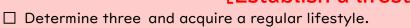
Towards your DREAMS G5Challenge

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 I

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

[Establish a lifestyle]





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

OWithin () minutes a day

ONo use after () o'clock at night

ONo 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.

[Expand your explanatory power]

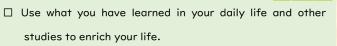
 $\hfill \Box$ Write and speak your thoughts so that it can be easily conveyed.



[Deepen thoughts]

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

[Use what you have learned]



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 \lceil " Challenge \rceil " or "Challenge 2", color it .Check the efforts you did.

