



Happiness



Happiness is contagious , pass it on. It's a way of living. There are many sources of happiness. They are friends , family and money. Happiness is good for health. We have strong immune system. We are active. We have a good mood. We are more sociable.

It is easy to be happy. We should eat healthy food. Nuts are important. We need vitamins also. We should play sport. We should sleep enough . We should meet with friends. A smile makes us feel happy .I feel happy when I read Qura'an.

Festivals



Festivals are happy events. People enjoy and have fun. Festivals can be national or personal. People gather with their friends. They enjoy singing and dancing. They decorate the house. They can also watch the fireworks. People like to wave the flags.

My favourite festival is the National Day in February. I feel proud of my country. I go shopping to enjoy the offers. We wear traditional clothes. We decorate the streets with flags .



Sports

Sport is important in our life. Football is a great sport. It is a team sport. You only need a ball. You shouldn't touch the ball. You need to respect your opponent. You should respect the referee.

Football has many benefits. It builds up your muscles. It helps you to be more confident. It teaches you team work. It gives you a strong body and mind. It teaches us endurance.

Healthy lifestyle



Health is wealth. We should maintain good health. You need to avoid some bad habits. We shouldn't eat fast food. We shouldn't share our personal things. We shouldn't stay up late. Some people bite their nails. Others used to smoke heavily.

Prevention is better than cure. We need to eat healthy food. We can take vitamins regularly. We should play sport. Also, we should sleep early. We need to drink a lot of water. Moreover, vaccines are important.



My favourite animal

People like different pets. My favourite animal is the dog. It is clever. It is very faithful. Also, it is strong. It can run fast. Dogs know body language.

The dog helps us in many ways. It can do different tasks well. It can play with children. It protects houses from strangers. It can save one's life. Dogs are loving and energetic animals.

Disabled famous people



Inability doesn't mean disability. Some people suffered from disabilities. They managed to achieve their goals. Nothing stopped them. Taha Hussein is one of them. He is an Egyptian writer. He was blind. He studied hard. He was the first person to take PhD from Cairo University. He wrote many novels.

We can learn many things from Taha Hussein. First, we shouldn't give up hope. Second, hard work leads to success. Third, We need strong will. Also, we learn perseverance. Finally, follow your dreams and face challenges.



Artificial intelligence

The power of Artificial intelligence is incredible. AI machines can be useful or harmful to humans. AI machines are used everywhere. They can do the jobs faster and better. They don't need any breaks. They don't make mistakes. They solve problems easily.

However, AI machines can also be harmful. Many people will lose their jobs. They are not creative as humans. They are very expensive to make. It is hard to install values in them. I think we should use them wisely.

Technology



Technology is important in our life. It can be a friend or a foe. It helps us in daily life. It saves time. It saves effort. Life is easy and simple. We really enjoy our life.

Technology can be harmful. People are lazy. They become less social in life. They have health problems like obesity. Technology leads to violence and bullying. I think we should use it wisely.