






ステップ1 てほんみ お手本を見る

A Muppet character with a black and white face, a crown, and a red nose is shown from the chest up. It is holding a small pink object in its right hand. The character is positioned in the center of the frame, with its body partially obscured by a large, grey, metallic-looking structure that resembles a piece of machinery or a large letter 'A'. The background is a colorful, cluttered set with various objects, including a red boombox and a white chair.

むずが ちい もくひょう はじ
難しいことでも 小さな目標から始めるとやりやすい





もくひょう すこ じしん
かんたんな目標を少しずつクリアすれば 自信がつく