



A puppet character with a black and white face, a yellow crown, and a red tongue is sitting inside an orange toolbox. The puppet is holding a red ball in its right hand and a wooden board in its left hand. The background features a wooden lattice and a large orange sun.

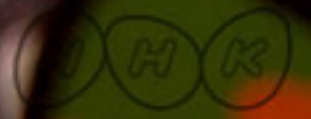
ひる うんどう よる ねむ
昼に運動すれば 夜に眠りやすい

ぼこすけさまのルーチン

おふろ

パジャマをきる

ハミガキ



ね まえ
寝る前のスマホはひがえよう





「^き気になること」を^と取りのぞく