

## 【Robert's class】 Plan of the English Lounge

	date	Topics / Activities/ Aims	What to prepare for the session
Week 1	Oct 6th	Summer vacations/ Canada (daily life, society, unique qualities)	Please try to prepare with questions and your opinions and ideas connected
Week 2	Oct 13th	Daily Habits (changing them/making new habits/ releasing old ones)	to these topics and be ready to actively join the conversation!
Week 3	Oct 20th	Fitness and Health	Think of how you keep fit, your fitness goals, and anything you want to try
Week 4	Oct 27th	Sleep, Rest and our Energy!	Analyze your sleep habits. What gives you energy? What drains your energy? How can you raise your energy
Week 5	Nov 10th	Diet and Nutrition	What is the difference between Japanese "diet suru" and the English word diet. Please research a little
Week 6	Nov 17th	Cooking, Cuisines of the World	What cuisines from around the world do you enjoy? What are some that you would like to try
Week 7	Nov 24th	Travel and Living Abroad	What do you think of living abroad in the future?
Week 8	Dec 1st	Music and Songs (for English and enjoyment)	Name a few of your top songs for English study and personal enjoyment
Week 9	Dec 8th	Current Study and Life Long Study	What are your own unique ways to learn English? What are some ways that are effective for you?
Week 10	Dec 15th	Manners and Etiquette Japanese/English or Western Countries	Which manners do you value, from Japanese culture?
Week 11	Dec 22th	Film and TV ( for English and enjoyment)	Name a few of your favourite films for English study and personal enjoyment
Week 12	Jan 12th	Fears (anxiety/phobias)	what are some common fears? Have you ever overcome a fear in the past?
Week 13	Jan 19th	The Art of Relaxation!	What are the best ways to relax? Can nervousness or tension or anxiety affect us when we use a second language
Week 14	Jan 26th	Life for Foreigners in Japan/ Japanese living Abroad	What are a few things that could be challenges for foreigners living in Japan. What could be a challenge for you if you lived abroad?