

Can you do it?

Check together with your parents.

三重県教育委員会
マスコットキャラクターみえびい









For Pre-school Children (3 years old)

Class: _____
Name: _____

- ✿ Make rules at home for waking up and going to bed.
- ✿ When you achieve each task, color the ☺ or put a sticker on it.



Date	/	/	/	/	/	/	/
Task							
Get up in the morning at ____ : ____ am.	☺	☺	☺	☺	☺	☺	☺
Eat breakfast  三重県野菜摂取推進マスコット キャラクター フェアリーベジ	☺	☺	☺	☺	☺	☺	☺
Do morning routine (peeing/pooing). 	☺	☺	☺	☺	☺	☺	☺
Good Morning (Ohayo gozaimasu) Greet everyone. 	☺	☺	☺	☺	☺	☺	☺
Exercise around and play a lot. 	☺	☺	☺	☺	☺	☺	☺
Have my family read me books 	☺	☺	☺	☺	☺	☺	☺
Brush my teeth 	☺	☺	☺	☺	☺	☺	☺
Go to bed at ____ : ____ pm.	☺	☺	☺	☺	☺	☺	☺

Encouragement from my family

