

# Towards your DREAMS G5 Challenge!

From 「Motoori Norinaga's Teachings 5 Challenges」, let's decide on a challenge to continue for a year or a challenge to focus on for a month and work on it. On the 5th, 15th, and 25th of every month, set these days as the time to reflect on your "self-determined challenges" or to start new challenges. It's a good idea to challenge yourself with your family or class. And talk about your growth or development with your family,

## Challenge 1 Let's work on the challenge of establishing lifestyle habits throughout the year.

### [Establish a lifestyle]

□ Let's develop healthy habits and enhance self-regulation skills (the ability to adjust actions and emotions to achieve goals).

○ Get enough sleep for a healthier mind and body.

Sleep Time ( : ) ~ ( : )

○ Value daily learning and reading to develop study habits.

Study time Weekdays ( : ) ~ ( : )

Holidays ( : ) ~ ( : )

Reading Time Weekdays ( : ) ~ ( : )

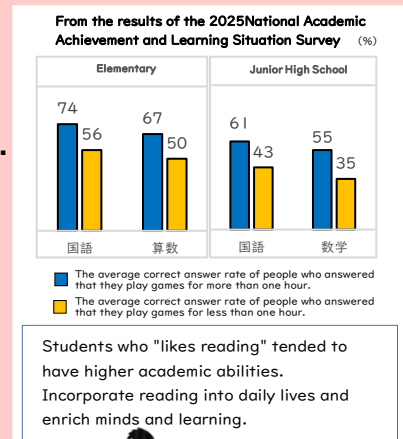
Holidays ( : ) ~ ( : )

○ You decide to set a specific time to play games or to watch videos to enrich your time after school and no classes.

1 day ( ) until what time

○ Create rules and agreements for the use of smartphones and other devices.

The important thing is the ability to execute!! Make a plan and do your best!!



## Challenge 2 Decide on challenge yourself and discuss it with your family. Use a tablet to scan the QR code and use it as a reference for our challenges.

### [Learn proactively]

□ Deepen your learnings from people, books, nature etc and broaden your thoughts.



### [Expand your explanatory power]

□ Write and speak your thoughts so that it can be easily conveyed.



### [Deepen thoughts]

□ Deepen your learnings from people, books, nature etc and broaden your thoughts.



### [Use what you have learned]

□ Use what you have learned in your daily life and other studies to enrich your life.



Every 5th of the month is GO 5 Challenge Day

On the 5th day of each month, let's look back on your daily challenges. If you were able to tackle 「Challenge 1」 or 「Challenge 2」, color it. check the efforts you did.

