

Listen and Speak! らくらく英検2級 II

～ 英語ができる人になる ～

第8回 Small things can make us happy

Script

* はじめに *

ようこそ “Listen and Speak! らくらく英検2級 セカンドシリーズ”へ。

この番組は英検でおなじみの、日本英語検定協会がお送りする、全ての『英語ができる人』になりたい人たちのための番組です。これから英検2級や準2級を目指す人はもちろん、さらにその上を目指して、本当に『英語ができる人』になりたいというあなたにとって必ず役に立ちますよ。後半はちょっと難しかったり、大変だったりするかもしれませんが、私、伊藤太と頼れるパートナーの Gary Scott Fine がしっかり『英語ができる人』になりたいあなたをサポートします。

Yes, this program will not only help you succeed on Eiken Tests, but it will also help you improve your English ability, especially listening and speaking. However, the real aim of this program is to help you learn more than English itself.

We are not just interested in whether you can use English, but in what you can do with English.

Program Number 8 “Small things can make us happy”

さて、今回のタイトル “Small things can make us happy” は「小さなことでも人は幸せになれる」というような意味です。最近、TED というアメリカのプレゼンテーションの番組で、ちょっと感動したスピーチがあったので、その内容を紹介しながら、ややテーマが大きいですが「人生と幸福」について考えていきたいと思います。それを通じて、本格的な英語力を養うための基礎作りにチャレンジしていきましょう。それでは、この後のヒントになるかもしれないので、まずはゲーリーと私の会話を聞いてください。

■Introduction

G: Hi, Futoshi. You look very excited. What's up?

F: My company has succeeded in grabbing new big contracts!

G: Congratulations! I'm very glad to hear that.

F: Yeah! I made it!

G: Yeah! But... you also look really tired. Did you sleep enough last night?

F: I didn't sleep at all... not only because of the excitement, but also because of the abundance of things I have to do now in order to satisfy my new customers. That's why I'm in a very strange mood. You know, I'm very excited and happy, but also very tired and uneasy. Actually, I'm a little afraid.

G: Hmm, the excitement and joy of success come also with a heavy burden of responsibility. Seeds of anxiety are sprouting trees of fear around you.

F: Yeah, you're right. Life is not so easy, isn't it?

G: Futoshi... do you want to know a simple way to be happy?

F: Yes, of course. Please show me the way to be always fine like you, Mr. Gary Scott Fine.

G: Haha. OK. But, Futoshi, we also have to present today's lesson. Why don't we start the exercises, and think about how to be happy along the way?

F: Yeah, I agree.

G: Okay, now...

G/F: Here we go!

1 Exercise 1 dialogue

これから流れる男女の対話を聞いて、後の問いに答えてください。これから流れる対話は過去の英検に出題されたリスニング問題の一つです。実際の問題は、対話を聞いてから適当な選択肢を選ぶ形式ですが、ここではちょっと頑張って、ゲーリーの質問に自分の言葉を使って英語で答えてみるようにしてください。いいですか、もう一度言いますよ。対話を聞いた後、ゲーリーの質問に自分の言葉で答えてくださいね。二次試験の面接対策にもなりますし、とても役に立ちますよ。それでは、始めます。

Listen to the dialogue and answer the question that follows. 【2014-3 2nd No.9】

(M=Man / W=Woman)

W: Well, Carl, we're finally finished with this year's sales report. Thank you for your hard work.

M: We both worked hard, Barbara. We haven't left the office before eight o'clock for the last two weeks.

W: Well, now that we're done, why don't you go home early?

M: That's a good idea. My wife will be surprised to see me.

Answer the following question in your own words.

Question : Why will Carl's wife probably be surprised to see him?

それでは、語彙と会話の表現について確認をしましょう。

■Let's study vocabulary and expressions

Listen to my Japanese and repeat after Gary in English.

- | | |
|-------------|--------------------|
| 1. ～を終える | be finished with ～ |
| 2. 営業報告書 | sales report |
| 3. もう～なのだから | now that ～ |

それでは、少し答え方についてヒントを出しましょう。Question は “Why will Carl's wife probably be surprised to see him?” 「どうしてカールの奥さんは彼を見て驚くのでしょうか。」という意味です。会話の前半の内容と女性の最後の発言内容に注意すれば、さほど難しくありませんね。それでは、もう一度聞いてみましょう。

Listen to the dialogue and answer the question that follows. 【2014-3 2nd No.9】

(M=Man / W=Woman)

W: Well, Carl, we're finally finished with this year's sales report. Thank you for your hard work.

M: We both worked hard, Barbara. We haven't left the office before eight o'clock for the last two weeks.

W: Well, now that we're done, why don't you go home early?

M: That's a good idea. My wife will be surprised to see me.

Answer the following question in your own words.

Question : Why will Carl's wife probably be surprised to see him?

■Model answer

Listen to the model and compare it with your answer.

Question : Why will Carl's wife probably be surprised to see him?

Because she probably doesn't expect his early return.

では少し確認しましょう。答えの内容自体はさほど難しくありませんが、モデルアンサーのように「手短にまとめる」というのは訓練が必要かもしれません。見たり聞いたりしたことをそのままずらずらと話しても相手に伝わりにくい、とうことは日本語であれ、英語であれ同じです。情報を整理したら、一番伝えたいことを手短に話すことを心掛けましょう。

2 Exercise 2 passage

このエクササイズでは、短い文章が読まれた後にゲーリーが一つ質問をしますので、自分が思ったことを自由に答えてください。主語と正しい答え方に注意して、聞かれたことに対してまっすぐ答えてくださいね。

Listen to the passage and answer the questions that follow. 【2014-3 2nd No.20】

Sarah's husband works late every day, and Sarah has to look after their children by herself. Yesterday, her children were noisy all day, and she had a lot of stress. When her husband came home from work, Sarah became very angry because he had forgotten to buy milk, and she started yelling at him. The next day, however, she said sorry, and they talked about ways to reduce her stress.

Answer the following question in your own words.

Question : Why did Sarah and her husband talk about ways to reduce her stress?

さあ、きちんと聞き取れましたか。それでは、少し語彙と英文の表現を確認しましょう。

■Let's study vocabulary and expressions

Listen to my Japanese and repeat after Gary in English.

- | | |
|------------------------|--------------|
| 1. ~の世話をする | look after ~ |
| 2. ~し忘れる | forget to ~ |
| 3. ~を怒鳴りつける、強い調子で文句を言う | yell at ~ |
| 4. ~を減らす | reduce ~ |

質問は「サラと夫はなぜ彼女のストレスを減らす方法について話し合ったのですか」という意味ですね。答え方としては、サラがストレスを抱えている理由に触れ、それから話し合いの必要を感じた理由を付け足すのがよさそうですね、それではこのことを意識して、もう一度質問に答えてください。

Listen to the passage and answer the questions that follow. 【2014-3 2nd No.20】

Sarah's husband works late every day, and Sarah has to look after their children by herself. Yesterday, her children were noisy all day, and she had a lot of stress. When her husband came home from work, Sarah became very angry because he had forgotten to buy milk, and she started yelling at him. The next day, however, she said sorry, and they talked about ways to reduce her stress.

Answer the following question in your own words.

Question : Why did Sarah and her husband talk about ways to reduce her stress?

■ Model answer

Listen to the model and compare it with your answer.

Question : Why did Sarah and her husband talk about ways to reduce her stress?

Because Sarah's stress from childcare has piled up by having to do it all by herself. Sarah and her husband probably thought that they could solve the problem by discussing it.

さあ、どうでしたか。“pile up”という表現は「積み重ねる」という意味で大変よく使われる表現ですから、ぜひ、モデルアンサーを参考にして、皆さんも自分の語彙に取り入れましょう。それから、自分の答えに推測が含まれる場合は、“probably”を使うと便利です。それでは、これらの点も含めて、ぜひ、モデルアンサーを参考にして下さいね。

■ Repetition Drill using the passage

さあ、ここからは、放送された英文について Repetition Drill を行います。repetition は反復でしたね。ポーズの間にゲーリーの英語をできるだけそっくりに真似てみましょう。単語の発音だけでなく、イントネーションや雰囲気も真似して下さいね。

1) Repetition Drill

Repeat during each pause. Practice again and again, and you'll surely improve.

Ready? Let's begin.

Sarah's husband works late every day, /
and Sarah has to look after their children by herself. //
Yesterday, her children were noisy all day, /
and she had a lot of stress. //
When her husband came home from work, /
Sarah became very angry /
because he had forgotten to buy milk, /
and she started yelling at him. //
The next day, however, she said sorry, /
and they talked about ways to reduce her stress. //

どうでしたか。上手に真似ができると楽しいですね。さあ、次は『英語ができる人』は必ずと言っていいほど練習するシャドウイングにいきます。私が実際、少しシャドウイングのお手本を示しますね。ゲーリーの後に続いてシャドウイング、つまり、ゲーリーの言葉の影を追うような形で、聞きながらゲーリーの言葉を真似していきます。

2) Shadowing Drill 1

While listening, shadow each part.

(G → F)

Sarah's husband works late every day, /
and Sarah has to look after their children by herself. //
Yesterday, her children were noisy all day, /
and she had a lot of stress. //
When her husband came home from work, /
Sarah became very angry /
because he had forgotten to buy milk, /
and she started yelling at him. //
The next day, however, she said sorry, /
and they talked about ways to reduce her stress. //

要領はつかめましたね。次は実際に自分で **shadowing** にチャレンジしてください。shadowing は自分で **speaking** をするという負荷をかけながら **listening** をするので、筋トレと同じように「耳トレ」になります。必ず **listening** の能力が向上しますので、できるまで何度でも繰り返してください。

聞く音声の方を大きくして、自分の声はあまり聞こえないようにすると一層効果が上がりますよ。

2) Shadowing Drill 1

While listening, shadow each part.

Ready? Let's begin.

Sarah's husband works late every day, /
and Sarah has to look after their children by herself. //
Yesterday, her children were noisy all day, /
and she had a lot of stress. //
When her husband came home from work, /
Sarah became very angry /
because he had forgotten to buy milk, /
and she started yelling at him. //
The next day, however, she said sorry, /
and they talked about ways to reduce her stress. //

どうですか。できるようになるとすごく楽しいし、やりがいがあるでしょう。次はセンテンスの途中で区切りはありませんよ。各センテンスの間も短いですから、一気にパッセージ全体をシャドウイングできるように頑張ってくださいね。できたらとても達成感が得られますよ。

3) Shadowing Drill 2

Shadow the whole passage from the beginning to the end. Practice again and again. It may be much harder, but you will enjoy a feeling of accomplishment, if you can. Ready? Let's begin.

Sarah's husband works late every day, and Sarah has to look after their children by herself. //
Yesterday, her children were noisy all day, and she had a lot of stress. //
When her husband came home from work, Sarah became very angry because he had forgotten to buy milk, and she started yelling at him. //
The next day, however, she said sorry, and they talked about ways to reduce her stress. //

3 Challenge passage & opinion

さて、いよいよ最後のエクササイズ、チャレンジのコーナーです。ここからは一気に英語だけで進めていきますから、しっかり集中してくださいね。

Listen to the passage, and answer Gary's question. 【2014-1 pre-2nd No.30】

Last Sunday, Mary was asked to look after her grandson for a few hours. She did not have any toys in the house, so she was not sure what to do with him. Finally, she found some colored pencils and paper, and they drew animals together. Mary's grandson had a great time, and Mary did, too.

Now, Gary is going to make several points about the passage, and then ask you a question. Please answer his question. You should express your opinion as well as you can.

According to the passage, a woman named Mary and her grandson both had a great time drawing animals together, simply using colored pencils and paper, rather than with toys, which might seem to be more amusing and exciting to children.

Like Mary and her grandson, in order to be happy, we don't necessarily need special things, exciting moments, big events, or huge successes. Tiny, little things in ordinary or daily life can be enough to make us feel happy.

Neil Pasricha, who is now a very famous Canadian writer, started up a blog in 2009. Its title is *1,000 Awesome Things*. The blog soon became popular globally and was given an award as the world's best blog, which led to a bestselling book called *The Book of Awesome*. The blog and the book remind us of the little pleasures in our daily lives, such as wearing warm underwear that's fresh from the dryer, or looking at a beautiful baby sleeping, or finding out what song is in that commercial. Pasricha reminds us that, even when we're hit by bad or sad events, we're always surrounded by such little pleasures in every moment.

Now, I would like to ask you a question. Which do you think can make you happier, extraordinary experiences, such as a big success, winning a championship, achieving something remarkable, or little things in ordinary life? Please explain your answer, referring to more than one reason.

■Model

Now, let's listen to Futoshi. He will present a model response.

Listen and compare it with your answer.

Both extraordinary experiences and little things in our daily lives can make us happy. But I choose the latter.

Of course, extraordinary experiences such as achieving a big success in business or exams can actually enhance our self-confidence and bring us exciting moments.

On the other hand, although small pleasures or tiny little things in our daily lives may not give us instant excitement, they can bring us quiet satisfactions, lovely smiles, happy memories, and that much more often than the extraordinary.

I think it is such small things that occur to us and help us find a seed of happiness. Funny jokes told with my childhood friends, a proverb discussed in the classroom of my old school, and the image of my sweet little daughter running toward me with a shining smile saying “Papa!” in a park — it is such tiny little things that creep up from my memory and make me feel happy.

In addition, it is much easier to bring small happiness to others than extraordinary experiences. We can say “Thank you!” with a smile to a clerk at the shop where we happened to drop in. We can help people from foreign countries find their destinations. We can enjoy drawing pictures of animals together with little children.

All these can give small happiness and happy memories not only to us but also to others. We are not only surrounded by such things but also gifted with the ability to make such small pleasures that can bring happy feelings and memories.

To me, life seems to consist of such tiny little things. So, all in all, I think little things in our ordinary lives can make us happier than extraordinary experiences.

How was it? Could you catch what Futoshi said? Did you understand his points?

Okay, now he will explain what he just said. Please listen.

はい、ゲーリーはまず、マリーという女性と孫の男の子が、子供が喜びそうなおもちゃはなかったけれど、色鉛筆と紙と一緒に動物の絵を描いてとても素晴らしい時を過ごした、という本文の内容を要約してくれました。

そして、何か特別なあるいは大きなことがなくても、日常の小さなことだけで私たちは幸せを感じることができるかもしれない、とした上で、ニール・パスリチャというカナダ人の有名なブロガーであり、作家でもある人物を紹介してくれました。

彼は“1,000 Awesome Things”「1000の最高なこと」というブログで、日常のふと気が付いた小さな楽しいことをブログで紹介し、私たちはどんなにつらいことがあっても、実はそうした小さな幸せに毎日囲まれているということを伝えてきたとのことでした。

その上で、私たちをより幸せにするのは特別な経験なのか、それとも日常の何気ない小さなことなのか、どちらだと思いますか、という質問を投げかけると同時に、“more than one”つまり、複数の理由を挙げて自分の考えを答えるように求めました。

これに対して私は、どちらも人を幸せにできるが、後者を選ぶと最初に主張を明言した上で、特別な経験は“instant excitement”「一時の興奮」をもたらすことができるけれども、日常の小さな喜びは“quiet satisfaction”「静かな満足」をもたらすことができる、と対比の技法を使ったのが分かりましたか。

その上で、ふと思い出すのは日常の些細なことの方が多ということ、そして、自分だけでなく他者に対して自分が与えることができるのも小さな喜びの方だということ、加えて、私たちはいつもこうした小さな喜びに囲まれ、同時にその行為者でもあることを根拠として提示しました。今回は、ちょっと気取って詩的にまとめたつもりですが、これまでの人生経験を通じて得られた実感を込めて、構成はしっかりと計算しながらも思いつくままに語ってみました。

英検の公式ウェブサイトからスクリプトをダウンロードして、英文を確認してもらえるとうれしいですし、ほんの少しかもしれませんが、きっと皆さんのお役に立てると思います。

Now, let's listen to Futoshi again. Please listen carefully, and focus on his opinion, and the way in which he expresses it.

Both extraordinary experiences and little things in our daily lives can make us happy. But I choose the latter.

Of course, extraordinary experiences such as achieving a big success in business or exams can actually enhance our self-confidence and bring us exciting moments.

On the other hand, although small pleasures or tiny little things in our daily lives may not give us instant excitement, they can bring us quiet satisfactions, lovely smiles, happy memories, and that much more often than the extraordinary.

I think it is such small things that occur to us and help us find a seed of happiness. Funny jokes told with my childhood friends, a proverb discussed in the classroom of my old school, and the image of my sweet little daughter running toward me with a shining smile saying “Papa!” in a park — it is such tiny little things that creep up from my memory and make me feel happy.

In addition, it is much easier to bring small happiness to others than extraordinary experiences. We can say “Thank you!” with a smile to a clerk at the shop where we happened to drop in. We can help people from foreign countries find their destinations. We can enjoy drawing pictures of animals together with little children.

All these can give small happiness and happy memories not only to us but also to others. We are not only surrounded by such things but also gifted with the ability to make such small pleasures that can bring happy feelings and memories.

To me, life seems to consist of such tiny little things. So, all in all, I think little things in our ordinary lives can make us happier than extraordinary experiences.

■Closing Dialogue

G: Futoshi, this time again, you presented your opinion very effectively by using a well-organized structure and expressing your real feelings. I think this model is very helpful for our listeners who want to improve their English speaking skills. I strongly recommend that our listeners download the script.

F: Thank you, Gary. I'm very happy to hear that.

G: And I think you found the key to your own happiness and showed it to us in your model answer. Is that right?

F: Yes. Through thinking and talking to myself, it seems that what is important to me has become clearer than before. But, still, there seems to be something more.

G: Hmm... Could it be something to do with your cat?

F: Oh, yes. That's it! Rubbing the *nikukyu* of my cat is one of my favorite little things that make me happy in my daily life. And I really want to change the title of this podcast into "Rakuraku Eiken *Nikukyu*."

G: Futoshi. I think the Eiken organization may feel that changing the title of the series to something connected with your cat's feet is a pretty big step. But, maybe some years from now, when we look back on this, we'll at least be able to enjoy the happy memory of having discussed it.

さあ、今回のレッスンはどうでしたか。後半は少し難しかったかもしれませんね。ぜひ、英検のウェブサイトからスクリプトをダウンロードして復習してください。それから何度も聞き直して、自分でも話せるように練習してみてくださいね。Repetition や Shadowing だけでなく、話す内容の構成を組み立てること、そして相手に伝えること、こうしたトレーニングを続ければ、あなたも必ず『英語ができる人』になります。

ところで今回、セカンドシリーズ第8回目のタイトルは "Small things can make us happy" でした。どんな困難に出くわしたとしても、どれほど辛いことがあったとしても、私たちは常に何かしら小さな喜びに囲まれているということ、こんな小さなメッセージですが、伝え方の構成と適切な自己開示とが説得力のある内容に聞こえる、ということを実感してもらえたら私も happy です。皆さんもこうした練習を通じて『英語ができる人』になりましょう。

Well, then...

See you next time!

<講師陣プロフィール>

伊藤 太 (Futoshi Ito)

大手予備校・有名進学塾等で英語講師を務め、東大クラス・医学部コース等を担当。作成した教材から東大・筑波大等の入試長文問題を的中。コーチングを取り入れた研修方法を確立し、数多くの講師・教員の授業力・授業アンケート向上に寄与。現在、多数の私立学校にコンサルタント、アドバイザーとして関わるとともに、ネイティブスピーカーを含む学校教員・予備校講師（100名超）のコーチを務める。

ゲイリー・スコット・ファイン (Gary Scott Fine)

オレゴン州ポートランド出身。スタンフォード大学大学院修士課程修了（東アジア研究）、南カリフォルニア大学大学院修士課程修了（映画・テレビ研究）。現在、東海大学外国語教育センター准教授。主な研究テーマはエンターテインメントメディアを通じた第二言語習得。

朝日新聞・土曜版、『ENGLISH JOURNAL』（アルク）、『CNN ENGLISH EXPRESS』（朝日出版社）に映画・ドラマに関わる英語コラムを連載中。NHK 教育テレビ、アルクヒアリングマラソン等多数の番組で出演及びテキスト執筆で活躍。