

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 (4 to 5 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.	☺	☺	☺	☺	☺	☺	☺
Change clothes by myself 	☺	☺	☺	☺	☺	☺	☺
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. 	☺	☺	☺	☺	☺	☺	☺
Watch TV and play games for only ____ minutes.	☺	☺	☺	☺	☺	☺	☺
Read books with my family. 	☺	☺	☺	☺	☺	☺	☺
After brushing my teeth, I go to bed at ____ : ____ pm. 	☺	☺	☺	☺	☺	☺	☺

Encouragement from my family