かみっこチャレンジ♪

のスケジュール

のめあて おきる時こく 朝　　　ねる時こく 夜

のめあて



どおり ◎：よくできた　○：できた　△：もうちょっと

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 時　間 | やってみたいこと（計画） | 5/11 | 5/12 | 5/13 | 5/14 | 5/15 |
| ９：００ |  |  |  |  |  |  |
| 　　９：３０ |  |  |  |  |  |  |
| １０：００ |  |  |  |  |  |  |
| 　１０：３０ |  |  |  |  |  |  |
| １１：００ |  |  |  |  |  |  |
| 　１１：３０ |  |  |  |  |  |  |
| １２：００ |  |  |  |  |  |  |
| 　１２：３０ |  |  |  |  |  |  |
| １：００ |  |  |  |  |  |  |
| 　　１：３０ |  |  |  |  |  |  |
| ２：００ |  |  |  |  |  |  |
| 　　２：３０ |  |  |  |  |  |  |
| 　３：００ |  |  |  |  |  |  |
| 　　３：３０ |  |  |  |  |  |  |
| 　　４：００ |  |  |  |  |  |  |



、がんばったことをいてみよう！！