午睡チェック表 気温　　　　　　　℃

○○○保育園　　　　　　　　　くみ　　（　　　　　歳児クラス）　　　　　　　　令和　　　　　年　　　　　月　　　　　日　（　　　　）　　　室温　　　　　　　℃

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 〔ふりがな〕 | 時 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 時 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 |
| 〔なまえ〕 | 状態 |  |  |  |  |  |  |  |  |  |  |  |  | 状態 |  |  |  |  |  |  |  |  |  |  |  |  |
| 記録者 |  |  |  |  |  |  |  |  |  |  |  |  | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  |
| 年 | 時 |  |  |  |  |  |  |  |  |  |  |  |  | 時 |  |  |  |  |  |  |  |  |  |  |  |  |
| 月　　　　日生 | 状態 |  |  |  |  |  |  |  |  |  |  |  |  | 状態 |  |  |  |  |  |  |  |  |  |  |  |  |
| 歳児 | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 〔ふりがな〕 | 時 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 時 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 |
| 〔なまえ〕 | 状態 |  |  |  |  |  |  |  |  |  |  |  |  | 状態 |  |  |  |  |  |  |  |  |  |  |  |  |
| 記録者 |  |  |  |  |  |  |  |  |  |  |  |  | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  |
| 年 | 時 |  |  |  |  |  |  |  |  |  |  |  |  | 時 |  |  |  |  |  |  |  |  |  |  |  |  |
| 月　　　　日生 | 状態 |  |  |  |  |  |  |  |  |  |  |  |  | 状態 |  |  |  |  |  |  |  |  |  |  |  |  |
| 歳児 | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 〔ふりがな〕 | 時 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 時 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 |
| 〔なまえ〕 | 状態 |  |  |  |  |  |  |  |  |  |  |  |  | 状態 |  |  |  |  |  |  |  |  |  |  |  |  |
| 記録者 |  |  |  |  |  |  |  |  |  |  |  |  | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  |
| 年 | 時 |  |  |  |  |  |  |  |  |  |  |  |  | 時 |  |  |  |  |  |  |  |  |  |  |  |  |
| 月　　　　日生 | 状態 |  |  |  |  |  |  |  |  |  |  |  |  | 状態 |  |  |  |  |  |  |  |  |  |  |  |  |
| 歳児 | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 〔ふりがな〕 | 時 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 時 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 |
| 〔なまえ〕 | 状態 |  |  |  |  |  |  |  |  |  |  |  |  | 状態 |  |  |  |  |  |  |  |  |  |  |  |  |
| 記録者 |  |  |  |  |  |  |  |  |  |  |  |  | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  |
| 年 | 時 |  |  |  |  |  |  |  |  |  |  |  |  | 時 |  |  |  |  |  |  |  |  |  |  |  |  |
| 月　　　　日生 | 状態 |  |  |  |  |  |  |  |  |  |  |  |  | 状態 |  |  |  |  |  |  |  |  |  |  |  |  |
| 歳児 | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 〔ふりがな〕 | 時 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 時 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 |
| 〔なまえ〕 | 状態 |  |  |  |  |  |  |  |  |  |  |  |  | 状態 |  |  |  |  |  |  |  |  |  |  |  |  |
| 記録者 |  |  |  |  |  |  |  |  |  |  |  |  | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  |
| 年 | 時 |  |  |  |  |  |  |  |  |  |  |  |  | 時 |  |  |  |  |  |  |  |  |  |  |  |  |
| 月　　　　日生 | 状態 |  |  |  |  |  |  |  |  |  |  |  |  | 状態 |  |  |  |  |  |  |  |  |  |  |  |  |
| 歳児 | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  | 記録者 |  |  |  |  |  |  |  |  |  |  |  |  |