اللهم صل وسلم على نبينا محمد

1- Healthy Life

Want a long life? Stay active every day. Play sports regularly now. Walk daily for health. Eat healthy food only. Keep your mind busy. Read many books often. Solve puzzles for fun. Healthy habits help you. They give long life. They stop body fat. Enjoy your happy life. Be active to live. Keep your mind sharp. Family support helps too.

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2- The Elderly People

Are old people important? Yes, respect them always. Thank them for work. Help them with care. Do simple tasks kindly. Be a loyal friend. Open doors for them. They built our country. They made Kuwait great. They deserve our respect. Islam honors old people. We all deserve respect.

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3- Sleep

Is sleep good? Yes, sleep is vital. No sleep hurts life. Age changes sleep needs. Sleep quality matters too. Two types of sleep. Deep sleep helps us. Light sleep makes tired. Sleep heals the body. It helps the brain. It helps pass tests. Lack of sleep hurts. We feel very tired. We cannot focus well. Sleep prevents accidents. We need sleep always.

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4- City and Village Life

Is city life good? Cities have good points. Cities have many jobs. Cities have fun places. City streets are clean. But cities have noise. Traffic causes stress too. Some like quiet villages. Villages have fresh air. Villages are very quiet. They have green fields. But villages have few jobs. City life is fun. Some rich people leave. They want calm lives.

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5- Pastimes and Hobbies

Is free time useful? Yes, hobbies are good. Old hobbies were different. People made soft rugs. Some liked deep diving. Women liked cooking meals. They told funny stories. Kids played group games. Now hobbies have changed. We play computer games. We shop at malls. We chat online now. We watch movies often. Hobbies make us happy. They stop boring days.

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6- Women's Work

Should women work? Women help families a lot. Work has good sides. Women help society grow. We need women doctors. They are brave leaders. Some women stay home. Family is a vital role. They help kids grow. They care for houses. Women are family pillars. Jobs take much time. Family time is good. Strong families are important. Women are half society. Men and women are equal.

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7- Challenge Expeditions

Do you like trips? Some people like challenges. These trips are risky. They want fun adventures. Sports have many risks. People face big dangers. People can get lost. They can lose water. Phones may not work. We must prepare well. Training is very important. You can join teams. Bring the right gear. Take a small compass. Trips teach us courage. We need to be strong.

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8- Pushing Limits

Do you like challenges? People want new adventures. Hard goals have sides. Success brings great things. People can become famous. They show great skills. They can earn money. They finish big tasks. Hard goals have risks. People face big dangers. They might feel pain. They need fresh air. They might get lost. Challenges teach us patience. People need strong wills.

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9- Space Travel

Is space travel useful? We send ships up. Space is important but risky. Space work helps Earth. We make progress here. We do new tests. We find other planets. We make smart tools.

We use space tools. We use small mobiles. Space has big dangers. Spacemen face big risks. They can get lost. Trips cost much money. Space is very cold. There is no air. Space is very exciting.

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10- Child Prodigy

Are smart kids good? Some kids have talent. Talent has many sides. These kids are famous. They get much respect. They have few friends. People treat them differently. They help our society. They help our country. They have many ideas. We must help kids. Build science clubs now. Teachers help them grow. We must care for them. Schools have many contests. Prizes help talented kids. They are brave kids.

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