

Online lesson Topics: Set 1

To prepare for each lesson, choose:

one Discussion Topic

Discussion Q&A Topics for Expressing Opinions

1	What do you think a healthy diet consists of?
2	In what ways have families in your country changed in recent years?
3	Why do you think people like to travel to different places in their free time?
4	Is reading the news better for learning than listening to the news or watching videos?
5	In what ways is life becoming safer, and in what ways is it becoming more dangerous?
6	How has education changed in your country in the last ten years?
7	What typical things can visitors to your country buy?
8	What do you do to keep fit?
9	What do people learn from travelling?
10	Which do people in your country prefer: traditional food or fast food such as hamburgers or pizzas?

and one TED Talk (OR one Book Summary)

TED Talks

1	8 secrets of success Richard St. John	https://www.ted.com
2	Forget multitasking, try monotasking Paolo Cardini	https://www.ted.com
3	Got a meeting? Take a walk Nilofer Merchant	https://www.ted.com
4	How to start a movement Derek Sivers	https://www.ted.com
5	Keep your goals to yourself Derek Sivers	https://www.ted.com
6	Remember to say thank you Laura Trice	https://www.ted.com
7	Teach statistics before calculus! Arthur Benjamin	https://www.ted.com
8	This is the side hustle revolution Nicaïla Matthews Okome	https://www.ted.com
9	Try something new for 30 days Matt Cutts	https://www.ted.com
10	Why do competitors open their stores next to one another? Jac de Haan	https://www.ted.com

The Productivity Game - Book Summary Title

YouTube Link

1	ATOMIC HABITS by James Clear	https://www.youtube.com
2	HIGH PERFORMANCE HABITS by Brendon Burchard	https://www.youtube.com
3	THE EFFECTIVE EXECUTIVE by Peter Drucker	https://www.youtube.com
4	Success in a distracted world: DEEP WORK by Cal Newport	https://www.youtube.com
5	THE MIRACLE MORNING by Hal Elrod	https://www.youtube.com
6	THE 12 WEEK YEAR by B. Moran and M. Lenington	https://www.youtube.com
7	TRIBE OF MENTORS by Tim Ferriss	https://www.youtube.com
8	The 4 Fs of Flow by Mihaly Csikszentmihalyi	https://www.youtube.com
9	MINDSET by Carol Dweck	https://www.youtube.com
10	GRIT by Angela Duckworth	https://www.youtube.com