

# 나의 하루 생활 건강 활동지

## 스스로 공부해요

건강 (런지운동)을 하는  
방법을 4단계로 배워 봅시다.

- ▶ 1단계) 선생님의 시범을 집중해서 봅니다.
- ▶ 2단계) 선생님과 함께 런지 운동을 하면서  
각 단계를 말해봅니다.
- ▶ 3단계) 스스로 각 단계를 말하면서 운동을 할 때  
어려우면 선생님께 도움을 요청 합니다.
- ▶ 4단계) 작은소리나속으로 말하면서 런지운동을합니다.

## 스스로 기록해요

### 나의 목표

나는 건강한 사람이 되기 위해 런지 운동을 (     ) 회 할 것이다.

런지 운동을 몇 회 했는지 표에 써 주세요

구분	첫 번째 시도	두 번째 시도	세 번째 시도	네 번째 시도	다섯 번째 시도
횟수	회	회	회	회	회

표에 적은 런지 횟수를 보고 그래프로 그려보세요.

횟수	100					
	90					
	80					
	70					
	60					
	50					
	40					
	30					
	20					
	10					
	0					
횟수	시도	첫 번째 시도	두 번째 시도	세 번째 시도	네 번째 시도	다섯 번째 시도

## 스스로 평가해요

목표 달성!

최선을  
다했어요.

노력해요.

## 스스로 칭찬해요

목표를 달성 하였습니다.  
운동을 통해 건강한  
친구가 되길 바라요!  
스마일 칭찬스티커를  
붙여주세요!

# 나의 하루 생활 의생활 활동지

## 스스로 공부해요

의생활 (어울리는 옷차림) 활동  
방법을 4단계로 배워 봅시다.

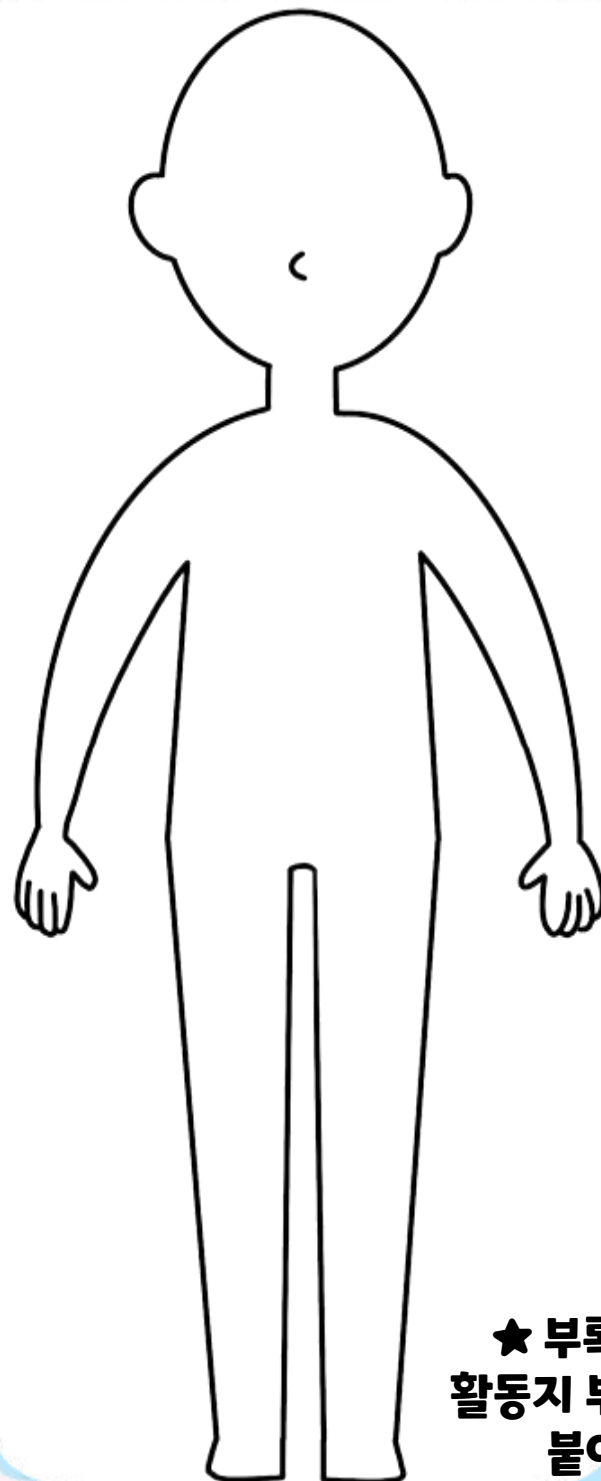
- ▶ 1단계) 선생님의 시범을 집중해서 봅니다.
- ▶ 2단계) 선생님과 함께 의생활 활동의 각 단계를 말해봅니다.
- ▶ 3단계) 스스로 각 단계를 말해보고, 어려우면 선생님께 도움을 요청 합니다.
- ▶ 4단계) 작은소리나속으로 말하면서 의생활 활동을 합니다.

## 스스로 기록해요



활동  
목표

계절과 날씨에 어울리는 옷차림을 꾸며봅시다.



★ 부록 1, 2쪽 < 의생활  
활동지 부록> 스티커를 잘라  
붙여 꾸며보세요.

## 스스로 평가해요



계절과 날씨에  
어울리는 옷차림인가요?

☁ 어울려요! ☁ 보통이에요. ☁ 노력해요. ☁

--	--	--

## 스스로 칭찬해요



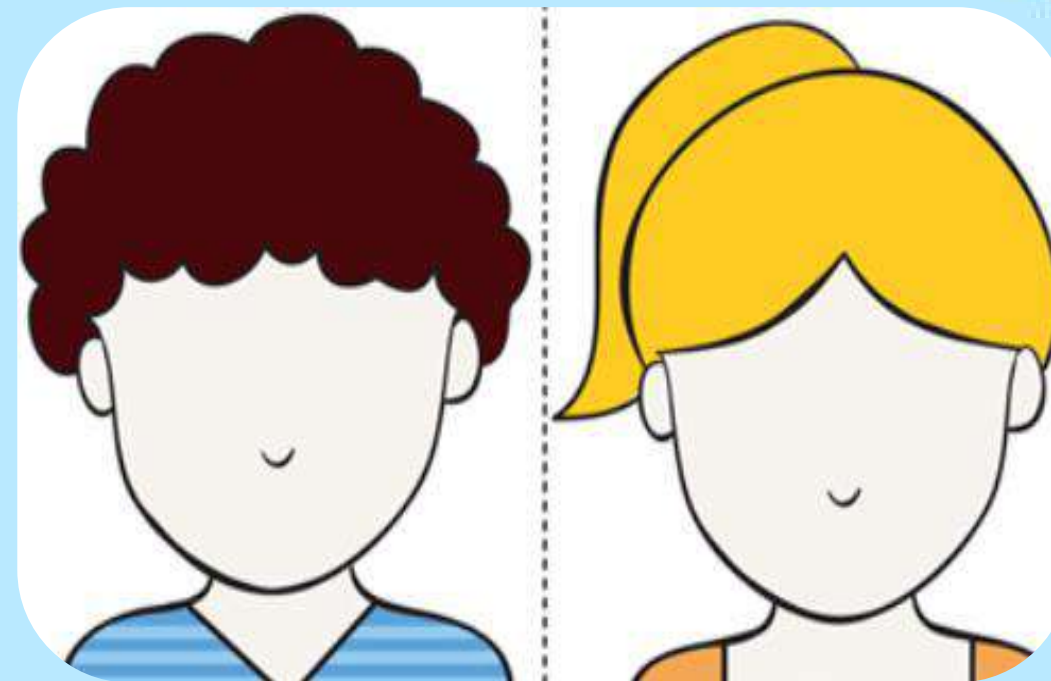
계절과 날씨에  
어울리는 옷차림을 한  
친구들 멋져요!  
스마일 칭찬 스티커를  
붙여주세요!

--



- ▶ 1단계) 선생님의 시범을 집중해서 봅니다.
- ▶ 2단계) 선생님과 함께 의사소통 활동의 각 단계를 말해봅니다.
- ▶ 3단계) 스스로 각 단계를 말해보고, 어려우면 선생님께 도움을 요청 합니다.
- ▶ 4단계) 작은 소리나 속으로 말하면서 의사소통 활동을 합니다.

A blank handwriting practice grid consisting of 8 columns and 4 rows. Each cell contains a dashed crosshair (a vertical dashed line and a horizontal dashed line) to guide letter placement and alignment.



**★ 부록 3쪽 〈의사소통 활동지 부록〉  
표정스티커를 잘라 붙여 꾸며보세요.**

the 1990s, the number of people in the United States who are 65 years of age or older has increased by 50 percent. The number of people 75 years of age or older has increased by 100 percent. The number of people 85 years of age or older has increased by 200 percent. The number of people 95 years of age or older has increased by 400 percent. The number of people 100 years of age or older has increased by 1,000 percent. The number of people 105 years of age or older has increased by 2,000 percent. The number of people 110 years of age or older has increased by 4,000 percent. The number of people 115 years of age or older has increased by 8,000 percent. The number of people 120 years of age or older has increased by 16,000 percent. The number of people 125 years of age or older has increased by 32,000 percent. The number of people 130 years of age or older has increased by 64,000 percent. The number of people 135 years of age or older has increased by 128,000 percent. The number of people 140 years of age or older has increased by 256,000 percent. The number of people 145 years of age or older has increased by 512,000 percent. The number of people 150 years of age or older has increased by 1,024,000 percent. The number of people 155 years of age or older has increased by 2,048,000 percent. The number of people 160 years of age or older has increased by 4,096,000 percent. The number of people 165 years of age or older has increased by 8,192,000 percent. The number of people 170 years of age or older has increased by 16,384,000 percent. The number of people 175 years of age or older has increased by 32,768,000 percent. The number of people 180 years of age or older has increased by 65,536,000 percent. The number of people 185 years of age or older has increased by 131,072,000 percent. The number of people 190 years of age or older has increased by 262,144,000 percent. The number of people 195 years of age or older has increased by 524,288,000 percent. The number of people 200 years of age or older has increased by 1,048,576,000 percent. The number of people 205 years of age or older has increased by 2,097,152,000 percent. The number of people 210 years of age or older has increased by 4,194,304,000 percent. The number of people 215 years of age or older has increased by 8,388,608,000 percent. The number of people 220 years of age or older has increased by 16,777,216,000 percent. The number of people 225 years of age or older has increased by 33,554,432,000 percent. The number of people 230 years of age or older has increased by 67,108,864,000 percent. The number of people 235 years of age or older has increased by 134,217,728,000 percent. The number of people 240 years of age or older has increased by 268,435,456,000 percent. The number of people 245 years of age or older has increased by 536,870,912,000 percent. The number of people 250 years of age or older has increased by 1,073,741,824,000 percent. The number of people 255 years of age or older has increased by 2,147,483,648,000 percent. The number of people 260 years of age or older has increased by 4,294,967,296,000 percent. The number of people 265 years of age or older has increased by 8,589,934,592,000 percent. The number of people 270 years of age or older has increased by 17,179,869,184,000 percent. The number of people 275 years of age or older has increased by 34,359,738,368,000 percent. The number of people 280 years of age or older has increased by 68,719,476,736,000 percent. The number of people 285 years of age or older has increased by 137,438,953,472,000 percent. The number of people 290 years of age or older has increased by 274,877,906,944,000 percent. The number of people 295 years of age or older has increased by 549,755,813,888,000 percent. The number of people 300 years of age or older has increased by 1,099,511,627,776,000 percent. The number of people 305 years of age or older has increased by 2,199,023,255,552,000 percent. The number of people 310 years of age or older has increased by 4,398,046,511,104,000 percent. The number of people 315 years of age or older has increased by 8,796,093,022,208,000 percent. The number of people 320 years of age or older has increased by 17,592,186,044,416,000 percent. The number of people 325 years of age or older has increased by 35,184,372,088,832,000 percent. The number of people 330 years of age or older has increased by 70,368,744,177,664,000 percent. The number of people 335 years of age or older has increased by 140,737,488,355,328,000 percent. The number of people 340 years of age or older has increased by 281,474,976,710,656,000 percent. The number of people 345 years of age or older has increased by 562,949,953,421,312,000 percent. The number of people 350 years of age or older has increased by 1,125,899,906,842,624,000 percent. The number of people 355 years of age or older has increased by 2,251,799,813,685,248,000 percent. The number of people 360 years of age or older has increased by 4,503,599,627,370,496,000 percent. The number of people 365 years of age or older has increased by 9,007,199,254,740,992,000 percent. The number of people 370 years of age or older has increased by 18,014,398,509,481,984,000 percent. The number of people 375 years of age or older has increased by 36,028,797,018,963,968,000 percent. The number of people 380 years of age or older has increased by 72,057,594,037,927,936,000 percent. The number of people 385 years of age or older has increased by 144,115,188,075,855,872,000 percent. The number of people 390 years of age or older has increased by 288,230,376,151,711,744,000 percent. The number of people 395 years of age or older has increased by 576,460,752,303,423,488,000 percent. The number of people 400 years of age or older has increased by 1,152,921,504,606,846,976,000 percent. The number of people 405 years of age or older has increased by 2,305,843,009,213,693,952,000 percent. The number of people 410 years of age or older has increased by 4,611,686,018,427,387,904,000 percent. The number of people 415 years of age or older has increased by 9,223,372,036,854,775,808,000 percent. The number of people 420 years of age or older has increased by 18,446,744,073,709,551,616,000 percent. The number of people 425 years of age or older has increased by 36,893,488,147,419,103,232,000 percent. The number of people 430 years of age or older has increased by 73,786,976,294,838,206,464,000 percent. The number of people 435 years of age or older has increased by 147,573,952,589,676,412,928,000 percent. The number of people 440 years of age or older has increased by 295,147,905,179,352,825,856,000 percent. The number of people 445 years of age or older has increased by 590,295,810,358,705,651,712,000 percent. The number of people 450 years of age or older has increased by 1,180,591,620,717,411,303,424,000 percent. The number of people 455 years of age or older has increased by 2,361,183,241,434,822,606,848,000 percent. The number of people 460 years of age or older has increased by 4,722,366,482,869,645,213,696,000 percent. The number of people 465 years of age or older has increased by 9,444,732,965,739,290,427,392,000 percent. The number of people 470 years of age or older has increased by 18,889,465,931,478,580,854,784,000 percent. The number of people 475 years of age or older has increased by 37,778,931,862,957,161,709,568,000 percent. The number of people 480 years of age or older has increased by 75,557,863,725,914,323,419,136,000 percent. The number of people 485 years of age or older has increased by 151,115,727,451,828,646,838,272,000 percent. The number of people 490 years of age or older has increased by 302,231,454,903,657,293,676,544,000 percent. The number of people 495 years of age or older has increased by 604,462,909,807,314,587,353,088,000 percent. The number of people 500 years of age or older has increased by 1,208,925,819,614,629,174,706,176,000 percent. The number of people 505 years of age or older has increased by 2,417,851,639,229,258,349,412,352,000 percent. The number of people 510 years of age or older has increased by 4,835,703,278,458,516,698,824,704,000 percent. The number of people 515 years of age or older has increased by 9,671,406,556,917,033,397,649,408,000 percent. The number of people 520 years of age or older has increased by 19,342,813,113,834,066,795,298,816,000 percent. The number of people 525 years of age or older has increased by 38,685,626,227,668,133,590,597,632,000 percent. The number of people 530 years of age or older has increased by 77,371,252,455,336,267,181,195,264,000 percent. The number of people 535 years of age or older has increased by 154,742,504,910,672,534,362,390,528,000 percent. The number of people 540 years of age or older has increased by 309,485,009,821,345,068,724,781,056,000 percent. The number of people 545 years of age or older has increased by 618,970,019,642,690,137,449,562,112,000 percent. The number of people 550 years of age or older has increased by 1,237,940,039,285,380,274,899,124,224,000 percent. The number of people 555 years of age or older has increased by 2,475,880,078,570,760,549,798,248,448,000 percent. The number of people 560 years of age or older has increased by 4,951,760,157,141,521,099,596,496,896,000 percent. The number of people 565 years of age or older has increased by 9,903,520,314,283,042,199,193,993,792,000 percent. The number of people 570 years of age or older has increased by 19,807,040,628,566,084,398,387,9



# 나의 하루 생활 식생활 활동지

## 스스로 공부해요

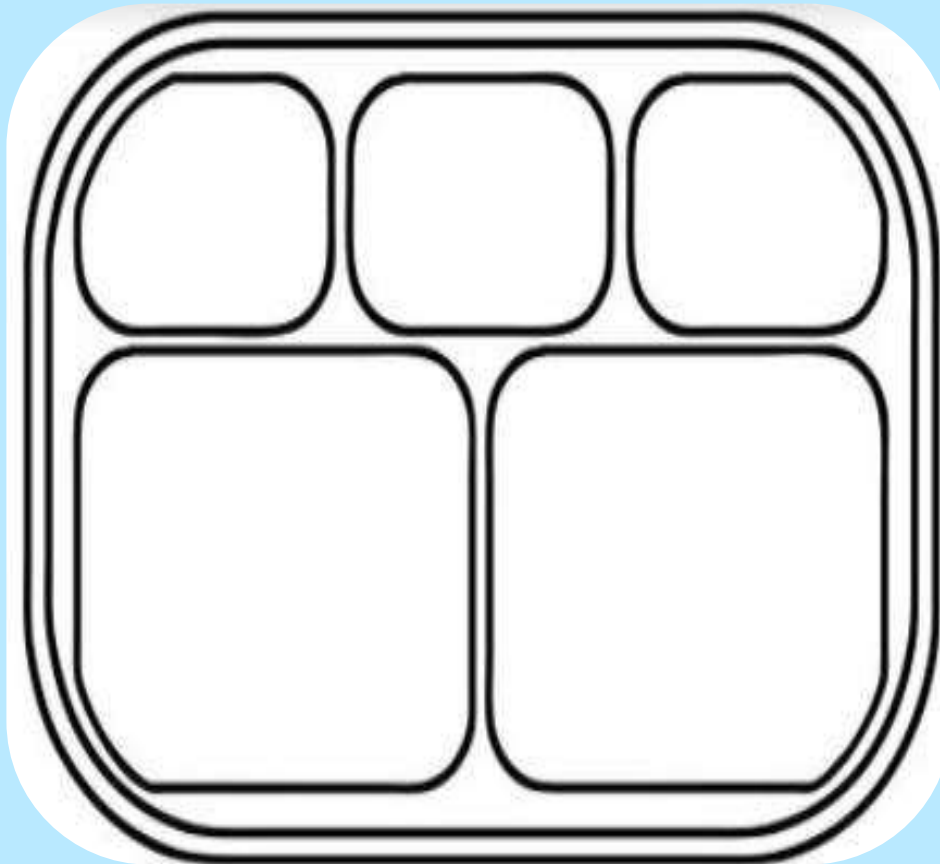
### 건강 식판을 만드는 방법을 4단계로 배워 봅시다.

- ▶ 1단계) 선생님의 시범을 집중해서 봅니다.
- ▶ 2단계) 선생님과 함께 의사소통 활동의 각 단계를 말해봅니다.
- ▶ 3단계) 스스로 각 단계를 말해보고, 어려우면 선생님께 도움을 요청 합니다.
- ▶ 4단계) 작은 소리나 속으로 말하면서 의사소통 활동을 합니다.

## 스스로 기록해요

### 활동 목표

나만의  
건강  
식판을  
완성해  
봅시다.



★ 부록 4쪽  
〈식생활  
활동지  
부록〉  
음식스티커를  
잘라 붙여  
꾸며보세요.

## 스스로 평가해요

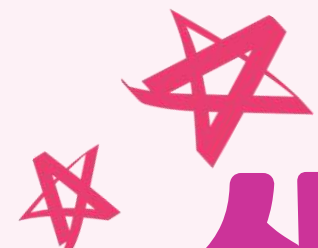
### 건강한 식판을 완성했나요?

☁ 잘 했어요. ☁ 보통이에요. ☁ 노력해요. ☁




## 스스로 칭찬해요

좋은 음식으로 식판을  
완성한 친구들 대단해요!  
스마일 칭찬스티커를  
붙여주세요!



# 나의 하루 생활 생활 규칙 활동지



## 스스로 공부해요

### 생활 규칙 지키기 활동 방법을 4단계로 배워 봅시다.

- ▶ 1단계) 선생님의 시범을 집중해서 봅니다.
- ▶ 2단계) 선생님과 함께 생활규칙 지키기 활동의 각 단계를 말해봅니다.
- ▶ 3단계) 스스로 각 단계를 말해보고, 어려우면 선생님께 도움을 요청 합니다.
- ▶ 4단계) 작은 소리나 속으로 말하면서 생활규칙 지키기 활동을 합니다.

## 스스로 기록해요



### 나의 목표

나는 하루에 지켜야 할 규칙 10가지 중 (      )개 이상 지킬 것이다.

10개의 생활규칙 중 몇 개를 지켰는지 표에 써 보세요.

구분	월 일	월 일	월 일	월 일	월 일
갯수	회	회	회	회	회

표에 적은 런지 수를 보고 그래프로 그려보세요.

10 9 8 7 6 5 4 3 2 1 0					
갯수	월 일	월 일	월 일	월 일	월 일
시도					

## 스스로 평가해요



목표 달성!

최선을  
다했어요.

노력해요.



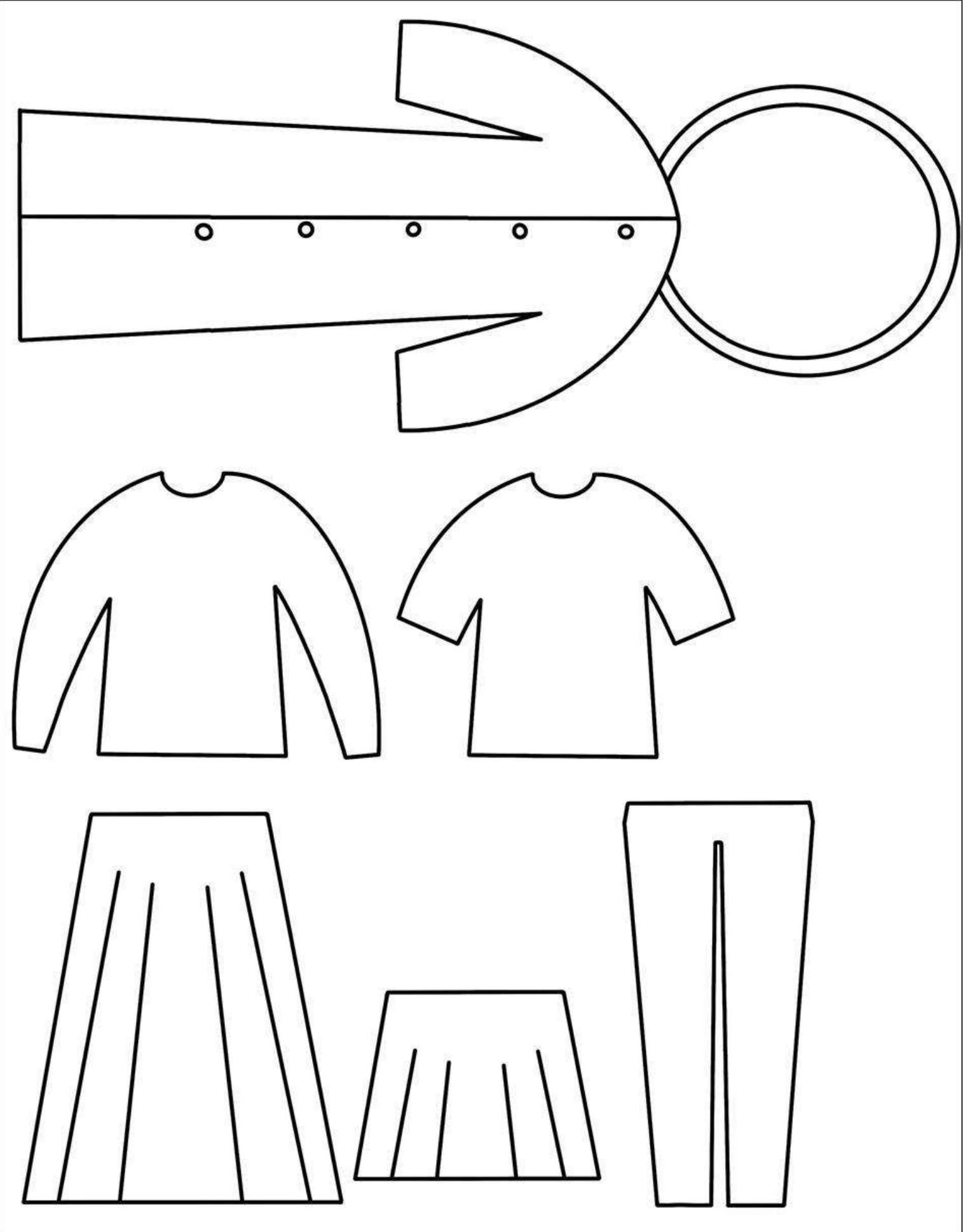

## 스스로 칭찬해요



목표를 달성 하였습니다.  
규칙을 잘 지키는 멋진  
친구가 되길 바라요!  
스마일 칭찬스티커를  
붙여주세요!

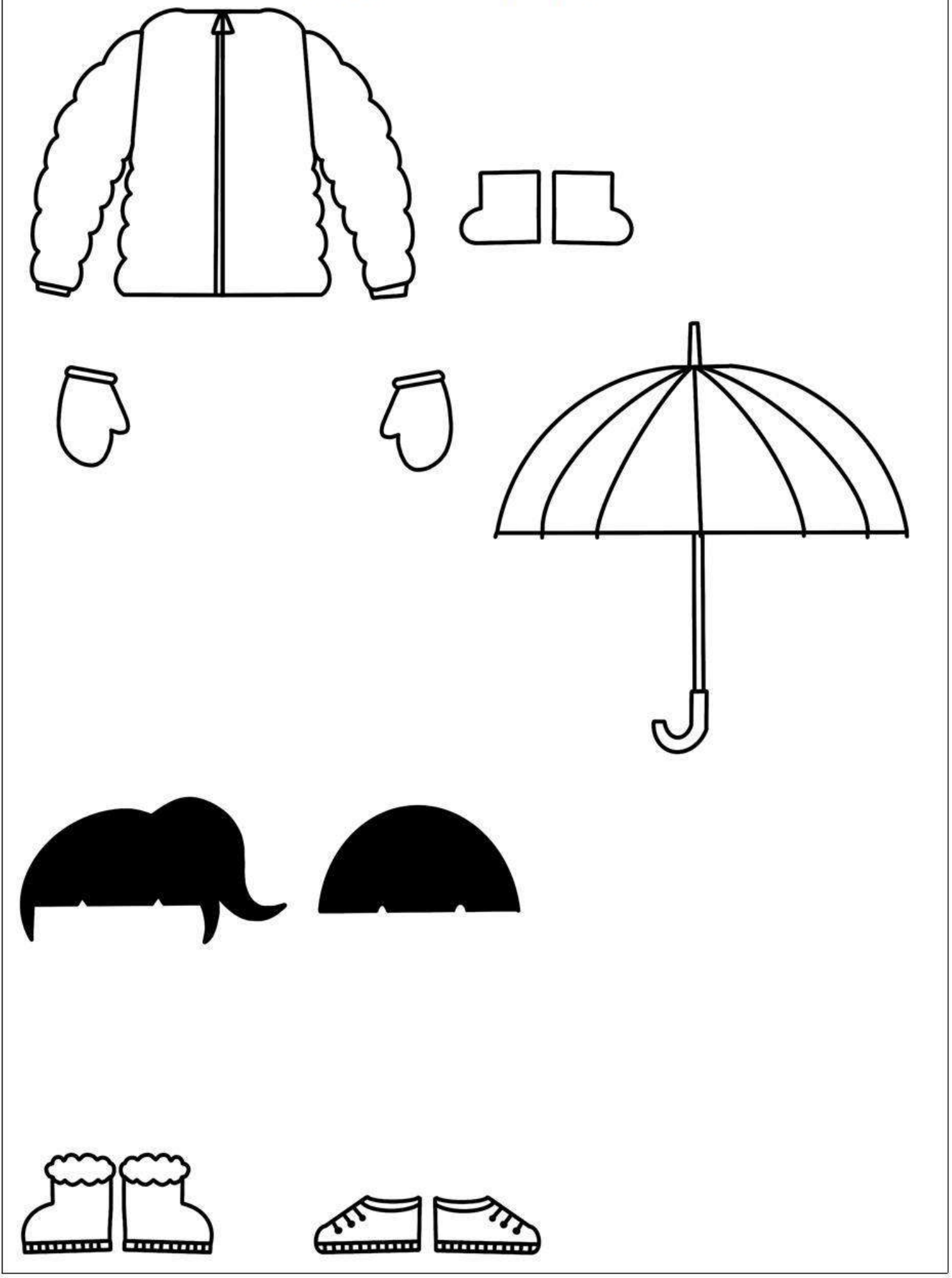
<부록-1>

의생활 활동지 부록 -1



<부록-2>

의생활 활동지 부록 -2





<부록-3>

의사소통 활동지 부록



<부록-4>

식생활 활동지 부록

