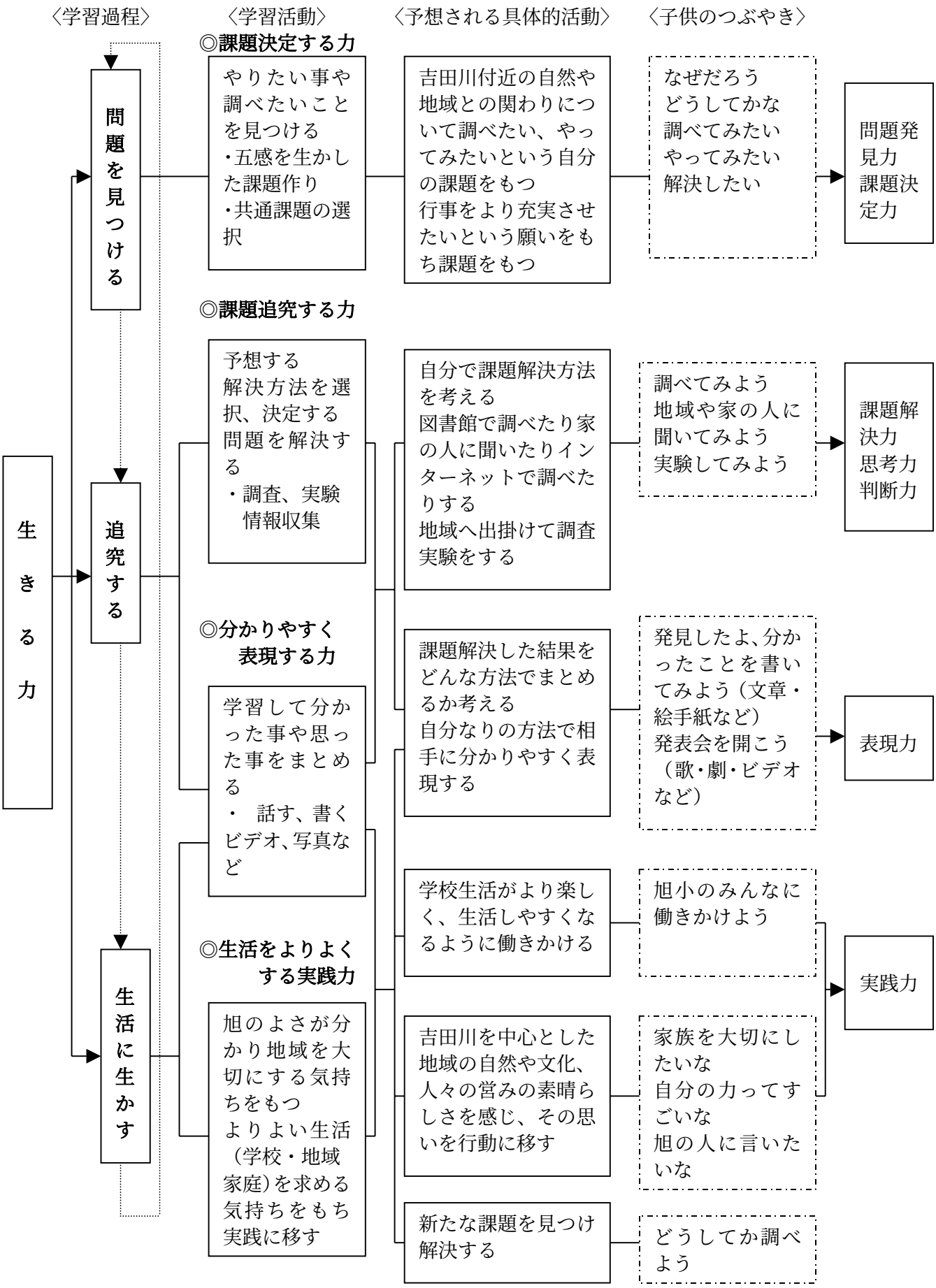総合的な学習の時間で育てたい生きる力