoyed all the time that I got to spend hanging out and talking with my friends.”

Maya: “What is something that you didn't expect and found hard?”

Yuma: “I didn't expect how much work we would have and I found it hard to keep up with it.”

Tiana: “In the beginning of the year, I did not expect Math to be really hard. I was not able to understand most of the questions.”

Lily: “I found some of the homework and tests pretty hard”

Ann: “I found some of the classes like Art kind of hard.”

Maya: “**How did you overcome this challenge?**”

Yuma: “I made sure to listen in class, take lots of notes, and ask questions when I didn't understand or wanted to confirm something.”

Tiana: “I learned to ask more questions and study more.”

Lily: “I got help from my friends and family when I was unsure or needed help studying.”

Ann: “I am still struggling with it a bit, but I make sure to check in with teachers and classmates when I need help.”

Maya: **What advice do you have for the upcoming grade?**

Yuma: “Don't procrastinate, and study ahead of time. Make sure that you feel confident about the work you put in. Also don't be scared: yes there is a lot of work but also make sure you have fun and enjoy your last year of middle school.”

Tiana: “Yes, There will be a lot of stress with sports and exams but make sure to also take time for yourself and to relax.”

Lily: “Don’t be scared, you will have lots of fun and don’t be afraid to ask for help. Everyone is very nice.”

Ann: “Don't look at the clock during class, and just enjoy the moment.”

The 2024-2025 year has had its challenges and next year will probably too, but we all had to remember that we can overcome it and to also have fun. Thank you to Yuma, Tiana, Lily, and Ann for answering my questions!

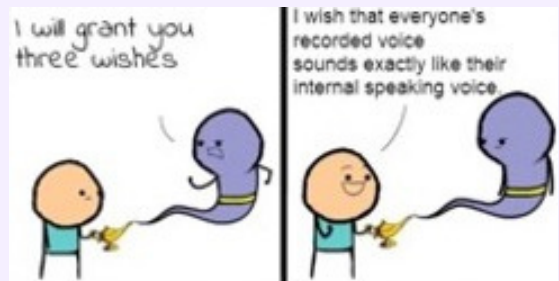
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10 FUN Facts

by Kaeli S.

At the beginning, I had a lack of inspiration for this article, so I started by searching up interesting ideas to write about. Before long, I found myself looking at trivia questions and fun facts, so here are 10 of the best fun facts I could find. Enjoy!

1. Have you ever recorded your own voice and felt like it's cringy or annoying? According to BBC Science Focus, our voices sound deeper to us than to others because of the vibrations traveling through the bones in our head. So, the way we hear our voices when we talk is different than how everyone else hears our voices.



https://www.reddit.com/r/memes/comments/o05fzq/listening_to_a_recording_of_your_own_voice_is_the/

2. Did you know that different animals perceive time differently? BBC Science Focus states that how you feel the flowing of time depends on how fast your brain can process what is happening around you, so smaller animals might feel



<https://www.sciencefocus.com/science/animal-time-perception>.

time passing more slowly. While that may seem like a drawback, it may actually be advantageous. The way that annoying bugs can dodge so fast may be because they see it happening more slowly.

3. Do you think that yo-yoing in space would work? The answer is...yes! BBC states that yo-yos use momentum to work, so yo-yos do work in space. A NASA astronaut named Don Pettit actually did bring a yo-yo to space before and did tricks with it.



<https://doctorpopular.com/what-yo-yos-did-don-pettit-bring-to-space/>.

4. Although mirrors may seemingly produce infinite reflections, they can actually only make a few hundred, according to BBC. Because mirrors take in a part of the light energy that hits them, each reflection will become darker and darker.



<https://www.smorescience.com/how-do-mirrors-create-the-infinity-effect/>.

5. Have you ever noticed that you remember your dreams more when you aren't sleeping in your own bed? That definitely happens to me, and I used to wonder why until I kept scrolling on BBC. One of their 101 fun facts is that you will remember your dreams better when you sleep worse.



[https://www.sciencefocus.com/science/animal-time-perception.](https://www.sciencefocus.com/science/animal-time-perception)

You can remember a dream more vividly when you are woken up during one, so if you wake up a lot at night, you can probably recall your dreams better.

6. How many times do you think you could fold an A4 paper? 10? 20? The answer is actually 8. BBC Science Focus writes that it is impossible to fold a sheet of A4 paper more than 8 times because it becomes too thick and small.



[https://www.smorescience.com/how-do-mirrors-create-the-infinity-effect/.](https://www.smorescience.com/how-do-mirrors-create-the-infinity-effect/)

7. Pine cones can do more than being used for mulch. BBC says that if you ever see a pine cone that is closed, it means that it's humid outside.



[https://biology.stackexchange.com/questions/17079/how-does-a-pine-cone-open.](https://biology.stackexchange.com/questions/17079/how-does-a-pine-cone-open)

Humidity is the amount of water vapor in the air, so a high level of humidity might mean that rain is coming.

8. When you were younger, did you ever ride escalators for fun? According to National Geographic, they were built to be that way. The first escalator was built as a ride on Coney Island, New York City.



<https://dispatch.purplehorizons.io/p/tech-time-capsule-escalator>.

9. According to NASA Science, Pluto, now recognized as a dwarf planet, was actually named by an eleven-year-old. The eleven-year-old, named Venetia Burney, came up with the name Pluto because Pluto is the Roman god of the underworld. She thought of the dwarf planet as distant and dark, so she thought of the underworld.



<https://www.thevintagenews.com/2018/05/15/pluto/>

10. What are individual pieces of Kit Kats called? You might think, 'Oh, they're just called pieces, right?' Actually,



<https://www.kitkat.com/>.

Allrecipies states that they are actually called 'fingers'. I don't know about you, but I think I'll stick with calling them pieces...

As fun as this has been, it's time for this article to finish up. I hope that you had fun learning random fun facts and learned something new!

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Types of Music to Listen to When Studying

by Marie F.

Have you ever felt unmotivated or unfocused when you study? Or have you ever felt so much anxiety that it was hard to make progress on your task? I have. So, I decided to research types of music that could motivate us to study. When you finish reading this article, I hope you will know what kind of music suits you.

Best Choice: Classical Music

Classical music is often seen as boring, and whenever I tell someone that I'm going to a classical music concert, they often say they would fall asleep if they went. However, it is proven to be effective according to studies by multiple researchers, such as Fastweb. It is proven to be effective as it is said to lower the heart pressure the most compared to other genres of music. The lower heart pressure proves that people are calmer when listening to classical music. Being calmer would allow us to focus on studying, and be more relaxed when studying. In addition, classical music is also said to be effective when sleeping as well, allowing students to do well on tests the next day. For instance, a study from Baylor

University introduced in Scribe had students listen to a Math lecture for 15 minutes and had half of the students listen to classical music while sleeping. The research proved that the students who listened to classical music did better on the quiz they received the next day. For these reasons, classical music offers concentration when studying, because it can make us calmer and sleep better.

Some examples of composers of classical music are Mozart, Beethoven, Chopin, Bach (Baroque), and Vivaldi. People who like calmer classical music would enjoy Mozart and his angelic music. My personal favorite from Mozart is "No 1 in D Major K 285 2 Adagio," a flute solo with string quartets. People who enjoy more lively music would enjoy Vivaldi, and Beethoven. My favorite from this category would be "Spring, Op No 1 in E Major." It is a classic and in my opinion it never gets old. It also keeps me awake when studying.



https://en.wikipedia.org/wiki/Antonio_Vivaldi



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https://en.wikipedia.org/wiki/Beethoven_with_the_Manuscript_of_the_Missa_Solemnis

Lo-Fi Music

Lo-Fi Music is short for Low Fidelity, and is well known for study playlists and its great tempo that is motivating when working. Lo-Fi generally is a mix of different genres such as Jazz and Hip Hop, and is heavily influenced by 1990s Hip Hop and Boom Bap. This type of music is also said to be very effective when studying, but I like to listen to it when studying English. According to Vaughn College, Lo-Fi with the perfect tempo has a calming effect in people, boosting concentration. In addition, as there are no lyrics, there are no distractions; therefore, it allows for good concentration and comprehension when reading. There are many playlists on YouTube and Spotify, so I think that it is an option to consider when studying.

Pop, Country, Musicals, Rock

Although songs with lyrics such as Pop, Country, Musicals, Rock, K-pop, and other genres are said to be disruptive when studying, it can boost your motivation when doing repetitive work, and can also reduce stress. I have personally found filling out the Kanji notebook way more enjoyable when listening to Taylor Swift and Disney songs. Although they both have lyrics in them, I was still able to focus. According to a study in 2013, there was an experiment where some people listened to music, and some didn't. This study on Healthline proves that listening to music was effective in making us get

in a better mood and reducing stress. In addition, a study from 2016 shows that music activates a reward center that increases motivation. For these reasons, songs with lyrics could really reduce stress, and it can motivate us to study if we are doing a repetitive task. However, there are no studies dedicated to songs with lyrics therefore, I strongly suggest that you don't listen to music with lyrics if you are studying something that requires memorization, thinking, or if you find it hard to study when there are lyrics. The music will only distract us, and it will make it hard to get our work done.

Jazz

Jazz will always be known as entertaining music with drums, trumpet, saxophone, with bouncy, swinging beats. According to MFSwordsworth, Jazz is a great choice of music when studying for its improvisational nature. Jazz allows the musician to play with the music and create variations and flow of the music as the music progresses, making it more interesting for the person listening to it. For this reason, it is not repetitive like the other genres of music and is not



<https://www.concertzender.nl/miles-davis-retrospective-1/>

monotonous. Jazz is also very energized and entertaining, as I said before, and does not distract us because it is instrumental (excluding Jazz music with lyrics). Therefore, I think that Jazz is another type of music that could help us study, for its uniqueness and originality.

Some examples of iconic performers in Jazz are Miles Davis with his song "Blue and Green" and Manny Kurtz with "In a Sentimental Mood," and Dave Brubeck with "I'm in a Dancing Mood" – which is my personal favorite.

In conclusion, classical music is my all-time favorite genre to listen to when studying, while jazz is a unique genre that entertains us, Lo-Fi is calming, and songs with lyrics are good when doing repetitive tasks. I hope that listening to music will motivate you to study in a more fun and enjoyable way. Let's work hard towards our finals and ace the exam!

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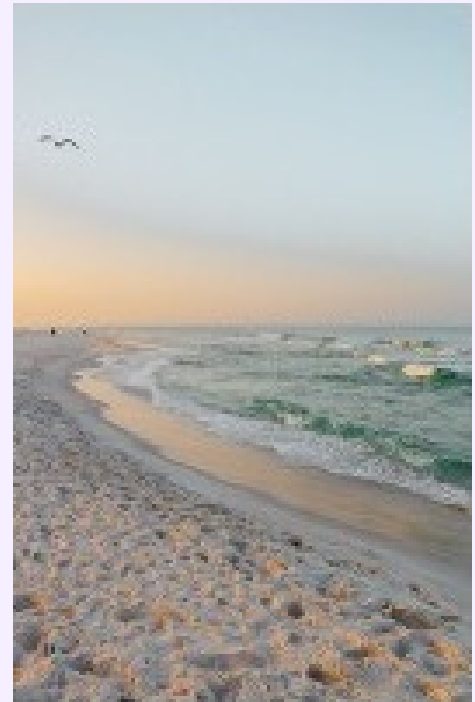
Top 50 Things To Do in The Summer

by Yuma A., Ruowei L., and Suhani J.

When you're bored and don't feel like you have anything you can do, do you ever want to look at a list of things to do? This list has 50 things you can do any time over the summer that are enjoyable and easy to do. Over the summer, try taking a look at this list to make your summer the most memorable one ever!

1. The Beach

If you think of summer, the beach is one of the main things that comes to people's minds. Going to the beach is a great way to calm yourself down by getting fresh air and listening to the sound of the waves. It is also a relaxing place to spend time with your friends and family. Yuigahama and Shichirigahama Beaches, both in Kamakura City, Kanagawa Prefecture, are great beaches for you to visit!



2. Pool

This is a relatively easier option if you do not want to deal with the hot summer sun, and want to go swimming in a closer location. There are several great public swimming pools in Tokyo, and this is a great way to refresh yourself



3. Books

Read new books and try out new genres that you've never tried out

- Realistic Fiction
 - The Outsiders by S.E. Hinton
 - Wonder by R.J. Palacio
 - The Boy in the Striped Pajamas by John Boyne
- Mystery
 - Book Scavenger by Jennifer Chambliss Bertman
 - Framed by Jim McCloskey and John Grisman
 - The Parker Inheritance by Varian Johnson
 - The Liars Society by Alyson Gerber
- Horror
 - Hide and Seeker by Daka Hermon
- Science fiction
 - Fahrenheit 451 by Ray Bradbury
 - The Martian by Andy Weir
 - Matched by Ally Condie

- Romance
 - Stargirl by Jerry Spinelli
 - Never Evers by Lucy Ivison and Tom Ellen
 - The Secret Garden by Frances Hodgson Burnett

4. Extracurriculars

Try new extracurricular activities to enjoy your summer break! Having new extracurriculars like learning a new instrument, crocheting, or a sport would also give you a chance to discover yourself and figure out what you like.



5. Friends

If you wish to spend more time with your friends, as you do not get to meet them as often in the summer, plan a fun hangout with them! Some places you can go with your friends are amusement parks such as Tokyo Dome and Tokyo Disneyland or DisneySea, Shibuya/Harajuku for shopping, and Spocha (an indoor sports and amusement complex).



6. Family

Spend some time with your family. You can play sports or play instruments with them, or it can be as simple as just going out with your parents to the park or the grocery store. During the summer break, spend time with your family as you may have fewer chances to be with them while at school.



7. New Cafes

There are quite a lot of beautiful cafes in Tokyo that aren't talked about enough that you should visit. Some of them include:

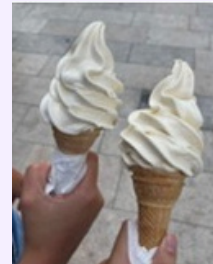
- The 2D cafe in Hyakunincho
- I'm donut? In Nakameguro, Omotesando, and Shibuya



8. Ice Cream

Who would not want to eat some ice cream on a hot Japanese summer day? In the summer, convenience stores and supermarkets come out with cool new flavors or ice creams that you can try out. You can also use the ice cream you bought to make gorgeous plates of dessert, such as an ice cream sundae with your favorite toppings, waffles

covered with scoops of ice cream, or an ice cream sandwich! You can even try finding new ice cream shops that you have never tried before! Those ice cream shops could become your new favorite go-to ice cream place.



9. Volunteer

What about spending some of your summer time for an important cause? There are plenty of great organizations that you can volunteer for, like HandsOn Tokyo, or maybe even volunteer to babysit your baby neighbor.



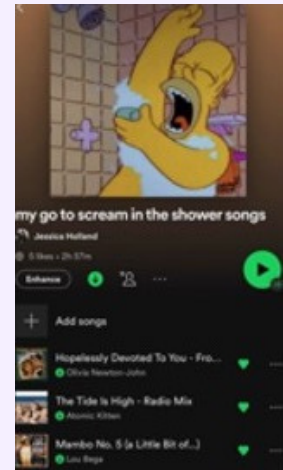
10. Summer Camps or Programs

This option may require planning ahead of time, but why not going to a summer camp so you can make new friends outside of school? There are a variety of amazing summer camps that you can participate in, and it is guaranteed that you will have many memorable experiences.



11. New Playlist

If you love listening to music, this option is for you! You can try listening to different songs by artists you have never listened to, or choose your favorite songs, and make a playlist with these selections of songs.



12. Paint

Painting is a great activity to do on your own and with your friends and family. Some great ways to paint are:

- Painting while listening to your favorite music/playlist. You can use the new playlist you have made.
- Painting at the beach. The beach is a nice place to paint because you can paint while soothing yourself to the summer wind and the sound of ocean waves.

Paint things that you are passionate about, nature, such as the ocean and trees.



13. Shopping

If you are hoping to get clothes, decor, stationery, etc., go to the mall! Some great malls you can visit, especially over the summer when it is hot, are Toyosu Lalaport and Odaiba Divercity.



14. DIY Summer Crafts

Making DIY summer crafts is a fun activity to do with your friends, and it is a great way to create some memories and to feel an everlasting friendship! You can make crafts such as matching seashell necklaces or bracelets, beaded sunglasses, matching summer keychains, and matching ocean bottles.



15. Bake

Do you like eating delicious sweet treats? If you do, try baking at home! There are a variety of these delicious treat recipes on the internet, like chocolate chip cookies, and muffins! Here are some of the delicious recipes: [Chocolate Chip Cookies](#), [Muffins](#).



16. Work Out

If you want to feel healthy and get some exercise over the summer, try this!

- Heel touches
- Leg raises
- Prank
- Mountain climbers
- Crunches
- Russian Twists

Good hygiene

Healthy food

- Protein
- Healthy fat

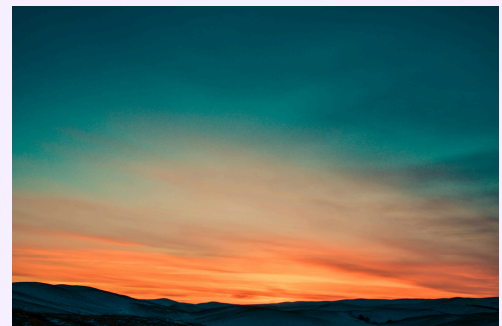
Don't push yourself too hard.

REMEMBER TO LOVE YOURSELF!



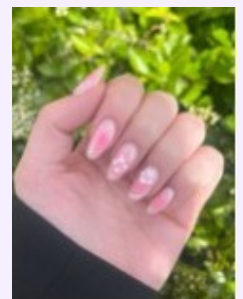
17. Sunset/Sunrise Pictures

Take those summer sunset pictures you saw all over your Instagram feed.



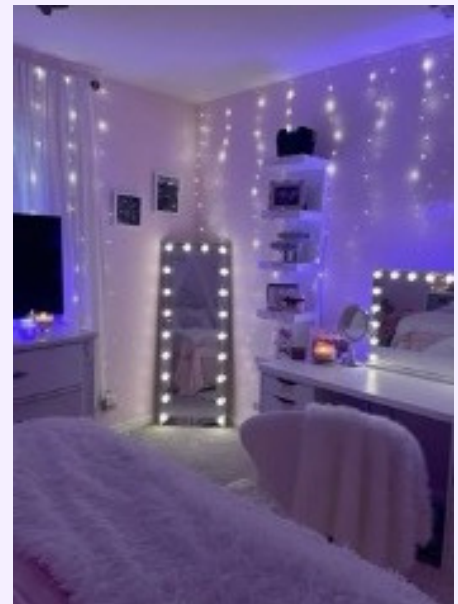
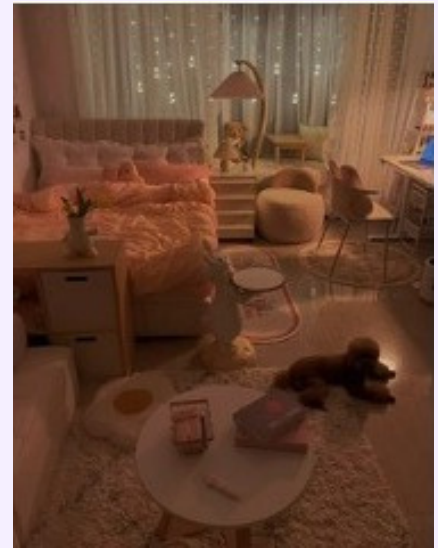
18. Summer Glow-Up

If you want to feel fresh for your new school year, some suggestions are to do your nails, get your lashes done, try out a new makeup routine, and sleep well and eat a healthy diet!



19. Reorganize or Clean Your Room

Check your room and reflect. Do you have some difficulties with walking inside your room, and is it because there are some random things scattered on the floor? Do you have some difficulties trying to find a specific item? Is your closet and desk messy? Messy rooms can be distracting and frustrating. So why not clean and reorganize your room? You can start by sorting out things and organizing them into shelves. If you find items that you don't need anymore, instead of throwing them out, try to pass them on to your relatives or neighbors, sell them, or recycle them! You can also change the way your furniture is laid out, and you can maybe buy room decorations that match the aesthetic you are aiming for. This option is a great idea to do during the summer because you might not have enough time during school, and it can be a fresh way to start your next school year!



20. Run

We all know Japan is an amazing place to go for a morning run, so go for a peaceful morning run while watching the beautiful sunrise.



21. A New Haircut

Do you ever feel like you want to change the style or length of your hair? If you ever think so, try booking a hair salon appointment to get a new haircut. Getting a new haircut can help you explore your style more and give you a new, fresh look!



22. New Make-Up Look

Sometimes, doing the same makeup look all the time can become boring. So, spend time during the summer to discover new makeup looks and find out your preferences. But don't forget to cleanse your makeup off after wearing some makeup to maintain your skin!



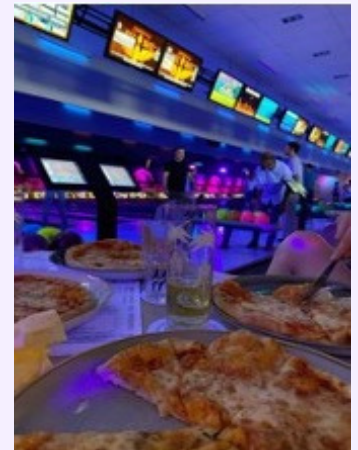
23. Cycling

Cycling is an amazing way to enjoy the lovely, cool breeze in the warm weather. You can bike alone around your neighborhood or bike along with your friends near peaceful rivers like the Kanda River.



24. Bowling

Bowling is super fun as you get to hang out and interact with your family and friends. It doesn't matter if you're a beginner or if you've been playing for a very long time; bowling is always relaxing and fun with your friends and family. You can get a few drinks or snacks while bowling to make it even more fun.



25. Waterparks

Waterparks are especially fun in the summer as they help you cool off from the extreme heat. Splashing in water, going down water slides, and floating in the water are the perfect things to do in the summer heat. Some amazing waterparks that you can visit with your friends are Summerland, Yomiuriland, and Kawagoe Aquatic Park.



26. Pool Party

If you want to swim, eat, play games, and have lots and lots of fun all at the same time, (and have a pool at home,) host a pool party at your house! Bring lots of pool toys and rafts, take lots of pictures, and have lots of fun with your friends! You can enjoy the pool party at any time of the day, as during the day you can enjoy swimming and splashing around in the sun, while at night, you can light up illuminating balloons and enjoy feeling the dark neon lights!



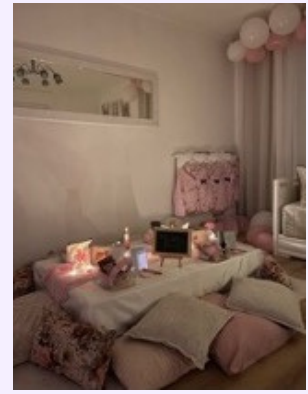
27. Snacks from Around the World

A fun thing to do is to try out different sweets and snacks from different countries around the world. Who knows? They might even become your favorite snacks. You can find different traditional snacks on Amazon or other online shopping platforms, or National Azabu.



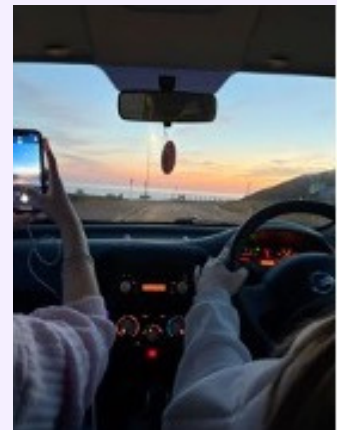
28. Sleepover

Try hosting a sleepover over the summer and invite your friends! Fun events to do during sleepovers are cooking, watching movies, truth or dare, and making a fort.



29. A Drive

If your parents or siblings have a driving license and are willing to drive for you, go for a drive and enjoy the beautiful scenery of your preference.



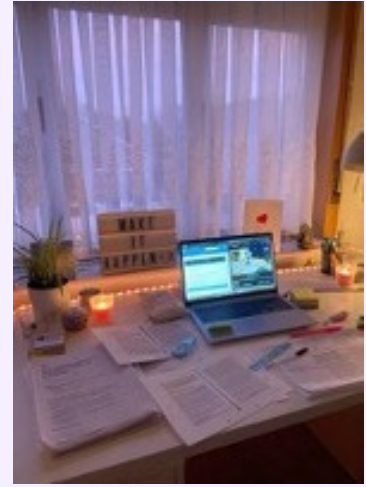
30. Road Trip

Ask your parents or siblings with a driving license if they would take you on a road trip! While on the road trip, you can visit famous sites and landmarks and make many memories.



31. Research

Do you have a topic of your interest that you have been interested in but cannot find a good time to look into it during school? If so, summer break would be the best time to research topics that you are interested in. You can visit your local library and try to find good sources, or simply stay home and do the research on your computer, and make posters or scrapbooks about your topic.



32. Articles

Writing articles is a good way to display your research abilities. They also let you show off your English writing skills. Articles don't always have to be educational; they could also be fun, like this article. There are a lot of different online platforms that allow you to post articles for free, even if you're just a beginner. Just be very careful about giving credit to your sources, and which audience can see your online article.



33. Summer Diary/Scrapbook

An iconic thing to do in the summer is to record your memories by writing them down in a diary. You can include things you did by yourself or things you did with others that you either enjoyed or didn't enjoy as much. Another idea is to make a combined summer diary with your friends.



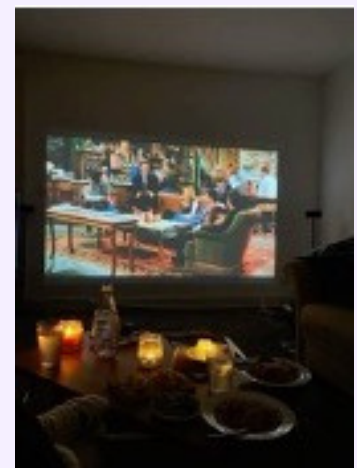
34. Summer Memories Box

You can also record your memories by collecting little souvenirs of where you went or what you did in the summer. These could be movie tickets, amusement park tickets, Photoism pictures or other things that might be important to you.



35. Movies

We can learn so much from movies without even realizing it. So why not watch movies in our cozy homes? Great sites to watch movies are Netflix, Prime Video, and Disney+.



36. Go-Karting

If you want to make memorable summer memories with others, try go-karting at Spo-cha. Harbor circuit at AEON Mall, Kisazaru, or the Makuhari Shintoshin track are also good places to



37. Workshops

Workshops are a perfect way to stay active during the summer.

Workshops allow you to try out new things that you haven't before and also sometimes help make new friends. A few workshop ideas are:

- Art workshops
- Dance workshop
- Cooking workshops
- Acting workshops



38. Roller Skate

Roller Skating is extremely fun, even if you're just a beginner. You can go and have fun roller skating with your friends or family at places like Spo-cha, Azabu Kids to Teens Hall.



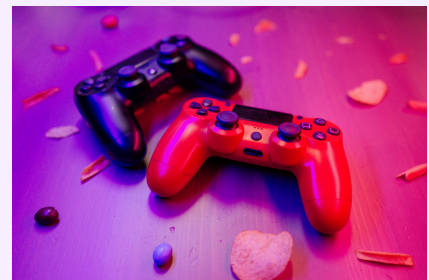
39. Hiking

You may feel the need to go to cooler areas like the mountains, especially in the hot Tokyo summer, so go hiking with your friends or family at mountains like Mt. Takao.



40. New Games

If you are a passionate gamer or a person who would like to play games in general, don't hesitate to try some new games you find! It is a fun way to spend quality time on your own, and it will also be a great opportunity to create a stronger bond with your best friends and your family!



41. Cooking

Cooking in the summer can be extremely fun, whether it's something easy to make, like macaroni and cheese, or something a bit more complicated to make, like dumplings. You can try out different kinds of foods by watching recipes on YouTube or TikTok.



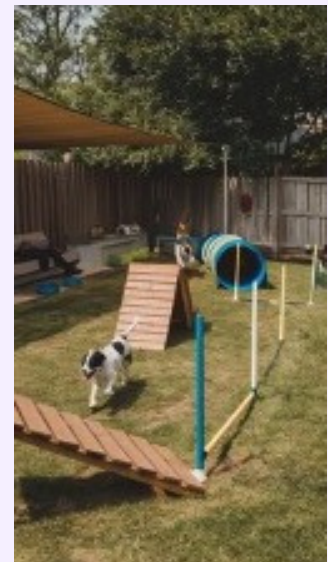
42. Pet Cafes

Pet cafes in Tokyo have gotten very popular recently. Hang out with small and cute pets while you drink a cup of coffee or have a sweet treat. There are pet cafes based on dogs, cats, pigs, rabbits, hedgehogs, and a whole bunch of other types of pets.



43. Dog Run

There are many places in Tokyo, like the Yoyogi dog run, where you can take your dog and spend some quality time with them. By going to the dog run, you are also able to make friends with other dog owners while your dog makes friends with other dogs, too.



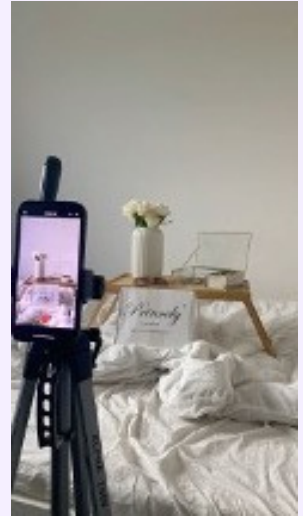
44. Thrifting

When thrifting, you can sometimes find some hidden gems! Thrifting is an amazing way to help the environment and buy clothes on a budget. Some amazing places to thrift are Shimokitazawa and Harajuku.



45. YouTube Channel

If you are interested in content creation, start off by making a YouTube channel, showcasing your interests and talents. But, make sure that you do not share any personal information like your full name, address, and age. It's also good to be very aware of who your audience is going to be.



46. New Boards on Pinterest

If you want to find some inspiration, Pinterest is the perfect platform to go to! You can create numerous boards of your wishlist, dream room, outfits, etc., which can act like a vision board, and you can plan out your dreams and then make them come true!



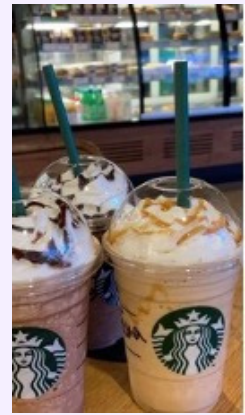
47. A New Instrument

Instruments can be a great way of keeping your holidays interesting. You can try to learn different types of instruments by getting lessons. A few instruments that you can learn are the piano, the flute, the guitar, the violin, and the harp.



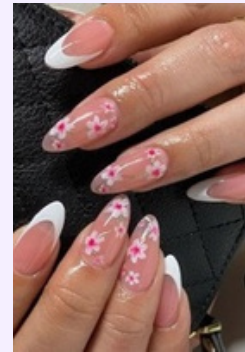
48. A New Drink at Starbucks

Starbucks has many amazing drinks to try out on its menu. Especially in the summer, when you may crave a cold drink, it would be a great idea to go to Starbucks and get drinks that you usually wouldn't get.



49. Spa

Get a manicure at the famous, amazing nail salons in Tokyo. Some English-speaking nail salons in Tokyo are Nail Cottage, Tricia, and Tip Top Tap.



50. Original DIY Lipgloss

Are you the type of person who is obsessed with lip products? If you are, making your original DIY lip gloss is a great activity where you can create a lip gloss of your favorite! Add one tablespoon of vaseline, one tablespoon of coconut oil, and a lipstick of the color you want your lip gloss to be, and mix them. Transfer it into an empty lip gloss container, and tada! You have made your own original DIY lip gloss! This is also a great way to recycle your used lip gloss containers as you will not have to just throw them away!



We hope that by reading this article, you were able to find some great ideas to spend your time over the summer. Although 11 weeks may feel short, it would go by so fast if you are having a fun, eventful summer. Try to stay productive and make your 2025 summer eventful for treasured memories!

Images

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