

HAPPY HALLOWEEN

Seiran English Journal October 2025





Halloween (night of October 31st) is James' favorite time of year. He loves scary things, dressing up, and eating sweets! Recently, Halloween has become very popular in Japan. Children dress up and get gifts of candy, and adults have big costume parties.



However, few people know about the history of Halloween, or about its traditions. So let me teach you!

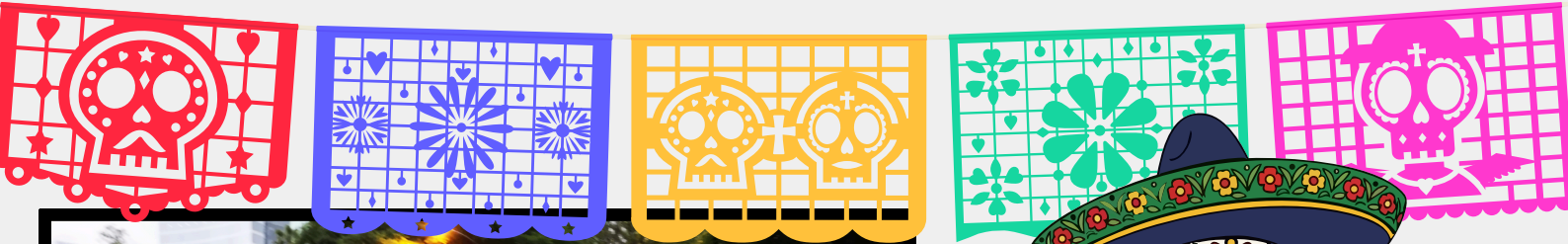


Halloween is believed to come from old pagan harvest festivals in Europe, particularly the **Samhain festival** in Ireland and Scotland. As Christianity become popular, these festivals were changed to celebrate Christian martyrs and saints - 'hallowed' (holy) figures. When Europeans and Christianity spread to America, migrants brought this holiday with them.



Pagan (名): 異教の Harvest (名): 収穫
Christianity (名): キリスト教 Martyr (名): 殉教者
Saint (名): 聖人 Migrant (名): 移民





In **Mexico**, people celebrate the **Day of the Dead** on November 2nd and 3rd, to remember deceased family members. Families make altars in their homes, with family photos, food, candles, and flowers, for their dead family members. They also visit graves to clean them and pray.

People eat sugar skulls and special bread. They also dress up as skeletons, and have parades, with music, dancing, and food stalls.

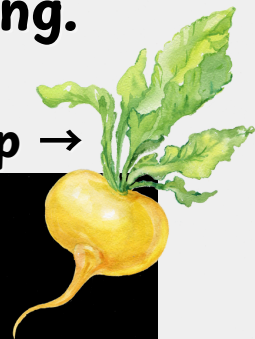
Deceased (形容): 亡くなった, 亡き人 Altar (名): 祭壇
Grave(名): 墓 Pray (動): 祭る Food stall (名): 屋台





The main symbol of Halloween is the **Jack-o-lantern** - an empty pumpkin with a scary face and a light inside. Traditionally, a turnip was carved and carried around by people trick-or-treating.

A turnip →



Carve (動): 彫る Turnip (名): カブ



POPULAR HALLOWEEN FOODS



**Halloween-theme
cakes or cupcakes**



Caramel popcorn



Fruit punch



Candy apples



**Pumpkin spice
drinks**



Pumpkin pie



Sweets and candy





Trick-or-treating is an activity children do on Halloween. They wear scary costumes, and walk around their neighborhood. They visit their neighbor's homes, asking them 'trick or treat?!' ('いたずらかご馳走?!'). The children are trying to be given sweets, while saying, if none are given, they will perform mischief to the neighbor and their home.

Mischief, a prank (名): いたずら, 悪戯

POPULAR HALLOWEEN SYMBOLS



Spiders

Bats



Black cats



Crows

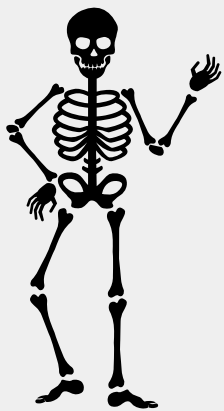


Scarecrows



Candles

**Skeletons
& skulls**



Witches



**Haunted houses
& scary castles**

Ghosts



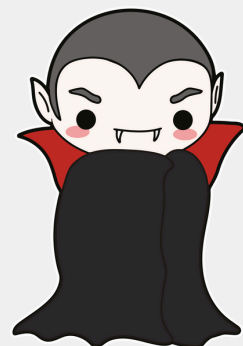
**Purple, orange,
& black**



Mummies



Werewolves



Vampires

**Graves &
tombstones**





People decorate their homes with scary things and Jack-o-lanterns.



Other Halloween activities include watching horror movies, telling ghost stories, visiting theme parks, bonfires, or going to costume parties.

Decorate (動): 飾る
Bonfire (名): たき火





Halloween is all about enjoying
frightening things in a safe
and fun way.

So, what are you

AFRAID

of?



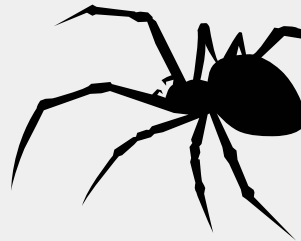
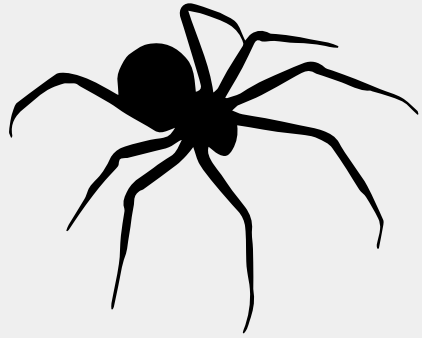
What kind of things **SCARE** you??

Frightening (形容): 恐ろしい Afraid of (形容): 怖い
Scare (動): 怖がらせる





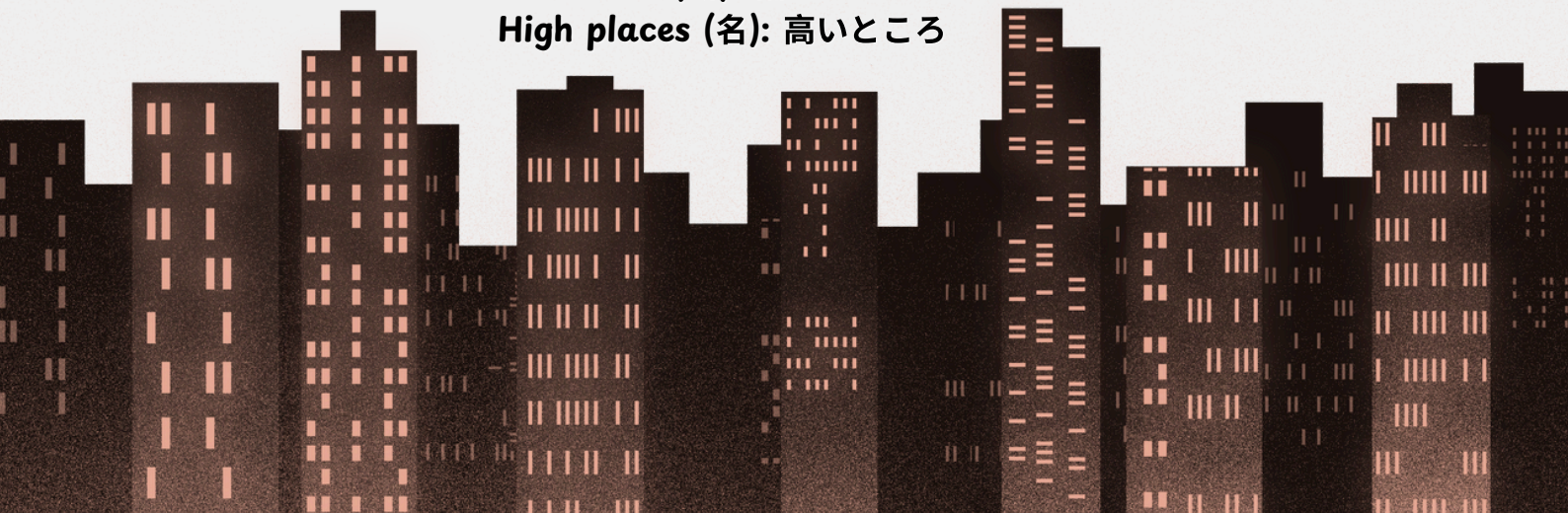
I'm scared of spiders. They move too fast to catch, and always seem to come out at night. Once, when I was sleeping, a spider ran across my face!

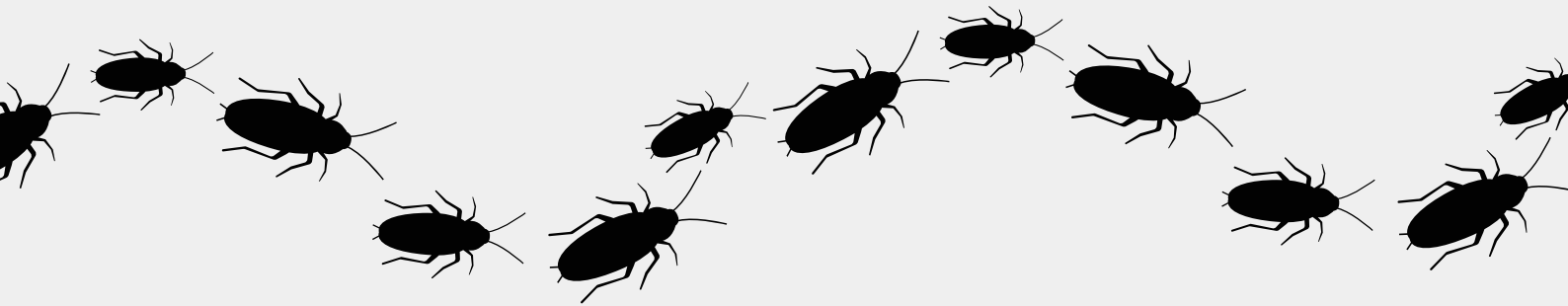


High places also frighten me. I like the view from tall buildings, but if I look down at the ground, I feel very sick...

By James

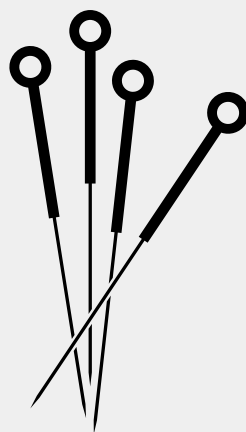
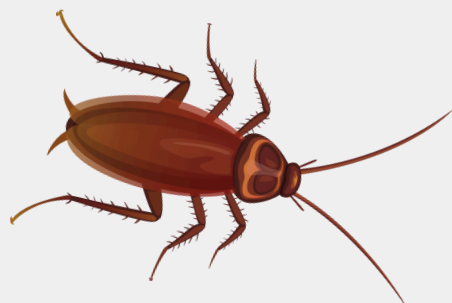
Catch (動): 捕まえる
High places (名): 高いところ





I'm afraid of cockroaches. When I see them crawling around really fast across the floor, I get chills. I find the way they move to be very creepy!

By Mrs Wolfgram



I am scared of sharp objects, like needles and ice picks. I think things that can easily pierce your body are really scary!

By Mr Okajima

Crawl (動): 匍, 這う Get chills (動): 悪寒を感じる
Creepy (形容): 気持ち悪い Sharp objects (名): 鋭利な物体
Needle (名): 鍼, 針 Ice pick (名): アイスピック Pierce (動): 突き刺す





I am scared of entrance exams. I'm not good at studying, I really hate math and world history class. The words used in world history class are very long and complex, so I find it difficult.

By Takumi



I am afraid of war. I don't want to join war as a soldier, it would be a terrible experience! I'm scared I wouldn't survive it.

By Krit

Entrance Exams (名): (大学の)入学試験
Complex (形容): 複雑な Experience (名): 経験
Survive (動): 生き残る





I am afraid of my mother. I always try my best to act so as not to make her angry...

By Mito

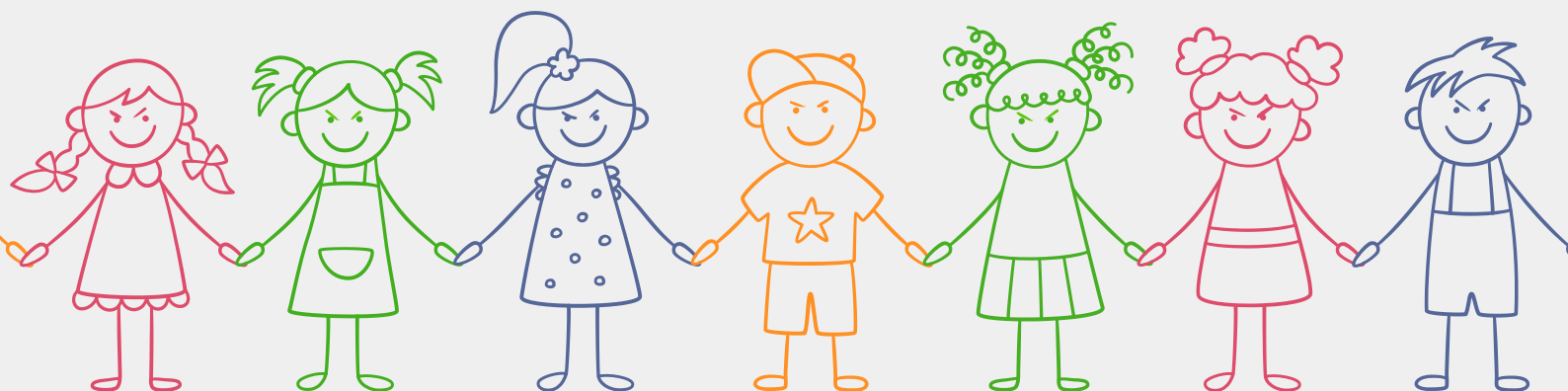
I'm afraid of my mother! She sometimes scolds me for not doing my chores, homework, or other things. I'm also scared of young children. I never know what they are thinking, they can be unpredictable.



By Sota



Scold (動): 叱る Chore (名): 家事
Unpredictable (形容): 予測不可能な





I'm scared of all bugs because I don't like their shape, and they have too many legs. They are very creepy! I especially don't like when bugs crawl on my body.

By Ayumi

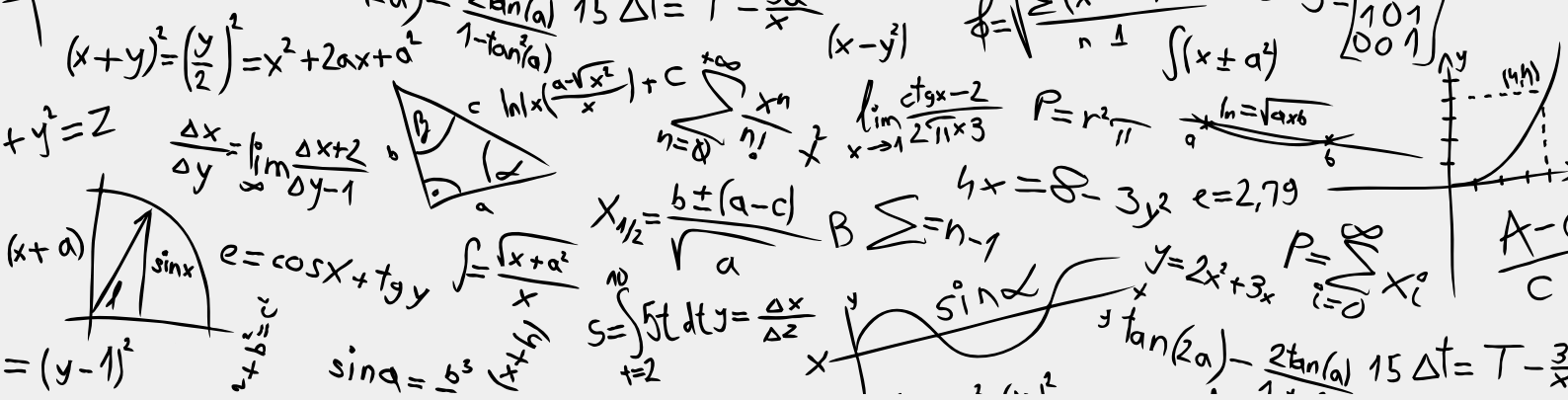


I'm scared of horror video games! In particular, I think Biohazard (Resident Evil) is a really scary game series. I really hate when the zombies appear suddenly, and shock me.

By Haruto

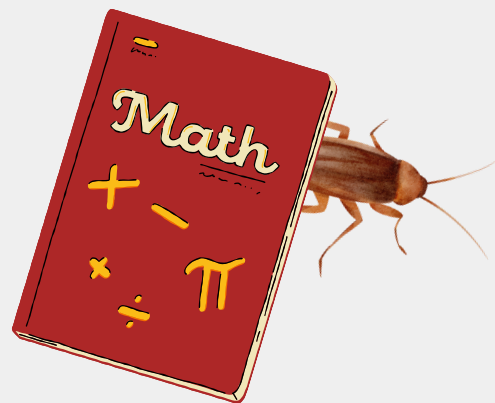


Bug (名): 昆虫 Shape (名): 形状 Shock (動): 震駭する



I'm scared of high school tests. I'm especially worried about math class, because I'm not so good at mathematics. Also, my home room teacher is also my math teacher!

By Anri



I'm afraid of cockroaches. They are big and fast. The way their antenna twitch and move makes me feel sick. They are dirty and have lived for millions of years.

By Melissa



Especially (副詞): 特に
Home Room Teacher (名): 担任の先生
Antenna (名): 触角 Twitch (動): けいれんする



HAPPY HALLOWEEN

So Halloween started as a European harvest festival. Then, it became a Christian day of worship. Finally, today, it has become a time to celebrate scary things, and laugh at death.



**I HOPE YOU HAVE A VERY
HAPPY (AND SCARY!)
HALLOWEEN THIS YEAR!**



Worship (動): 礼拝する