



Life after returning home - Reflection Sheet

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<Life after returning home> Let's fill it out with reference to the example below.

15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6	7	8

<Entry example>

15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6	7	8
Classes		Game		Dinner	Bath		TV										Breakfast

- ① Write what you did under the time box.
- ② You can fill in the times when you were sleeping.



Let's tick what we could do in our daily life after returning home

Noon to evening

For 1 hour or more in 1 day did exercise/activities

Didn't take a nap



Before bed

Didn't do strenuous exercise.

Didn't eat late-night snacks

Took an early bath (about 1-2 hours before going to bed).

Didn't watch a digital device screen for 1 hour before sleep



Sleep and breakfast

Slept 9-12 hours

Ate breakfast



<The life I want to live from now on> Let's write it down so that we can improve the areas we couldn't tick.

15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6	7	8

Please write down the points you worked on.