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|  | **お手伝いができたら◯をつけよう** | | | | | | | | | | | | | | | |  | |
|  | **お手伝い** |  | **月** |  | **火** |  | **水** |  | **木** |  | **金** |  | **土** |  | **日** |  | |
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