

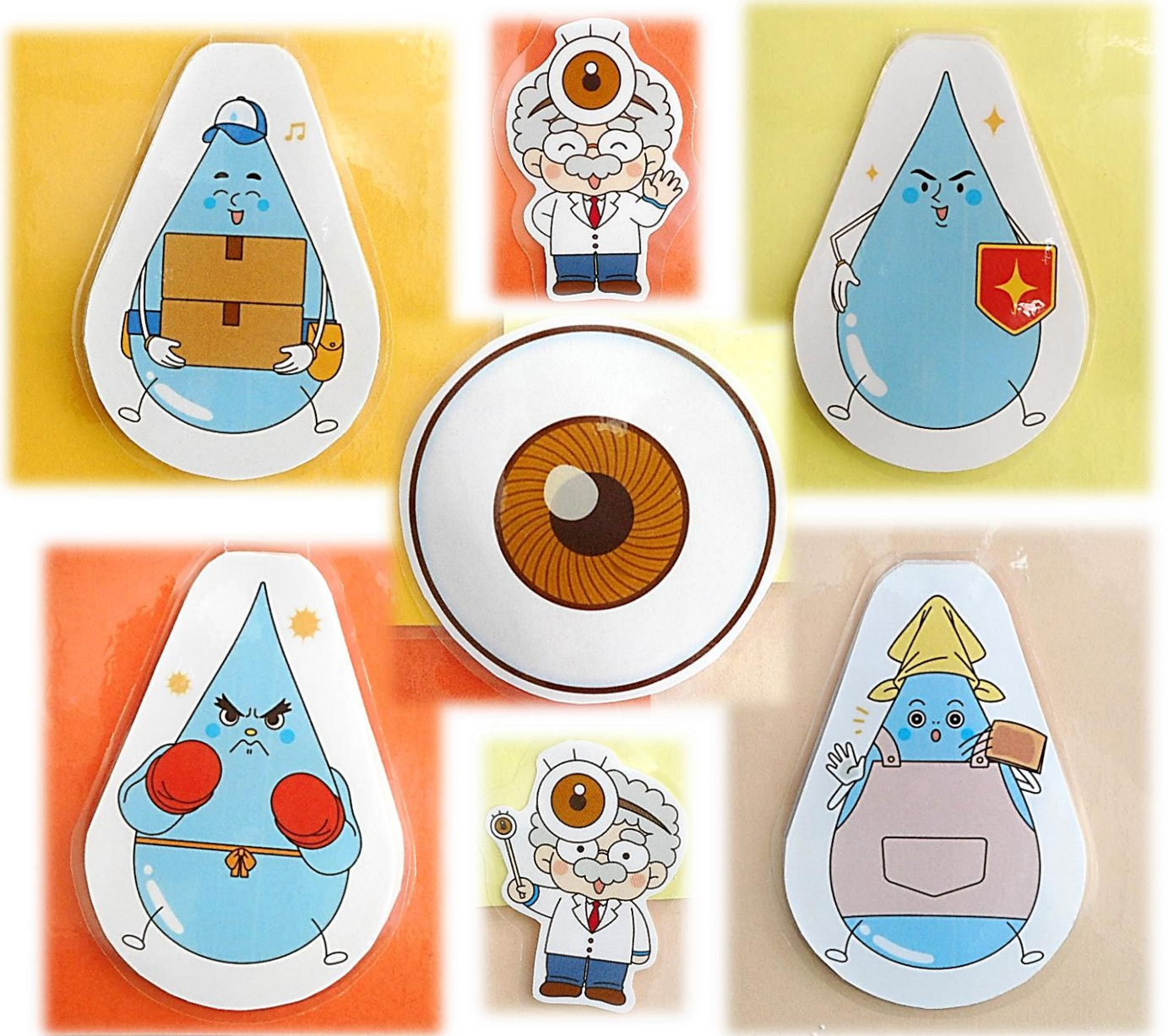
10月保健室掲示

なみだ
涙のはたらき

なみだ
で
涙が出ちゃう...
め
まも
目を守るためだもん



め
たい
せつ
目を大切に

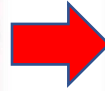


The central illustration is a large, detailed eye with a brown iris and a white sclera. Surrounding it are seven teardrop-shaped cutouts, each with a unique character design:

- Top-left: A blue teardrop character wearing a blue cap and a brown bag, holding a brown box.
- Top-middle: A character with a large eye on its head, wearing a white lab coat and a red tie, waving.
- Top-right: A blue teardrop character with a red shield on its chest, holding a yellow star.
- Bottom-left: A blue teardrop character with a grumpy expression, wearing red boxing gloves and a yellow belt.
- Bottom-middle: A character with a large eye on its head, wearing a white lab coat and a red tie, holding a small object.
- Bottom-right: A blue teardrop character wearing a yellow hat and a purple apron, holding a brown block.



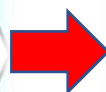
- 30センチ以上いじょう
はな離れて見るみ
- 30分以上ぶん いじょうつか使わない



- め目にかからないよう
にする



- あか明るいところで
- し せい姿勢をよくして



- こまめに
やす休みをとる
- たっぷり寝て
め やす目を休める



3分間の
目のたいそう

