



日本語ぺらぺらニュースレター

For the Language Lovers!

月刊 Monthly
Vol. 65 March 2026



Nihongo (Japanese) Perapera (fluent) Newsletter

Once a month language-focused newsletter designed for both new and seasoned Japanese learners to use as a resource for study.

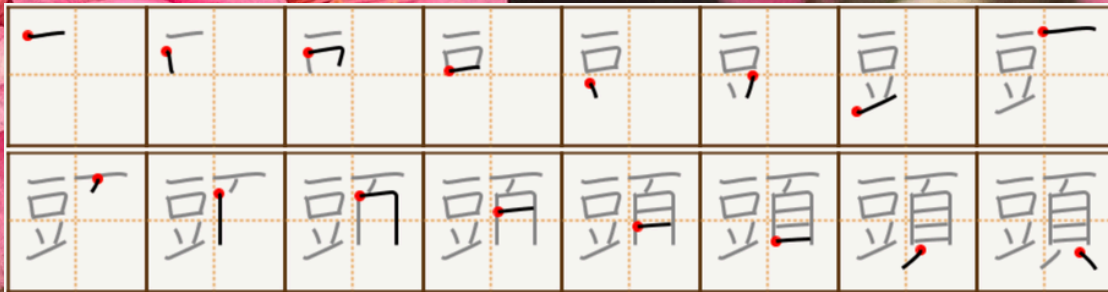
Let's study! 勉強(べんきょう)しましょう!

今月の漢字

head

頭

訓読み: あたま, かしら, かぶり
こうべ, ほとり
音読み: トウ, ズト



16 strokes

Associated Common Words

教頭先生 (きょうとうせんせい) - vice principal
頭痛 (ずつう) - headache
頭数 (あたまかず) - headcount

History of Kanji 頭



Noriko K. Williams ©2014

四字熟語 - よじじゆくご (4 Character Idiom)

ずかんそくねつ
頭寒足熱

Keeping the head cool and the feet warm, which is good for your health according to Eastern medicine

Example

熱が出たときは「頭寒足熱」と言うように、頭をよく冷やして、布団や毛布をかけて足はよく温めたほうがいい。

Netsu ga deta toki wa "zukansokunetsu" to iu you ni, atama wo yoku hiyashite, futon ya moufu wo kakete ashi wa yoku atatameta hou ga ii.

When you have a fever, they say to "keep the head cool and the feet warm," so it's better to cool your head and cover yourself with a futon or blanket to warm your feet.

ことわざ (Proverb)

あたまかく しりかく
頭隠して尻隠さず

Hiding one's head without hiding one's bottom; burying one's head in the sand (while leaving other parts of one's body exposed)

Example

残っていたケーキを食べたでしょう。「頭隠して尻隠さず」って言うでしょ。お皿は洗っても、顔にクリームが付いているから、食べたってすぐわかるよ。

Nokotteita ke-ki wo tabeta deshou. "Atama kakushite shiri kakusazu" tte iu desho. Osara wa arattemo, kao ni kuri-mu ga tsuiteiru kara, tabeta tte sugu wakaru yo.

You ate the leftover cake, didn't you? Don't you know the saying, "hiding one's head without hiding one's bottom"? Even if you washed the plate, you have cream stuck to your face, so I knew right away that you ate it.



日本を旅しよう! -Exploring Japan- 宮崎県(みやざきけん) - Miyazaki Prefecture



Fast facts!

- Miyazaki prefecture is located in southeastern Kyushu on the Pacific coast. It is known as a resort region and is popular among outdoor enthusiasts (especially surfers & golfers) and honeymooners
- The southern coast is notable for tropical and subtropical vegetation, wild horses, and monkeys, while the southwest has volcanoes, craters, and crater lakes
- Aoshima Island, located in the capital city Miyazaki, is a microclimate and home to more than 500 endemic species. It is surrounded by unique rock formations called the Devil's Washboard (鬼の洗濯板 - Oni no Sentakuita)
- Photo: Aoshima Island (Miyazaki) Aerial photography by 松岡明芳 is licensed under CC BY-SA 4.0

鵜戸神宮
(うどじんぐう)
Udo Jingu Shrine

The Udo-jingu Shrine is a shrine built within a coastal cave along the Nichinan Coast in Miyazaki. The shrine was originally built as a gift for the father of Japan's first emperor. A popular activity that visitors can participate in is known as the *Undama-nage* ritual where they throw clay balls for luck at a *kameishi* (rock formation shaped like a turtle [*kame*]). Traditionally women throw with their right hand, and men with their left.



Dialect Discovery

宮崎弁 - みやざきべん

- いっちゃが (icchaga; correct / that's right) そうだよ、いいよ
- おおきん (ōkin; thank you) ありがとう
- ぬくい (nukui; to feel good / comfortable) 気持ちが良い、心地よい
- むぞらしい (muzorashii; cute) かわいい

クイズタイム!

1. A: どうしたんですか。

B: 頭 () 痛いです。

A: What's wrong?

B: My head hurts.

a. を b. は c. が

2. かぜを () 時、くすりを飲みます。

When I have a cold, I take medicine.

a. ひく b. ひいて c. ひいた

3. A: すみません、このTシャツのSサイズはありますか。

B: 申し訳ありません。() にはありませんが、奥に
在庫があるかもしれないので、今見えますね。

a. 街頭 b. 店頭 c. 冒頭



おおずもう さんがつ ばしよ はる ばしよ
☆大相撲三月場所 (春場所)

The Haru Bashi is a 15-day sumo event held in Osaka at Edion Arena. The festival commences around 9 am and in the afternoon the top-division Makuuchi wrestlers and the Yokozuna compete. Among the competition, traditional ring-entering ceremonies are held by the Yokozuna. This event is considered family-friendly and is open to the public to witness.

Graduation Season Vocab! - 卒業シーズンの単語!

春休み (はるやすみ) - spring break

早春 (そうしゅん) - early spring

学年末 (がくねんまつ) - end of the school year

卒業生 (そつぎょうせい) - graduating students

終業式 (しゅうぎょうしき) - closing ceremony

卒業式 (そつぎょうしき) - graduation ceremony

進級 (しんきゅう) - advancement to the next grade

送辞 (そうじ) - farewell address

旅立ち (たびだち) - departure; start of a journey

新生活 (しんせいかつ) - new chapter of life

AAPI NIGHT

Asian American and Pacific Islander



vs



Saturday, May 2nd, 2026 | Gillette Stadium



Celebrate the vibrant cultures of Asia and the Pacific Islands at the New England Revolution's annual AAPI Night on Saturday, May 2nd! Enjoy a special Fan Zone with cultural performances, activations from community partners (including JSB!), and an exclusive AAPI Night scarf designed by a local artist.

For each ticket purchased through [this link](#), \$10 will be donated to support the Japan Society of Boston. We appreciate your support!

More info [here](#).

Do you enjoy reading our Language Newsletter?
If so, please consider [donating](#) to JSB to support our work!

Answer key: 1. c 2. c 3. b