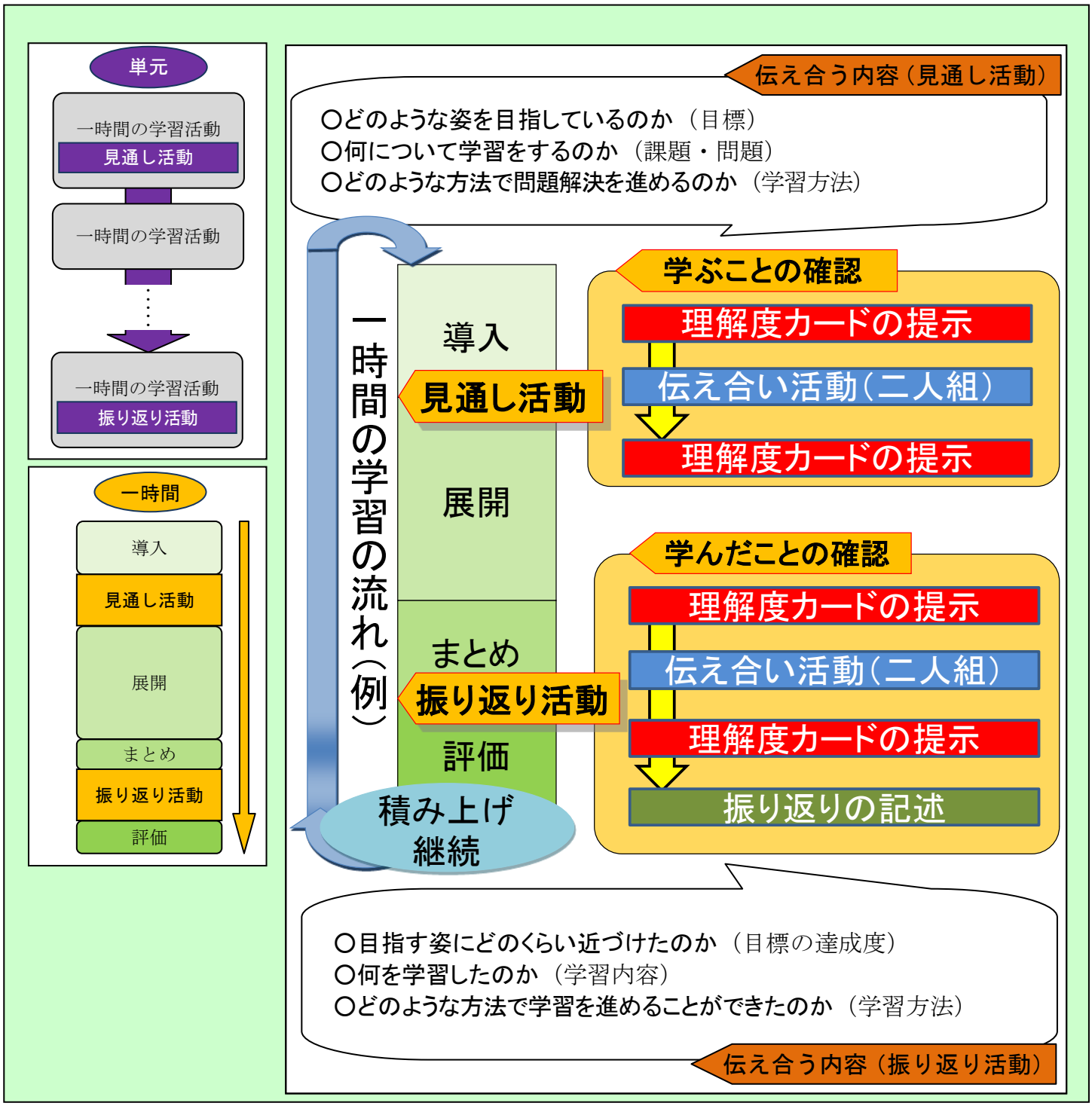見通し・振り返り学習活動