

## Practice

Last Saturday, I went to Tokyo to take part in the graduate school's seminar.  
In the evening I got on the Yama-note Line train to return home.  
The seats of train were filled with passengers and some stood.  
I was lucky to get the seat.  
Some minutes later, two mothers and two children got on.  
They didn't get seats.  
Two children stood behave well but swing.  
I saw them and felt a little dangers.  
I kept seeing them until my arrival or gave my seat to children.  
Then I thought deeply and discussed by myself what should do.  
I decided to give my seats.  
If this train stopped immediately, perhaps children felt down and injured.  
I had to avoid accidents.  
I told them "Come here and seated"  
Children smiled and seated, Mothers told me "Thanks".

## 実践力

先週、東京へ行った。  
夕方、帰途につくため、山手線に乗った。  
座席は乗客で埋まり、何人かは立っていたが、幸運にも座ることができた。  
少ししたら、2組の母親と息子が乗ってきた。  
行儀よく立っていたが、列車の振動でふらふらしていた。  
危険を感じた。  
このまま目的地まで行こうか、座席を譲ろうか、自分と対話し、深く考えた。  
万一、急ブレーキがかかったら、子供たちは怪我をしようと思ったので、子供に声をかけた。  
笑顔と共にすわり、母親は私に感謝した。

实践