

Maintaining Our Energy Levels

1. Do you always have a lot of energy?
2. What times of the day do you have most / least energy?
3. What affects your energy levels?
4. How can you quickly boost your energy level?
5. Do you know anyone who has tons of energy?
6. Do you ever have too much energy in your body?
7. Why do some people have lots of energy while others have little?

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1. What things do you do that require a lot of energy?
2. What do you do when you are running low on energy?
3. Have your energy levels changed as you've become older?
4. Does the place you are in affect your energy levels?
5. Does thinking require a lot of energy?
6. Do you like being with people who are always full of energy?
7. What things don't you have the energy to do right now?

1. How many of hours of sleep do you need?
2. What time do you usually go to bed and wake up?
3. Are you getting enough sleep? If not, why not?
4. Have you ever suffered from **insomnia** (不眠症) ?
5. Why can't you sleep well at night?
6. What techniques do you use to sleep better?
7. After you wake up in the morning, do you feel energetic?

Getting a Good Night's Rest

1. Do you ever oversleep? How do you feel after sleeping too much?
2. Do you need an alarm clock to wake up?
3. Do you fall asleep while doing an activity (e.g. watching TV, etc.)?
4. Do you take a nap in the day? Does it help your energy level?
5. What kind of dreams have you had recently? Please describe them.
6. When you have a problem, do you try to solve it before going to bed, or do you prefer to *sleep on it* until the next day?

1. What are the most common symptoms of heat stroke?
2. How can people protect themselves from heat stroke?
3. What is the hottest place in your country?
4. How does heat stroke affect your mood and psychological condition?
5. Do you prefer very hot weather or very cold weather? Please explain.
6. What kind of techniques do you use in order to stay cool?
7. How can we minimize **humidity** (湿度) inside our homes?
8. What do you like to eat when the weather is too hot and humid?
9. What kind of activities do you prefer when it's too hot outside?
10. Why is the climate getting hotter and hotter all over the world?
11. Can we stop global warming? How?

1. What examples of cyber-bullying can you think of?
2. Is online bullying worse than physical bullying?
3. What would you do if you were cyber-bullied?
4. Why do people bully other people online?
5. Is cyber-bullying a serious social problem in your country?
6. What can people do to stop cyber-bullying?
7. Do Internet companies have a **duty** (義務) to stop cyber-bullying?
8. Do you think cyber-bullying should be **outlawed** (法律で禁止する) ?
9. Do you know anyone who has been cyber-bullied? Please tell us the story.
10. How does cyber-bullying **affect** (影響を与える) the lives of the victims?
11. Should a victim of cyber-bullying ask the police for help?