

「リレーノート」は1周で終わらない

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「リレー・ノート」とは、B5サイズのノートを3分割して作ります。1冊の行数が10行程度になります。それを、1人が意見を書き、リレーのバトンのように班で回していく、中嶋洋一先生が最初に開発された学習方法です。

本レポートは、2025年東京都北区立飛鳥中学校の3年生が実践した「リレー・ノート」に基づいて書かれています。取り組んだトピックの中で、白熱した議論が行われた回を厳選してお届けいたします。

まず最初のトピックは、We should make summer vacation shorter.です。その年、夏休みの短縮をめぐる各自治体が様々な議論を交わしていました。「リレー・ノート」では、生徒たち一人一人が、自分の役割を下記の中から選び、その箇所を責任をもって担当しました。

This week's Topic : We should make summer vacation shorter.

(私たちは夏休みを短縮するべきだ。)

一人目：子どもの立場から賛成意見（短縮すべき）を書く

二人目：一人目の書いた賛成意見に一つずつ反論してください。

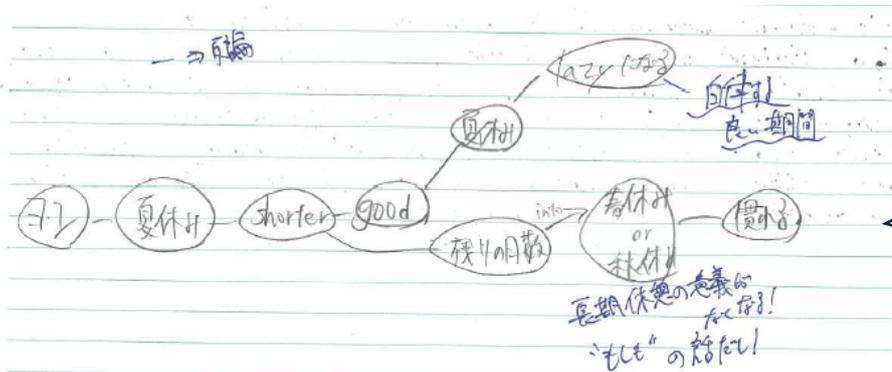
三人目：子どもの立場から反対意見（短縮すべきでない）を書く。

四人目：三人目の書いた反対意見の一つずつ反論してください。

五人目：ジャッジ

(賛成と反対どちらが勝ったか、日本語で勝敗とその理由を書く)

※ マッピングで整理してから書くこと。いきなり書くのは禁止。



普段から活用しているマッピングがここでも活きました。

I think we should not make summer vacation shorter.
There are some reasons why I think so, but today, I'll against the You's idea.
You said that long holidays or breaks will make us lazy.
Of course, most of students will be like that. However, I think the meaning of long holidays or breaks is to control ourselves.
We are always controlled by school, work, and so on. I am not wanting to say it is not good, but I am wanting to say it will be our wall which removes chance we control ourselves from us.
At such point, long holidays or breaks is important for us.
What is your idea about it? Don't worry, even if you have too great idea, I'll against that. - Taichi

生徒たちは自分の「本音」とは逆の立場にも立つこととなります。そうすることで、様々な観点や立場から理由や根拠を考えることになりました。その練習を積み重ねるうちに、自分の「本音」に対しても懐疑的な見方をする生徒が表れるようになります。



I don't think we should make summer vacation shorter.
 There are have two reasons, Let me talk about it students point of view.
 First point is, we can have a new experience.
 For example, you go to abroad and you go to other place in Japan.
 In my case, I have been to other country.
 I learned to communicate is it difficult. I thought the culturer different.
 so many people don't think same idea. But, I was happy I knew the culture
 in other country. It is important communicate to many people.
 Secound point is, we can have a long time a break with our family.
 We are busy ververyday because I have to do many thing.
 But make summer vacation, we can talk with our family.
 but summer; My family talked about "my high school".

so, It is important I talked with family.
 I learned I can hear that differn idea. I feld happy,
 so, I don't think we should make summer vacation shorter.
 Michan,



次の「リレー・ノート」では、友達が書いた内容に反論しています。その際も「相手に配慮」した表現を使用しているのが見てとれます。She said ~ . I understand that ... , but ~と反論を述べています。このような「型」は事前に指導しました。生徒は次のように語っていました。

「相手に反論するときも『配慮』の型があることで、冷静に論を組み立てることができました。」

生徒たちは、自分と異なる意見に怒りの感情をぶつけるのではなく、冷静な論理を組み立てるようになりました。しかし、時には「わざと」相手を挑発するようなことを書く生徒もいます。それはお互いの信頼関係があつてのこと、と楽しんでいたのでした。

I understand Milou's opinions, but I can't agree it. There are two reasons.
The first point is new experience, she said "For example, you go to abroad, or other place in Japan". I understand that we should be a special experience, but it is expensive, so poor people can't go to abroad or other place in Japan. I think she can't say that all people should be special experience, because depend on the person.
The second point is time to talk with family. she said, "we can have a long time about with our family". I understand her opinion but I disagree it. Because it depends on people. I think there are the person who hate the person's family for various factors. And some people don't need family time. For these two reasons, I think she can't claim everyone need family time.
I understand her opinions, but I do not agree with it for these two reasons.
Issa.

次のトピックは「環境問題」です。写真にある通り、ヤドカリが「プラスチックごみ」を貝の代わりにして生活しています。その写真を基に自由に意見を交流してもらいました。1周目は「自分の意見」を全員が書きます。2周目は「みんなの意見を読んで、さらに考えたこと」を書いてもらうことにしました。ある班では不思議な現象が起きたのでご紹介します。

次の写真を見て、自分が考えたことを班のみんなと交流してください。1周目は「自分の意見」を書きます。2周目は「みんなの意見を読んで、さらに考えたこと」を書いてください。
ゴミの大量投棄は世界規模の問題です。そんな中、予想外のところに影響が出ていることが分かりました。ポーランド・ワルシャワ大学の研究で、世界各地のヤドカリが人工物のゴミを新しい自宅に選び始めていることが示されたのです。以下の写真を見て、考えたことを書きなさい。



I think this picture shows us the problem of the sea. A yadokai took a plastic garbage into their house, and they don't notice that it is garbage. I think to solve the problem, we should spread the fact to people and start to take actions. For example, spread this picture to our friends, families, or to other people through internet. When I saw this picture, I felt that I have to do something, so if people see this picture, they will think the importance of taking actions.
Also, we have to start something such as stopping ^{using} ~~to use~~ many plastic bottles or separate garbage before throwing away. To make other people take action, we have to do small things as a first step. How about you, Nazami?

I think this is not bad thing. I have two reasons. The first point I want to say is that our bad action is covered by "ヤドカリ". If we throw trash to the sea those trash just be bad thing, but those trashes are resided by them. It is very good for us, sea, and "ヤドカリ". The second point I want to make is that we are giving home to "ヤドカリ". Actually, throw away some trash is bad thing, but some "ヤドカリ" need them. "ヤドカリ" can't survive without their home. So we are helping them lives. Therefore I think it is not bad thing, but if we throw trashes to sea too many, it will be bad thing.

You found out the good point!!

予想通り、多くの生徒は「環境」の観点から論を組み立てていました。「プラスチックゴミを捨てる」ことがヤドカリに悪影響を与えている、という組み立てです。しかし、バトンを受け取った次の生徒が驚くべき論で勝負をしかけました。確かにごみを捨てることは悪い。しかし、このプラスチックゴミはヤドカリが生き残るのに必要なのだ、と主張したのです。他の班でも似たような論が見られ、透明であるからこそ敵から見えにくいなどの利点があるから選んでいるのだ、と主張したのです。

彼らの議論はその後白熱し、最後は自分たちで決着をつけることができました。

Yusa said that throw away plastic such as a cap of plastic bottle is good because it can be house of "Yadokari". But I have a different opinion from him. First, if some sea animals which eat Yadokari eat them, their health will be destroyed. It is said that many fishes are killed by eating plastic. A cap of plastic bottle may be a house, but it negatively affect ~~to~~ other animals. Second, ~~some~~ trash will destroy environment. If we throw away some trash in the sea, water will be not clean. All water in the world is related so if we make sea bad, all water in the earth will be bad. So, we should do small things. Kozumi said that small action like stopping throw away some trash can be a good way. I think so too. How about you, Kozumi?

I think so, too Kotoha. It shows us the problem of the sea. Especially recently, there have been more and more problems with the oceans. I think it is serious problem. Our actions are having a negative impact on the sea creatures.

We should be able to solve these problems. For example, we have to stop the ~~throwing~~ ^{throwing} away some trash near the sea. If we do such small things, it will make good oceans. Recently, some products are plastic-free such as starbucks straws. I think it is good idea. But sometimes it is difficult to use because the paper will melt. If we make more effort in our lives, our future will more better than now. It is important for us to protect of the sea.

プラスチックごみはヤドカリにとって、「良い住処」なのだと主張し、みんなを驚かせました。

I understand Yusa's idea, because they can spend safely. But, My opinion is ^{the} some with Kotoha's opinion. They are eat each other, so If some sea animals eat plastic like Yadokari, they will die. According to the internet, Yadokari is eaten by "カサエダシ". It is dangerous for them to eat Yadokari. Ofcourse plastic can be house to Yadokari, but It has negatively affect ~~#~~ sea animals. Plastic ^{cause} problem with sea animals. It has many case. It's not just about Yadokari. Sea animals are at such risk. Surprisingly, 83% of "アサギ" eat trash. They have seen trash as food. I have seen news that 100kg of trash was found inside the whale's. I ^{thought} sad. So It is important for us to solve these bad things. It is wrong that we working now such as put trash box by the ocean. We should think about these problems to solve and to protect the sea.

Nice idea, Kotoha and Nozomi!!

I understood the opinion Kawasaki-san, Nonomura-san. I have heard of the problem which "アサギ" have been eating trash in the sea, too. And I think that is a big problem of the sea. I know those problem's ^{cause} is our actions. Actually, I have seen many trash on the sea. So I'll change my opinion. This problem which about "アサギ" is a big problem like "アサギ". In the sea, there are many kind of fishes, and animals. And there are many "食物連鎖" in the sea. So I felt that we should take some action, such as decreasing the number of plastic, don't throw away some trash. This "アサギ"s problem is not only affect animals in the sea, but also animals which live in ground side, like us. Therefore I think this is a big problem of ^{the} world, and especially, animals in the sea need our help. It is necessary for us to take action for the sea now.

生徒たちの議論は白熱します。ヤドカリにとってはプラスチックゴミを住処にすることに利点があるのだと主張した生徒がいました。それに対して、確かにその側面もあるが、海の生物たちはすべてがつながっている。もしもプラスチックゴミを住処にしているヤドカリを食べた生物がいたら、それがまた悪影響を生むのだ、と別の生徒は主張します。All the sea animals are related to each other.と書いていましたが、それはまさに教科書で習った英文そのものでした。最終的に、ヤドカリにとってはプラスチックゴミは良いものだと言った生徒が、I will change my opinion.と納得したことでこの議論は収束しました。

最後にご紹介するのは、議論が止まらず、なんと「3周」回った「リレー・ノート」です。相手に反論することが楽しく、また反論されることすら楽しめる人間関係が可能にした実践と言えます。

トピックは、「生徒（中学生）はスマホの所持を禁止する」でした。生徒にとって「自分ごと」になりやすいトピックだったこと、保護者目線、教師目線など他者を意識して論を構築しやすかったことが盛り上がった要因だといえます。議論が白熱するかどうかは「トピック」にかかっています。自分にとって「親しみ」のある話題かどうか中学生にとってカギとなります。また、途中で教師が「テコ入れ（中間指導）」を入れることも欠かせません。

This week's topic

Students must not have smartphones.

Do you agree with this opinion? Please write your idea freely.

(2番目の人は反対しなければならぬ、のようなルールはありません。)

I don't agree with the idea because phone helps us in many ways. I will show three of all. First, it helps us when we study. There are many app and we can use it for study. For example I use one app for studying English words. Second, phone makes our strong friendship. To send mail and call friend sometime become important part of communication. When I was sad about something my friend called me and cheered me up. It means phone helps us a lot about communicate. Third, phone can be used for playing. Some people say we don't have to play a lot. But I think playing is important to grow up our brain power. Also playing give us some creative idea. From these reasons we can use phone. How do you think?

Okawa Natsumi

I don't agree with the idea either. I have two reasons.

First, we can ^{do} everything with smartphone.

For example, we can search to study, know and so on.

If we don't have smartphone, we can't get some information easily.

Second, we can communicate with my friends on smart phones.

For example, we use LINE to send mail or call.

If I can't use smartphone, I can't meet my friends on weekends.

and after school. So, I don't agree with the idea but I think

we have exam after half a year. So, we should study a lot.

If the smartphones take you a lot of time, you should not use smartphone. The exam is one of the most important thing in the year for us. How do you think? from Kagura.

I disagree with the idea, because, I can invite to play when

I'm free. for example, If you didn't have a phone, I'd have to go to a friend's house and ask. That's a lot of work, and, it makes his family uncomfortable.

We would have fewer telling lore, for lore people, so many boys are shy boy. So we can't say that directly, because we are afraid of being rejected. So we need our phones to escape!

In this age, we need time to relax, so phones make it easy to relax.

In short students must have smartphones.

How do you think from Rika.

班員全員がスマホ所持禁止に反対しました。そこで私は次のように投げかけました。「テコ入れ（中間指導）」です。

「スマホが生活に必要なという考えは理解できる。しかし、ほかのメンバーが言っているように、君たちは大事な高校入試を控えている。多くの生徒がスマホを使っていて、何もしないという現状があるのを私は知っている。これは大きな問題である。やはり、生徒にスマホを持たせるのは禁止させた方がいいと思うのだが、どう思う？」

すると、次のように「リレー・ノート」が回っていきました。

I know we use so many time to use smartphones. And I always feel bad when I do it. However each time, I think what should I do ~~not do to~~ use many time for my smartphones. That's why, I believe I grow little by little the time by time. => **Is it true?**
You said a lot of students use smartphones and do nothing. That's right. But I think to do it is not bad. To make mistakes is not bad. Moreover, mistakes is necessary to grow up. That's why, to use phones is good think for us
↳ **Making mistakes is necessary, but wasting time is not necessary. What do you think?** From Natsumi.

失敗しながら人は成長する」と主張します。

I think many students can't keep a lot of time to study to use smartphone. If your smartphone takes you a lot of time, you shouldn't have a smartphone, or you should give your parent your smartphone on weekdays. Some of people who have smartphone can study a lot. So I think I can't said that all students must not have any smartphone. Natsumi said To make mistakes is not bad. I think so too because if we don't make mistakes we can't grow up well. For example, if we find that time to use smartphone is bad, we can study more. I think it is big problem too but it is good chance to study more. So we have to find that we should study more. **You gave a good point.** from Kagura.

スマホ所持で「全員」が自分をコントロールできなくなっているわけではない、と主張します。

I think many students can't have something to do without their smartphones. For example, I have bad eyesight since kinder garden. So I couldn't play game and use smartphones, but I had basket ball, soccer, gymnastics lots of other things to do. So I think we are filling with our smartphones, distracting ourselves from what we need to do. If that doesn't convince you, You should make a period of not touching your phone for a week. Then you will realize how much work you have to do.
**Can you keep the rule?
Can you spend much time without smartphones?** From Riku.

I know many students can't study because they use smart phone long time. Mr. Honda said, that is bad, right? I don't think so. I have a reason: If you want to watch smart phone, you watch smart phone. But if you want to do something, you don't watch smart phone. So, if you do that, you can study or watch smart phone. And Natsumi said, mistake is necessary to grow up. It is important for us. So, if you want to change, you try something.

Mistake is important, but wasting time is not necessary. From Manaba
Students needs a lot of time to do! What do you think?

本田先生に「反論」します、という文が頼もしい。仲間の意見を引用しながら反論です。

Dear Natsumi, Kagura, Riku, and Nanako

I was interested in reading your relay note. Everybody says it is important to experience mistakes in our life. That is a good point.

By the way, let's think of this problem from a different point of view.

According to Asami, making smartphones needs some special metals. So, we have been destroying the gorillas' habitat in the Congo. We are all related to this problem! When we think of this serious problem, young students should not have smartphones. What do you guys think?

議論が煮詰まったところを見計らって、授業で扱った「電子機器を作る金属がアフリカで採掘されている」という事実の話をもっていきます。「環境破壊」という観点から考えてみてはどうかと提案してみたわけです。今考えると「ちょっと強引だったな」「ちょっと弱い主張だったかな」と感じています。それにしても生徒たちの「絶対にスマホを所持したい」という熱い願いには終始笑いをこらえることができませんでした。

I think not using smartphones is not good way to save them. I have two reasons. First, there are already many smartphones in the world. So we can use recycling smartphones. It means using smartphone doesn't always become a reason of this problem. Second, some scientists study other metal that we can get more low price and more easily. When we have to make new smartphones for some reason, we won't have to go to gorillas' habitat to mine some special metals. Because we'll find another metals!! From these reasons, we can save gorillas without using smartphones.
From Natsumi.

I don't agree with the idea. I have two reasons.
First, we use smartphone to do many things now such as to search the weather to call with our family or friends and to catch some news...
So, I think smartphone is part of our life.
Second, we have many others problem such as global warming. We should solve global warming at first, because decreasing gorillas' habitat is big problem for gorillas, but global warming is big problem for all of the animals.
I understand decreasing gorillas' habitat is big problem. but we have many problem. I think global warming is more important than the problem. So if we solved the problem, we should solve global warming at first.
From Kagura.

I agree with Mr. Honda's idea.

I have two reasons. First, if we use more special metals, we have been destroying gorillas habitat. It is bad thing. And also, text book said. Secondly, we study hard for high school. So, I think we don't need smart phone. My ideas changed by Mr. Honda's idea. Smart phone give us some bad things. For example, first you thought that you want to study, but, if you have a smart phone, you watch LIVE, Instagram, and so on. if you do that, you can't study. So, I think that we don't need a smart phone.

Each students have different idea.

From, Manaka.

いかがだったでしょうか。生徒たちの中にある「書きたい」「知りたい」「伝えたい」を随所に感じていただけたのではないのでしょうか。ノートいっぱい書かれた文字に圧倒されてしまった読者の方もいらっしゃるかもしれません。生徒の「書きたい」を刺激することで、「たくさん書きなさい」と言わなくても、ページいっぱい書くようになります。

以下、「リレー・ノート」に取り組んだ生徒の感想です。感想を読むと、「英語が苦手な生徒はどうするんだろう？」とか「そもそも考えが思い浮かばない生徒はいないのかな？」といった教師の疑問にも答えてくれていることに気づくはずで

自分が思ってもいなかった反論が返ってくることに驚いた。たしかに言われてみればそうである意見などがたくさんあった。一人のひとがその意見を言ったとき、他の人がその意見に賛成していたということは、自分の意見には説得力がなかったということがよく分かった。(Y・K)

ある物事の良い面と悪い面を書くのは面白かった。何個も文を書くたびに同じフレーズを使うと面白くないから、違う言い回しを考えるのはいいことだと思った。(S・K)

めっちゃ楽しいし、これだとすごく考えられるから、成長しそうだと思いました。他の人の意見が聞ける機会はそれほど多くないので、すごく良かった。書く力も読む力も上がると思う。(K・Y)

3・4回目にまわってきたときに、1人目、2人目の意見を読んでそれを比較して、自分の理由も考えて書かないといけないことが大変だった。また、自分と同じ賛成の人でも、異なる考え方をしている人がいて、それを読むのが楽しかった。(T・K)

自分の考えを他人に見せることによって、反対の意見、賛成の意見、両方かえってくるから自分の考えが広がる。自分が英語で言い方が分からなかった時に、他人の表現方法から学べた。(H・N)

反論するとき、その理由に説得力があるかを考えることが大切であることを学びました。そのため、反論の反論を書くと、より客観的になるのではないかと思いました。(K・K)

私は、この取り組みを通して、自分では思いつかなかった英語の表現が友だちとの交流を通して学べたのでとても嬉しいと思った。また、自分の意見を深くもてた。もっとやりたいと思った。(I・U)

自分の考えと反対のことも以外と書けたし、友だちのフレーズを参考にして書けた。納得するような文もあって反対するのは難しかったけど、楽しかったし、やることに私的に意味があった。

Kさんがすごい書けていて、私もたくさん書けるようになりたいと思った。(N・N)

共感するときには、その人の考えをくり返したり、ほんの少しだけ情報を足すことしかできないが、反論するときには自分の考えではない、元々共感できなかったこともできるようになり、様々な視点から考えるきっかけになって、力がついたと感じた。(H・Y)