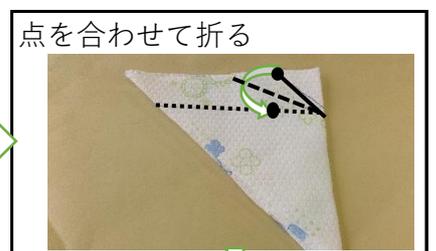
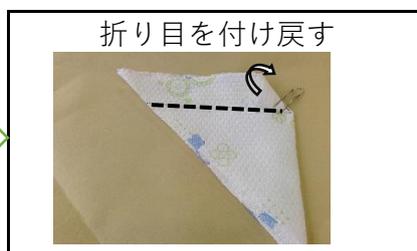
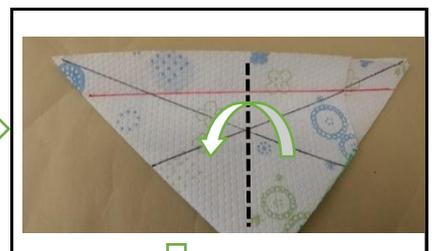
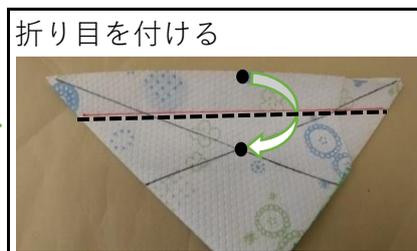
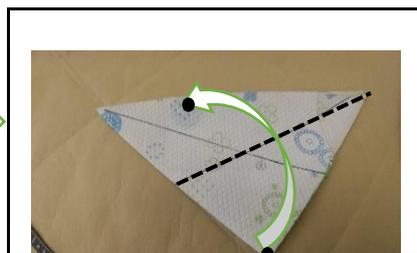
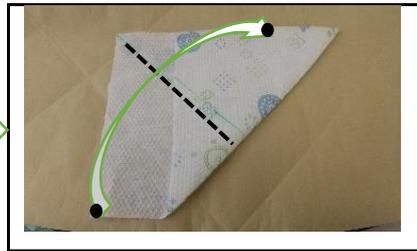
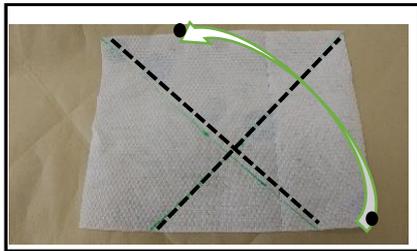
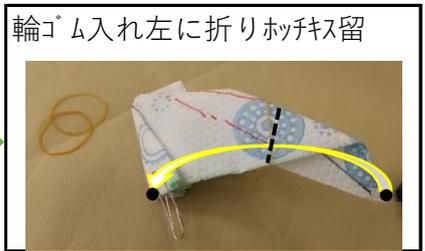
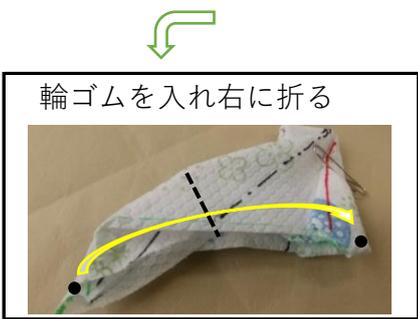
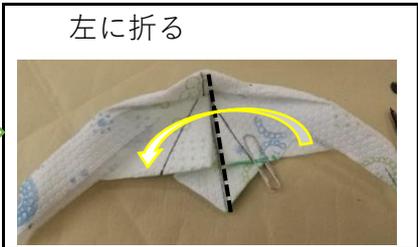
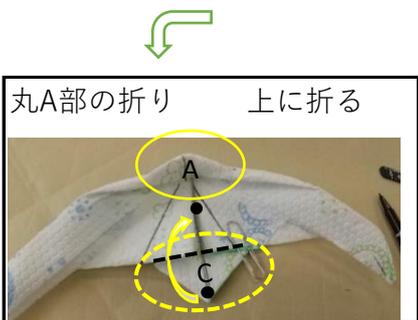
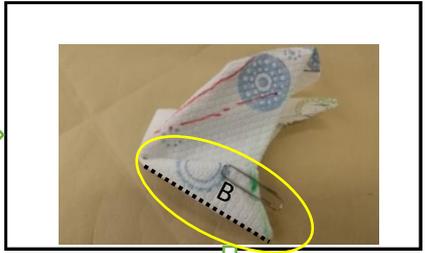
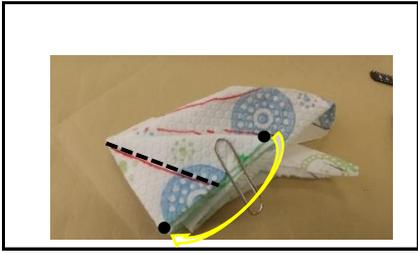
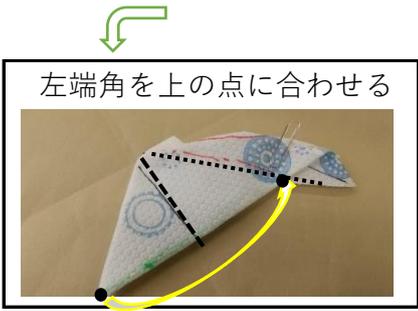


キッチンペーパーでマスクを折る

準備するもの：大き目のキッチンペーパー（A3が理想）、輪ゴム2ケ、ホッチキス

（A3用紙で作成し空気穴開けキッチンペーパー内張も良、輪ゴムよりゴム紐が快適）





「A3用紙からマスク」も
参考にしてください

A3用紙でマスクを折る

準備するもの：A3用紙、内張用キッチンペーパー、輪ゴム2ヶ、ホッチキス

(A3用紙で作成し空気穴開けキッチンペーパー内張も良、輪ゴムよりゴム紐が快適)

