

【Robert's guided lounge】 Plan of the English Lounge

| | date | Topics / Activities/ Aims | What to prepare for the session |
|---------|-------|--|---|
| Week 1 | 10/5 | Summer vacations/ Canada (daily life, society, unique qualities) | Please try to prepare with questions and your opinions and ideas connected |
| Week 2 | 10/12 | Daily Habits (changing them/making new habits/ releasing old ones) | to these topics and be ready to actively join the conversation! |
| Week 3 | 10/19 | Fitness and Health | Think of how you keep fit, your fitness goals, and anything you want to try |
| Week 4 | 10/26 | 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 | 11/2 | Diet and Nutrition | What is the difference between Japanese "diet suru" and the English word diet. Please research a little |
| Week 6 | 11/9 | 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 | 11/16 | Travel and Living Abroad | What do you think of living abroad in the future? |
| Week 8 | 11/30 | Music and Songs (for English and enjoyment) | Name a few of your top songs for English study and personal enjoyment |
| Week 9 | 12/7 | 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 | 12/14 | Manners and Etiquette Japanese/English or Western Countries | Which manners do you value, from Japanese culture? |
| Week 11 | 12/21 | Film and TV (for English and enjoyment) | Name a few of your favourite films for English study and personal enjoyment |
| Week 12 | 1/11 | Fears (anxiety/phobias) | what are some common fears? Have you ever overcome a fear in the past? |
| Week 13 | 1/18 | 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 | 1/25 | 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? |

【Ken's guided lounge】 Plan of the English Lounge

| | date | Topics / Activities/ Aims | What to prepare for the session |
|---------|-------|-----------------------------------|--|
| Week 1 | 10/2 | Summer vacation-share memories | Best highlights of summer vacation |
| Week 2 | 10/16 | Sports and exercise | Favorite sports and other activities |
| Week 3 | 10/23 | Part-time jobs&volunteering | Share past work experiences |
| Week 4 | 10/30 | Halloween&other holiday fun | What holidays do you most enjoy? |
| Week 5 | 11/13 | International & local culture | How does culture influence your life? |
| Week 6 | 11/20 | School days & study techniques | What are good&bad points of school life? |
| Week 7 | 11/27 | Family life & how you approach it | What role does family play in your life? |
| Week 8 | 12/4 | Finding good healthy habits | What stresses you&how do you reduce it? |
| Week 9 | 12/11 | Technology and it's role today | How does technology influence your life? |
| Week 10 | 12/18 | New years resolutions | How will you accomplish your goals? |
| Week 11 | 1/9 | Winter vacation review | Who were you glad to reconnect with? |
| Week 12 | 1/15 | Energy, enthusiasm, & empathy | How can these greatly improve your life? |
| Week 13 | 1/22 | Living & traveling abroad | How would this experience benefit you? |
| Week 14 | 1/29 | Spring Vacation plans | What are you most looking forward to? |