Towards your DREAMS Go5Challenge!

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.The day with a 5(ex.5,15,25) in each month is the day to look back on the challenges that you have decided and 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, friends, and teachers!

challenge 1

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

[Establish a lifestyle]

☐ Determine three and acquire a regular lifestyle.

Sleep Time　　Weekdays（　：　）～（　：　）Holidays（　：　）～（　：

Study time　　Weekdays（　：　）～（　：　）Holidays（　：　）～（　：　）

Reading Time　Weekdays（　：　）～（　：　）Holidays（　：　）～（　：　）

☐ Determine the time to watch TV or play smartphone games, and acquire a regular lifestyle.

〇1day（　　　　　）until what time

〇night　（　　　　　）do not use after the promised time

〇 Do not use while eating, studying, or taking a bath ＊Reference: Matsuzaka City Board of Education "Let's know how to use correctly Let's talk about our rules at home"

Challenge 2

Decide to challenge yourself or discuss it with your family and work on it.Circle the month you want to work.

proactively]

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

4月 5月 6月 7月 8月 9月
10月 11月 12月 1月 2月 3月

[Expand your explanatory power]

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

4月 5月 6月 7月 8月 9月
10月 11月 12月 1月 2月 3月

[Deepen thoughts]

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

4月 5月 6月 7月 8月 9月
10月 11月 12月 1月 2月 3月

[Use what you have learned]

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

4月 5月 6月 7月 8月 9月
10月 11月 12月 1月 2月 3月

Every 5th of the month is GO 5 Challenge Day

Review your challenges on the 5th day every month. If you can complete the "Challenge 1" and "Challenge 2", color them to see how hard you worked.

Apr　May　Jun　Jul　Aug　Sep　Oct　Nov　Dec　Jan　Feb　Mar