

# Towards your DREAMS G5Challenge!

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. 5th, 15th, 25th) 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.

○ Within ( ) minutes a day

○ No use after ( ) o'clock at night

○ No use while eating, studying, and 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 what to challenge, and discuss it with your family and work on it. Circle the month you want to challenge. It might be a good idea to search about 「?」 things you feel in school and daily life.



Let's pursue what interests us!

### [Learn 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



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.

