

東小学校
ほけんしつ

出かけるときは
つれていって!!

A cartoon illustration of a young boy with dark hair running to the left. He is holding a vacuum cleaner by its handle. The vacuum cleaner is anthropomorphic, with a face, arms, and legs. It has a speech bubble that says "つれていって!!" (Take it with you!!). The vacuum cleaner is also running to the left, with motion lines around it. The boy has a determined expression. The background is simple, with some motion lines suggesting speed.

A cartoon illustration of a young girl with brown hair in pigtails, wearing a pink shirt. She is sitting at a brown table, holding a white bowl filled with white rice. She has a wide, happy smile. On the table in front of her is a plate with a fried egg, some green vegetables, and two red tomatoes. To the left of the plate is a white cup filled with a light blue liquid, likely milk. The background is plain white.

A cartoon illustration of a young boy with black hair, wearing a white t-shirt and blue shorts. He is running towards the right with a joyful expression, his mouth open in a wide smile and his eyes squeezed shut. His right arm is bent with his fist clenched, and his left arm is also bent. He is wearing white socks and blue sneakers. The background is a solid light blue color.

A cartoon illustration of a young boy with black hair, wearing a green long-sleeved shirt and purple pants, sliding on a grey sled. He is smiling and looking forward. The sled is on a white surface, and there are small black lines indicating motion. A yellow starburst is visible in the upper left corner.



A cartoon illustration of a young boy with brown hair and a white nightgown, sleeping peacefully in a bed with white pillows and a green blanket. To his left, on a white nightstand, is a smartphone with a face on its screen, appearing to be talking to him. A blue arc of light connects the phone to the boy's head. In the background, a window shows a dark night sky with yellow stars.



たくさん時間がある夏休み、スマホやタブレット・ゲームなどのメディア機器との付き合い方を見直し、使いすぎに注意しましょう。



どく 読む
しょ 書



お手伝い



ある研究によると、絵を描くと約75%の人にストレスホルモンの減少があったそう。「絵しりとり」も楽しいよ!

絶対禁止ということではなく、上手にメディアとつき合っていくためにはどうしたらいいか、ご自分
のご家庭ではどんなルールが必要かなどご家庭で話題にしていただければと思います。
メディアコントロールチャレンジカードのご協力よろしくお願いします。

