

# 星野源さんの「うちで踊ろう」でダンスに挑戦 元気アップチャレンジ記録シート

( )年( )組

名前( )



スタート

ダンストレーニングをしたら、  
日付と回数を書いてね!

記入例

5月5日  
ダンス1を1回  
ダンス2を3回

A large grid of 30 hexagonal cells arranged in 6 rows and 5 columns. The cells are colored in a repeating pattern: Row 1 (top) is light green, Row 2 is light purple, Row 3 is light red, Row 4 is light yellow, Row 5 is light blue, and Row 6 (bottom) is light blue. Blue arrows indicate a path starting from the bottom-left cell and moving generally upwards and to the right. Small icons are placed in some cells: a black silhouette of a person climbing a wall on the left side, a white dog on the red row, a black silhouette of a person dancing on the purple row, and a musical note on the bottom blue row.