

() 中学校 Junior High School () 年 Grade () 組 Section 名前 Name ()

このチェックシートを使って、本に親しんだり、運動をしたり、規則正しい生活習慣を身に付けよう。

Use this check sheet to manage a good daily routine, be interested in books, do exercises to have a proper lifestyle.

家庭読書の日！ Reading day at home!

◎家庭読書の日と時間を話し合って決めよう。

Decide for the day and time of reading books at home

[Red box for writing date and time]

〈例〉〇月△日の〇時～△時、毎週〇曜日の〇時～△時 など
Ex. Month/day/time/every ___ of the week, from ___ : ___ to ___ : ___ am/pm

こんなふうにすすめましょう
Let's challenge as follows:

- ① テレビやゲーム、携帯やスマートフォンなどのスイッチを切る。
Turn off the television, games and cellphones, smartphone.
- ② 大人といっしょに本を読む。
Read books together with your family.
- ③ 読んだ本のことについて話をする。
Establish conversations with your family based on the books that you are reading.

✧起床時刻や就寝時刻など、めあてを保護者と話し合って決めよう。

Talk with the parents and decide for a specific time to sleep and wake up in the morning.

✧できたら〇、できなかったら×をつけよう。Mark "O" if you achieve each task and "X" if not.



項目 Task	日付 Date							
Wake up at ___ : ___ a.m.								
Eat breakfast								
Watch TV and play games for ___ hour/minutes only.								
Rules in using cellphone, smartphone and computer Ex. Use gadgets only in the living room, then give it to your parents after use.								
Review and study for more than ___ hours on weekdays and ___ hours on holidays.								
Decide your goal and do exercises. Ex: do some stretching with parents, do light exercises, schedule a time for walking, etc.								
Read books								
Go to bed at ___ : ___ p.m. after brushing the teeth.								
Set a goal to achieve. Ex.: Act and follow the schedule made etc.								

1週間を振り返ろう
Look back on what you did this past 1 week.

保護者から一言
Comment from parents

先生から一言
Comment from the teacher-in-charge

