

Beginner Chat Room
2:10–2:50 p.m., September 15th and 17th, 2026

Theme: Habits

テーマ：習慣

Self-introductions for new participants:

- What is your name?
- Where are you from?
- What do/did you do for work (job title, raised children, etc.)?
- What do you like to do for fun?

初めての方の自己紹介：

- 名前：My name is...
- 出身：I am from...
- 職業あるいは主婦：I am a.../I do...for a living./I work for...
- 趣味あるいは好きな活動：I.../I like to...

Questions:

1. What is one habit that you do every day?
2. What do you do first when you wake up?
3. What is one good habit that you have?
4. What is one bad habit that you have?
5. Have you ever started a new habit?
6. What habit would you like to start in the future?

質問：

1. 毎日している習慣は何ですか。（例：I meditate every day.）
2. 起きて最初に何をしますか。（例：I open my curtains and pick up my futon.）
3. あなたのいい習慣は何ですか。（例：I stretch every morning.）
4. あなたの悪い習慣は何ですか。（例：I look at my phone too much.）
5. 新しい習慣をはじめたことはありますか。（例：Yes. I started studying Japanese in high school.）
6. これからはじめたい習慣は何ですか。（例：I would like to study Chinese for at least 30 minutes every day.）