معهد سمارت ماينـد
SMART MIND INSTITUTE

Smart Book
English

الفصل الدراسي الثاني | 2026/2025

8

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فهرس برنامج التقوية - مادة اللغة الإنجليزية - الصف الثامن - الفصل الدراسي الثاني

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Grade eight unit five vocab

Word		Meaning	Sentence
charity	(n)	عمل خيري	**Charity** helps poor people in the community.
contribution	(n)	مساهمة	Everyone made a **contribution** to the school project.
impact	(n)	تأثير	Volunteering has a positive **impact** on society.
package	(n)	طرد / حزمة	We prepared a food **package** for needy families.
pandemic	(n)	جائحة	The **pandemic** changed how people help others.
resident	(n)	مقيم / ساكن	The **residents** of the area worked together.
volunteering	(n)	العمل التطوعي	**Volunteering** teaches us responsibility and care.
demonstrate	(v)	يوضح / يُظهر	He **demonstrated** kindness by helping the elderly.
establish	(v)	يؤسس	They want to **establish** a charity group at school.
persuade	(v)	يقنع	She tried to **persuade** her friends to volunteer.
realise	(v)	يدرك	I **realised** that small acts could change lives.
put together	(ph.v)	يجمع / يُعدّ	Students **put together** gifts for children.
elderly	(adj)	مسنّ	We should respect and help **elderly** people.
fair	(adj)	عادل	It is **fair** to treat everyone equally.
necessary	(adj)	ضروري	Helping others is **necessary** for a strong society.
vital	(adj)	حيوي / مهم جدًا	Clean water is **vital** for life.
gladly	(adv)	بسرور	She **gladly** joined the charity event.
blessing	(n)	نعمة	Health is a great **blessing**.
development	(n)	تنمية	Education supports community **development**.
disaster	(n)	كارثة	Flooding is a big **disaster**.
duty	(n)	واجب	Helping others is our **duty**.
generation	(n)	جيل	This **generation** cares about the environment.
institution	(n)	مؤسسة	The **institution** supports poor families.
shelter	(n)	مأوى	The **shelter** gives people a safe place.
acquire	(v)	يكتسب	Students **acquire** skills through volunteering.
coach	(v)	يدرب	He **coaches** young volunteers at school.
construct	(v)	يبني	Workers **construct** houses for the homeless.
operate	(v)	يدير / يشغّل	The new worker could **operate** the machine.

count on	(ph.v)	يعتمد على	We can **count on** volunteers to help.
active	(adj)	نشيط	She is **active** in community service.
environmental	(adj)	بيئي	**Environmental** projects protect nature.
generous	(adj)	كريم	The **generous** donor helped many families.
training	(adj)	تدريبي	They attended a **training** program.
independently	(adv)	بشكل مستقل	He learned to work **independently**.

Choose the correct answers from a, b , c or do:

1. Many students donate money or time to support a local _____.

   A) shelter B) package C) charity D) institution

2. Every small _____ can help improve life in the neighborhood.

   A) disaster B) contribution C) generation D) pandemic

3. Teamwork can have a strong _____ on solving problems.

   A) duty B) coach C) impact D) training

4. The volunteer carried a _____ filled with school supplies.

   A) package B) shelter C) resident D) institution

5. Schools closed in many countries during the _____.

   A) disaster B) pandemic C) development D) generation

6. The _____ of this area can join this college as it is near them.

   A) disasters B) donors C) volunteers D) residents

7. _____ allows people to give their time without pay.

   A) Development B) Training C) Volunteering D) Cooperation

8. The experiment helped the teacher _____ the rule clearly.

   A) operate B) demonstrate C) persuade D) establish

9. The volunteers will _____ a recycling program for the whole neighborhood

   A) operate B) establish C) acquire D) persuade

10. The speaker tried to _____ the audience to recycle more.

    A) realise B) acquire C) demonstrate D) persuade

11. After the trip, he began to _____ the value of teamwork.

    A) realise B) establish C) operate D) persuade

12. The program was designed to support _____ citizens above sixty.

    A) active B) elderly C) generous D) environmental

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13. Teachers use _____ grading to encourage all students.

A) fair B) necessary C) vital D) active

14. Fresh air is _____ for good health.

A) fair B) generous C) active D) vital

15. She _____ accepted the invitation to join the club.

A) independently B) gladly C) actively D) fairly

Fill in the spaces with words from the list

(demonstrate/ duty / charity / institution / persuade)

1. It is our as citizens to protect the environment for future generations.
2. The educational offers free training programs for unemployed youth.
3. The campaign aimed to people to adopt renewable energy sources.
4. Students will their projects at the environmental fair next week.

Fill in the spaces with words from the list

(necessary / acquire/ vital / disaster/ establish/ persuade)

1. The program provides support for elderly residents living alone.
2. Cities environmental shelters to protect residents during disasters.
3. Participants new skills through hands-on volunteering experiences.
4. Training is before operating heavy machinery on construction sites.

Grade 8 unit 5 Conditional if type one

Form	Rule (Brief)	Example	Arabic Hint
Affirmative	If + present simple, will + base verb	If it rains, I will stay at home.	إذا + مضارع بسيط → سوف
Negative	If + present simple, will not (won't) + base verb	If he doesn't study, he won't pass.	will not النفي مع
Question	Will + subject + base verb ... if + present simple?	Will you come if I call you?	سؤال باستخدام will

From a,b,c or d choose the correct answer:

1- If it _____ tomorrow, we will stay at home.

a. will rain b. rained c. rains d. rain

2- I will call you if I _____ late.

a. be b. am c. was d. were

3- If she studies hard, she _____ her exams.

a. pass b. passed c. will pass d. passes

4- They will miss the bus if they _____ now.

a. haven't left b. leaves c. didn't leave d. don't leave

5- If we _____ early, we will catch the train.

a. left b. leave c. leaving d. will leave

6- If you _____ careful, you will make mistakes.

a. aren't b. not be c. are not d. weren't

7- She will be angry if you _____ her.

a. don't help b. not help c. won't help d. didn't help

8- If it _____ cold tomorrow, we will go skiing.

a. will be b. being c. is d. was

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Correct the verbs between brackets:

1- If it rains today, we (stay) at home.

2- If you study hard, you (pass) the exam.

3- If she (not hurry), she will miss the bus.

4- If they finish their homework early, they (watch) TV.

5- The teacher will get angry, if we (be) late.

6- If you eat too much fast food, you (**feel**) sick.

7- If he (not wear) a coat, he will catch a cold.

8- If the weather (**be**) nice tomorrow, we will go to the park.

Verb Followed by a Gerund (Verb + ing)

Verb	Form	Example	Arabic
like	بعد هذه الأفعال نضع فعل منتهي بـ ing	I like **reading.**	يحب
enjoy		She enjoys **swimming.**	يستمتع بـ
avoid		He avoids **driving** fast.	يتجنب
finish		We finished **cleaning.**	ينهي
prefer		I prefer **studying** alone.	يفضل
stop		He stopped **smoking.**	يتوقف عن
suggest		The teacher **suggested studying** at home.	يقترح
encourage		Parents **encouraged reading** every day.	يشجع
discuss		The students **discussed solving** the problem.	يناقش
practise		She **practised speaking** English.	يمارس
celebrate		They **celebrated winning** the game.	يحتفل

From a,b,c or d choose the correct answer:

1- I enjoy _____ in the park on Sundays.

a. walk b. walking c. walked d. to walk

2- They avoided _____ in the heavy traffic.

a. drive b. drove c. to drive d. driving

3- He suggested _____ a movie after dinner.

a. watching b. watched c. watch d. to watch

4- He finished_____ his homework before dinner.

a. do b. does c. doing d. to do

Correct the verbs between brackets:

1- We discussed (create) a new plan for the project.

2- I like (read) books in my free time.

3- She prefers (watch) horror movies.

4- The coach suggested (rest) before the match.

5- Teachers encouraged (help) others.

6- He practised (write) new words.

7- The family celebrated (finish) the work.

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B) Reading Comprehension

Read the following text carefully then answer the questions below:

If you're feeling down or mentally tired, your phone which is probably always on and in your hand might be the problem. A new study has linked feelings of worry, anger, and depression with growing use of smartphones and other devices.

As smart as phones may be these days, teens basically don't know when to stop. To protect your mental health, experts say you must develop ways of **diminishing** their usage. This involves limiting notification, deleting some applications, or simply turning smartphones off.

Jean Twenge, psychology professor, San Diego university, released a study that showed that we touch **them** about 250 times a day on average. The study revealed that teens' feelings of sadness and negative thoughts had gone up by 12 per cent between 2010 and 2017. Nearly half of the teens who spend five or more hours a day on a smartphone have mixed feelings of anger and sadness compared to 28% of those who spend less than an hour a day on a device.

Health experts confirmed they are seeing a rise in signs of depression and worry among teens. They also say that the best way to fight this is to discuss healthy ways to use smartphones.
When your parents were at school, they could go out with their friends during the day, and they would relax with their family at night. There was balance. But smartphones do not give that break. Besides, the continuous fear of missing out, or the need to feel included, keeps teens connected.

A- Choose the correct answer from a, b, c and d:

1- What is the **best title** for this text?

a. Smartphones and Depression
b. Smartphones and Notifications
c. Teens and Free time
d. Technology and Schools

2- What is the **opposite** of the underlined word **diminishing** in the **2nd** paragraph?

a. spending
b. including
c. increasing
d. mixing

3- The underlined pronoun **them** in the **3rd** paragraph refers to:

a. experts
b. ways
c. applications
d. smartphones

4- A recent study shows that teens:

a. don't know how to use smartphones

b. touch their smartphones 250 times a day

c. can step away from social media

d. can go out with their friends during night

5- Nearly half of the teens spend five or more hours a day on a smartphone:

a. delete some important applications

b. discuss healthy ways of devices

c. have have mixed feelings of anger

d. relax with their families

6- The **writer's purpose** of writing this text is to:

a. explain the different uses of smartphones

b. persuade people to use new applications

c. inform us about positive uses of smartphones

d. show the link between using smartphones and depression

B- With reference to the passage, answer the following questions: (2x2=4 marks)

7- How can you avoid the negative effects of using smartphones?

8- What is the best way to fight depression and worry among teens?

Wrtting

Plan and write a report of two paragraphs (not less than 10 sentences) **explaining the importance of community service** and **the many actions we can do.**

Introduction: Community service means helping people and making our community a better place.

Paragraph 1: the importance of community service

- **Topic Sentence:**
- **Supporting Details:**
  -
  -
  -
- **Concluding Sentence:**

Paragraph 2: the actions we can do.

- **Topic Sentence:**
- **Supporting Details:**
  -
  -
  -
- **Concluding Sentence:**

Conclusion: community service benefits both individuals and society.

Planning (outline)	Exposition of ideas & coherence	Paragraphing & number of sentences	Gr.	Sp.	Hw.	Pu.	Total
2	7	2	1	2	1	1	16
• 2 marks to be deducted from the total mark for changing the format. • Off-point topics receive ZERO.							

Grade eight Unit six

Word	Part of Speech	Arabic Meaning	Example Sentence
depression	N	اكتئاب	Many people feel **depression** when they are under too much stress.
fan	N	معجب / مشجع	She is a huge **fan** of the singer and goes to every concert.
honesty	N	صدق	**Honesty** is important in building strong relationships.
influencer	N	مؤثر	The **influencer** shared advice about healthy living.
pressure	N	ضغط	Teenagers often feel **pressure** to look perfect online.
reality	N	الواقع	Social media sometimes does not show the **reality** of people's lives.
wealth	N	ثروة	**Wealth** does not always make people happy.
appear	V	يظهر / يبدو	She tried to **appear** confident, but she was nervous.
define	V	يعرّف / يوضح معنى	Teachers often **define** new words for students.
edit	V	يحرر / يراجع	You should **edit** your essay before submitting it.
hide	V	يخفي	People sometimes **hide** their real feelings online.
select	V	يختار	Students **select** their favorite topics for projects.
emotional	adj	عاطفي / انفعالي	He became very **emotional** during the speech.
insecure	adj	غير واثق من نفسه / قلق	Many teens feel **insecure** when comparing themselves online.
luxurious	adj	فاخر	She stayed in a **luxurious** hotel during the trip.
recent	adj	حديث / مؤخّرا	In the **recent** news, people talked about social media effects.
effortlessly	adv	بسهولة / دون جهد	She completed the task **effortlessly**.
unfairly	adv	بشكل غير عادل	Some players were treated **unfairly** during the game.
empathy	N	تعاطف	**Empathy** helps us support friends in difficult times.
foundation	N	أساس	Trust is the **foundation** of a strong friendship.
patience	N	صبر	Learning a new skill requires **patience**.
psychologist	N	عالم نفسي / طبيب نفسي	The **psychologist** helped her deal with stress.

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trustworthiness	N	موثوقية / صدق	**Trustworthiness** is more important than popularity online.
viewpoint	N	وجهة نظر	Everyone has a different **viewpoint** about fame.
activate	V	يُفعّل	You can **activate** your account by clicking the link.
admit	V	يعترف	He **admitted** that he made a mistake.
weaken	V	يضعف	Lies can **weaken** trust between people.
believe in	ph.v	يثق بـ / يؤمن بـ	It is important to **believe in** yourself.
false	adj	كاذب / غير صحيح	Some news online is **false** and misleading.
reliable	adj	موثوق	A **reliable** friend always supports you.
upset	adj	منزعج / حزين	She was **upset** after reading negative comments online.
mostly	adv	غالباً / في الغالب	People **mostly** share positive pictures online.
sincerely	adv	بصدق / بإخلاص	He **sincerely** apologized for his mistake.

From a , b, c , or d, choose the correct answer:

1. Many people attend workshops to improve their _____ in teamwork and communication.
   A) fan B) empathy C) pressure D) influencer
2. Being honest is part of developing strong _____ with others.
   A) foundation B) fan C) trustworthiness D) wealth
3. He became a _____ of the actor after watching his latest movie.
   A) psychologist B) fan C) viewpoint D) honesty
4. Teenagers often feel a lot of _____ to succeed in school and social life.
   A) pressure B) empathy C) foundation D) influencer
5. Understanding the truth behind information online requires a solid _____ of skills.
   A) fan B) pressure C) honesty D) foundation
6. Before submitting a post online, you should carefully _____ it to avoid mistakes.
   A) hide B) appear C) edit D) select
7. People often try to _____ perfect lives on social media even if it is not real.
   A) appear B) hide C) activate D) select
8. The teacher asked students to _____ their best ideas for the class project.
   A) hide B) appear C) select D) weaken
9. Some people try to _____ their personal problems to seem happy online.
   A) appear B) hide C) edit D) define

10. Sharing lies online can _____ the trust between friends and followers.

A) hide B) edit C) select D) weaken

11. Many teenagers feel _____ when they compare themselves to influencers online.

A) luxurious B) emotional C) insecure D) recent

12. Some celebrities live a very _____ life with expensive houses and cars.

A) emotional B) luxurious C) insecure D) false

13. She felt very _____ after reading a message that hurt her feelings.

A) insecure B) emotional C) upset D) luxurious

14. News that is not true is considered _____.

A) luxurious B) reliable C) insecure D) false

15. A person who can always be trusted is called _____.

A) insecure B) luxurious C) reliable D) emotional

16. He solved the problem _____, without asking for help from anyone.

A) unfairly B) mostly C) sincerely D) effortlessly

17. Some workers were treated _____ because the rules were not applied equally.

A) mostly B) sincerely C) unfairly D) effortlessly

18. People post _____ happy pictures online, but not everything is true.

A) mostly B) unfairly C) effortlessly D) sincerely

19. The student apologized _____ for submitting the assignment late.

A) mostly B) unfairly C) effortlessly D) sincerely

Fill in the spaces with words from the list:

(select / insecure / emotional / weaken / false / appear)

1- The alarm made everyone leave the building.
2- She tried to be confident even though she felt very .
3- Many students activities that develop their skills.
4- She didn't at school yesterday because she was sick.
5- Social media can a person's confidence if they feel doubtful.

Fill in the spaces with words from the list:

(effortlessly/ patience/ reality/ psychologist / pressure / sincerely)

1- The clever student thanked her teacher for the help that has been done.
2- Most mothers show great and calmness with the children.
3- "She dreamed of being famous, but in , life is not as easy as she imagined.".
4- He completed the work because he had a **reliable** plan.
5- The works in a hospital to help patients recover emotionally.

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Grade 8 Unit 6 Reported speech present simple tense

Direct Speech	Reported Speech	Change	Arabic Hint
"I play football."	He said (that) he played football.	Present ⟶ Past	المضارع يصبح ماضي
"She likes tea."	He said (that) she liked tea.	likes ⟶ liked	تغيير الفعل
"We are happy."	They said (that) they were happy.	am/is ⟶ was	فعل to be
"I live here."	He said (that) he lived there.	here ⟶ there	تغيير المكان

Choose the correct answer from a, b c or d:

1. He said that he _____ pizza.

   a) like b) likes c) liked d) liking

2. She said that she _____ near the school.

   a) live b) lives c) living d) lived

3. They said that they _____ football after school.

   a) played b) plays c) play d) playing

4. Tom said that he _____ in an office.

   a) work b) worked c) works d) working

5. She said that she _____ loud music.

   a) doesn't like b) didn't like c) isn't liking d) don't like

Change the following into reported speech

1. He said, "I watch TV every evening."

2. We said, "We need help."

3. Anna said, "I have two sisters."

4. The teacher said, "The class starts at eight."

5. My parents said, "We prefer tea."

Reflexive pronouns

Subject Pronoun	Reflexive Pronoun	Example	Arabic Hint
I	Myself	I hurt myself.	نفسي
You	Yourself	You taught yourself.	نفسك
He	Himself	He cut himself.	نفسه
She	Herself	She blamed herself.	نفسها
It	Itself	The cat cleaned itself.	نفسه / نفسها
We	Ourselves	We enjoyed ourselves.	أنفسنا
They	Themselves	They helped themselves.	أنفسهم

Use (brief):

- When the subject and object are the same person
- عندما يكون الفاعل والمفعول نفس الشخص

Choose the correct answer from a, b c or d:

1. I hurt _____ while playing football.

   a) myself b) himself c) herself d) themselves

2. She made the dress by _____.

   a) myself b) himself c) herself d) itself

3. The boy looked at _____ in the mirror.

   a) myself b) himself c) herself d) themselves

4. We enjoyed _____ at the party.

   a) ourselves b) yourselves c) themselves d) myself

5. The cat cleaned _____ after eating.

   a) myself b) ourselves c) himself d) itself

6. You should be proud of _____.

   a) myself b) himself c) yourself d) themselves

7. The children taught _____ how to swim.

   a) himself b) herself c) yourself d) themselves

Correct the words between brackets:

8. He fixed the computer by (him).

9. I looked at (me) and smiled.

10. She blamed (himself) for the mistake.

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B) Reading Comprehension

Read the following text carefully then answer the questions below:

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As smart as phones may be these days, teens basically don't know when to stop. To protect your mental health, experts say you must develop ways of **diminishing** their usage. This involves limiting notification, deleting some applications, or simply turning smartphones off.

Jean Twenge, psychology professor, San Diego university, released a study that showed that we touch **them** about 250 times a day on average. The study revealed that teens' feelings of sadness and negative thoughts had gone up by 12 per cent between 2010 and 2017. Nearly half of the teens who spend five or more hours a day on a smartphone have mixed feelings of anger and sadness compared to 28% of those who spend less than an hour a day on a device.

Health experts confirmed they are seeing a rise in signs of depression and worry among teens. They also say that the best way to fight this is to discuss healthy ways to use smartphones.
When your parents were at school, they could go out with their friends during the day, and they would relax with their family at night. There was balance. But smartphones do not give that break. Besides, the continuous fear of missing out, or the need to feel included, keeps teens connected.

a) Choose the correct answer from a, b, c and d:

1- What is the **best title** for this text?

a. Smartphones and Depression
b. Smartphones and Notifications
c. Teens and Free time
d. Technology and Schools

2- What is the **opposite** of the underlined word **diminishing** in the **2nd** paragraph?

a. spending
b. including
c. increasing
d. mixing

3- The underlined pronoun **them** in the **3rd** paragraph refers to:

a. experts
b. ways
c. applications
d. smartphones

4- A recent study shows that teens:

a. don't know how to use smartphones b. touch their smartphones 250 times a day

c. can step away from social media d. can go out with their friends during night

5- Nearly half of the teens spend five or more hours a day on a smartphone:

a. delete some important applications b. discuss healthy ways of devices

c. have have mixed feelings of anger d. relax with their families

6- The **writer's purpose** of writing this text is to:

a. explain the different uses of smartphones

b. persuade people to use new applications

c. inform us about positive uses of smartphones

d. show the link between using smartphones and depression

b) With reference to the passage, answer the following questions: (2x2=4 marks)

7- How can you avoid the negative effects of using smartphones?

8- What is the best way to fight depression and worry among teens?

Any reasonable answer related to the passage is to be accepted

Writing

"Social media has become part of our daily lives, but not everything we see online is true."

Plan and write a two-paragraph report (not less than 10 sentences) **persuading people not to believe everything they see online. Provide two reasons and support them with examples and facts.**

NB: (Writing should include (a topic sentence, supporting details and a concluding sentence) .

Introduction:

Paragraph 1: Reason

- **Topic Sentence: In today's world, the Internet is one of the main sources of**

- **Supporting Details:**
  -
  -
  -
- **Concluding Sentence:**

Paragraph 2:

- **Topic Sentence:**

- **Supporting Details:**
  -
  -
  -

Concluding Sentence:

Conclusion:

Planning (outline)	Exposition of ideas & coherence	Paragraphing & number of sentences	Gr.	Sp.	Hw.	Pu.	Total
2	7	2	1	2	1	1	16

- **2 marks to be deducted from the total mark for changing the format.**
- **Off-point topics receive ZERO.**

WB.

"Trustworthiness is an important quality in today's world because it makes people believe in your words and actions."

Plan and write a two-paragraph report (**not less than 10 sentences**) persuading your readers that being a trustworthy person is more important than increasing likes

and followers online. Provide two reasons and support them with examples and evidence.

NB: (Writing should include (a topic sentence, supporting details and a concluding sentence) .

Introduction:

Paragraph 1: Reason

- **Topic Sentence:**

- **Supporting Details:**
  -
  -
  -

Concluding Sentence:

Paragraph 2:

- **Topic Sentence:**

- **Supporting Details:**
  -
  -

- **Concluding Sentence:**

Conclusion:

Planning (outline)	Exposition of ideas & coherence	Paragraphing & number of sentences	Gr.	Sp.	Hw.	Pu.	Total
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من نحن: مجموعة سمارت مايند التعليمية تفتخر بكونها أول مجموعة تعليمية من نوعها في الكويت بإدارة معلمين شباب كويتيين، وبفريق عمل تم اختياره بعناية من الكفاءات الكويتية وغير الكويتية (الأشقاء العرب)، وتشجع أبناء الوطن على أخذ دورهم والمساهمة بنهضة الكويت وارتقاء أبنائنا وبناتنا إيماناً بأن لا نهضة إلا بالعلم ولا رقي إلا بالتحصيل العلمي ونشر الوعي والثقافة.

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