

Indigenous People: The Paiwan



The Paiwan people live in the south of Taiwan near the Damumu Mountain. They're Taiwan's second largest indigenous group. It is believed they came from Dawu Mountain, where the Paiwan believe heaven is. Later, they moved to areas around Pingtung and Taitung. President Tsai Ing-wen, Matzka, Abao, and Power Station are some famous Paiwan people.

A special part of Paiwan culture is their social class system. They use special patterns on their clothes to show their status. Some of these patterns look like human heads or snakes. Tattoos also show a person's status in the group. Paiwan chiefs or nobles tattoo their arms and hands.



The Paiwan believe in ghosts and gods. They believe that gods will protect people if they follow certain rules. Therefore, the Paiwan have many rituals. One of their most famous rituals is the Five-Year Festival. It happens every five years. They pray for anything from a good harvest to luck, and even rain. They also use this time to thank and pray to their ancestors. The Five-Year Festival also brings everyone together. To them, this festival holds a very special meaning.

Taiwan is a country that is full of beautiful places to see. What is even more beautiful is the rich history and the people who helped shape it!

Catching the Eye of the Audience with Movie Trailers



The theater gets dark, people stop talking, and suddenly, the screen lights up. It's not the movie that you paid to see, though: it's a trailer! Trailers are short videos that tell the world about a new movie. They're meant to make audiences want to see the movie that they're for. However, they must do this carefully. They can't give away too much, or people won't care about the actual movie. They also can't be too quick, or people won't follow the action. The audience will just get confused! As you can imagine, making a movie trailer takes special skills.



Making a trailer can be difficult. The filmmaker's story and vision is precious to them. Making the story simple enough for a trailer can feel impossible. After all, the movie is very close to their heart! This is where movie trailer experts can help. They know how to use tropes to give people an idea of the movie's story. They know how to choose exciting music to catch the attention of the audience. Finally, they know how to market the stars of the show. People always want to follow the work of famous actors and directors! Making movies is an art, but it turns out that making trailers is, too!

Treat Yourself Right: Ways to Build Self-Confidence



We're supposed to be nice to people around us. But sometimes, we're not nice to ourselves. We often blame ourselves and think others are doing better than we are. This isn't healthy, though! If you're comparing yourself to others, stop and think. Tell yourself, "Thinking about what they have doesn't help me." Notice these thoughts, and over time they will go away.

Also, be patient with yourself. You don't call your friends stupid when they make mistakes. So, why do it to yourself? If you mess up, say, "Everyone makes mistakes. I can learn and grow from my errors." With this positive thought, mistakes can help us, not hurt us.



Good self-talk helps us like ourselves more, but good life habits are just as important. We feel worse if we don't eat or sleep well. Take care of your body by sleeping enough, eating healthy food, and getting exercise. When our bodies feel good, the rest of life is better, too.

Just like we all make mistakes, we all might doubt our skills sometimes. We can practice and get better at things. However, we can never be 100% ready for everything. Trying things that scare us can help us build confidence. Face your fears and trust yourself. You'll be proud of your courage!

How My Parents Learned to Eat



At home, sometimes we use chopsticks to eat. Other times we use knives and forks. For me, it's natural.

When my father, John, met my mother, Aiko, he was an American sailor. His ship was in Yokohama, Japan. Aiko was a student there. John and Aiko walked in the park together every day. However, John was afraid to ask Aiko to dinner. "I can't use chopsticks! Aiko will be ashamed of me," he thought. Soon, his ship would leave Japan. John was sad. He wanted to marry Aiko! He needed to learn to eat with chopsticks. So, he went to a Japanese restaurant to practice.

The waiter brought rice and sukiyaki. He said, "Hold the bottom chopstick still. Move the top one to pick up the food." John tried, but he dropped the food on his lap. Still, he kept trying.

That night, Aiko was sad because she didn't see or talk to John. "I can't eat with a knife and fork. Perhaps John is ashamed of me," she thought.

The next day, John called Aiko. "Will you eat dinner with me tonight?" "Yes!" she shouted. Aiko felt happy, and then nervous. She rushed to Great Uncle's house. He could give her advice. "I must learn to use a knife and fork by 7 p.m.," she told him.

Great Uncle used to live in England. He took Aiko to lunch at a Western restaurant. He ordered beef, mashed potatoes, and peas. Great Uncle showed Aiko something special on the back of his fork. He made a nest of mashed potatoes and peas on it!

That night, Aiko's nest of mashed potatoes and peas amazed John. She explained about Great Uncle, and John laughed. "He taught you to eat like an Englishman. Americans eat differently," he said.

John and Aiko married and had a daughter: me! Now we eat with chopsticks and knives and forks in our house. It's easy for me to use both!

Where the Wild Things Are



One night, Max wears his wolf costume. He makes mischief of one kind and another. He ties towels together to make a rope and nails it to the wall. He runs after the dog with a fork. Max's mother shouts, "WILD THING!"

"I'LL EAT YOU UP!" shouts Max. His mother sends him to bed without dinner.

That night, trees and plants grow in Max's room. It becomes a new world with forests and an ocean. Max sails on a boat day and night for almost a year. He arrives at a special place. Terrible wild things live there!

The wild things look like monsters. They make a terrible sound and show their terrible teeth. They roll their terrible eyes and show their terrible claws. Max yells, "BE STILL!" and looks into the wild things' yellow eyes without blinking. This frightens them, and they make Max king of the wild things.

Max says, "And now, let the wild rumpus start!" Max and the wild things make mischief. They run around and hang from trees until they feel tired.

"Now, stop!" says Max. He sends the wild things to bed without supper. However, Max now feels lonely.

Max wants someone to love him most of all. Then, far away across the world, he smells good things to eat. So, he quits being king of the wild things.

The wild things say, "Please don't go! We'll eat you up! We love you so!" But Max says, "No!" They roll their terrible eyes, gnash their terrible teeth, and roar their terrible roars. Max gives back his crown. He gets in his private boat and waves goodbye. He sails back over a year and arrives in his very own room. He finds his supper waiting for him, and it is still hot.

The Legend of Banping Mountain



There was once a small village in Kaohsiung. It existed at the base of a mountain. One day, an old dumpling vendor came to the village.

He called out, “Hot and delicious dumplings! One for 10 cents, two for 20 cents, and three for free!” When one villager* asked if it was a trick, the vendor answered, “I never tell lies.”

So, the villager ordered three dumplings. After he finished the third one, the vendor stood there and smiled. Soon, other villagers copied the first villager’s actions.

When the vendor sold all his dumplings, he left. Then, the villagers started talking. One thought the vendor was dumb. Another commented on the mountain. He thought it was missing a piece.

The vendor came again and again. Each time, the villagers swallowed³ as many free dumplings as they could. Then, a young man spoke up. In a sincere⁴ voice, he asked for one dumpling.

The vendor asked, “Why only one?” The young man answered, “You work so hard for no money. I feel bad and want to help you.”

“Aha! I found you at last,” said the vendor. “I’m the Mountain God, and you have the right character to be my student.” After that, he took the young man away.

The villagers were surprised. They also regretted their actions. Then, someone pointed out the vendor’s dumpling pot was full of mud. That made everyone sick and want to throw up.

In addition, they saw that half their mountain was missing. It looked like someone cut it in half. From then on, the villagers called it Banping Mountain.