

## <u>Discussion:</u> <u>Energy, Sleep, Heat Stroke, Cyberbullying</u>

How do you maintain your energy-level every day?

How can we improve the quality of our sleep?

What can we do to prevent heat stroke?

Are there methods to deal with cyberbullying?





## Writing Topic Options

- 1. How to increase your energy-level.
- 2. How to prevent heat-stroke in Japan.
- 3. How to get a good night's sleep.
- 4. What to do if you are being **bullied** through SNS on the **internet**.
- 5. The best way to brush your teeth.
- 6. How to change a flat tire on your car.