

1- Long Lives (Unit : 7)

- 1- Do you like to live a long life?
- 2- Keeping active is important for a long life.
- 3- There are different ways to live a long life.

- 4- We can keep physically active.
- 5- We should do exercises daily and play sports.
- 6- We can go for walking and running.
- 7- We can get healthy food and enough sleep.
- 8- We should work and have fun
- 9- We can also keep mentally active.
- 10- We should read books and stories.
- 11- We should solve puzzles and play chess.

- 12- Having a healthy lifestyle has great effects on us.
- 13- It helps us to live a long life.
- 14- It helps us to avoid obesity.
- 15- It enables us to enjoy our life.

- 16- Finally, when we are active, we can live a long life.
- 17- I think, we should keep both physically and mentally active.
- 18- Praying, reading the Quran and visiting our family help us to live a long life.

2- The Elderly People (Unit : 7)

- 1-Do you think that the elderly are important people in our society?
- 2-The elderly people have done a lot for us so they deserve respect and compassion.
- 3-There are many ways and reasons to show them respect and gratitude.

- 4- we can show the elderly respect in different ways.
- 5-We should look after them.
- 6-We can help them to do simple tasks.
- 7- We should show them friendship and talk to them.
- 8-We should stand when they enter a room.
- 9-We should hold the door open for them.

- 10- In fact, the elderly people have played an important role in the society.
- 11-They have helped us a lot in building modern Kuwait.
- 12- They have worked hard for the development and welfare of Kuwait.
- 13- Without the elderly, Kuwait would never have become the country we love now.

- 14- Finally, the elderly are very important people in our life and they deserve respect.
- 15-Islam teaches us to honour them and show them compassion.
- 16- Really, one day we will receive the same respect.

3- Sleep (Unit : 7)

- 1- Do you think that sleep is useful for our health?
- 2- Sleep is very important for our life.
- 3- Sleep deprivation affects our life badly.
- 4- How much sleep we need, depends on some factors.
- 5- They are age and daily routine.
- 6- They are genetic make-up and the quality of sleep.
- 7- There are two types of sleep.
- 8- Deep sleep which means we may feel active.
- 9- Light sleep which means we may feel tired.
- 10- Sleep is of great importance for our health.
- 11- It helps our brain to keep new information.
- 12- It helps us to do better in tests.
- 13- It helps us to avoid obesity.
- 14- There are some effects of lack of sleep.
- 15- We feel tired, drowsy and moody.
- 16- We have memory problems and we can not concentrate at school.
- 17- We face road accidents and medical problems.
- 18- Finally, we can't live without sleep.
- 19- We should get enough sleep to enjoy our life.
- 20- When we get enough sleep, we get up active and refreshed.

4- Life in the city (town) and countryside (village) (Unit : 8)

- 1- Do you think that life in the city is better than life in the village?
- 2- Life in the city has some advantages and disadvantages.
- 3- Some people prefer to live in the city, but others prefer to live in the village.
- 4- Some people prefer to live in the city.
- 5- There are more services and better jobs.
- 6- There are more fun places.
- 7- They can enjoy going to parks, cinemas, theatres and modern shopping malls.
- 8- The streets are clean and wide.
- 9- However, they suffer from some problems in cities.
- 10-They suffer from noise and pollution.
- 11-They suffer from overcrowding, traffic jam and stress.
- 12-Other people prefer to live in the village.
- 13-They can enjoy nature and fresh air.
- 14-They can find quiet and relaxing.
- 15-They can enjoy green fields and social life.
- 16-However, they suffer from some problems such as feeling bored and less services.
- 17-They suffer from deserted villages and unemployment.
- 18-Finally, life in the city is enjoyable , but people face some problems.
- 19-Nowadays, wealthy people move from the city to the village.
- 20-They escape from overcrowding, pollution and stress.

5- Pastimes and leisure activities (Unit : 9)

- 1- Do you think that free time is useful for people?
- 2- Pastimes and leisure activities are very important in our life.
- 3- Pastimes and leisure activities were different in the past from nowadays.

- 4-In the past, people made boats and carpets.
- 5-They enjoyed fishing and diving.
- 6-Women enjoyed cookery and embroidery.
- 7-People spent their free time by visiting each other, telling stories and reading books.
- 8-Children had to make their own fun and they played games in groups.
- 9- They played simple games as Al-Khabsa , Dwamas and Ambar.

- 10-Nowadays, people can spend their free time in different ways.
- 11-They can play sports and computer games.
- 12- They can go shopping in new shopping malls.
- 13-They can chat with others on the internet.
- 14- They can go to different fun places as cinemas , operas , parks and theatres.

- 15- Finally, Pastimes are very important for all people.
- 16- They can refresh our energy and make us healthy , active and happy.
- 17- Really, pastimes can help us kill boredom.

6- Women's work (Unit : 9)

1. Is it better for women to go to work ?
2. Women are main part in family and society .
3. Women's work has both positive and negative aspects.
4. As for the positive aspects, some people claim that women can play an important part in society .
5. They say that , they can push the wheel of development
6. They think that, the society needs them as doctors, teachers ,engineers ,etc...
7. Nowadays , they are pilots , businesswomen and members of the parliament.
8. As for the negative aspects, other people claim that, it is better for women to stay at home.
9. They say that, they play a vital role in the family.
10. They can help their children while growing up.
11. They can care for their houses and all the members of the family.
12. They think that , women are the main pillar of the family.
13. When they are busy with their work , they may neglect their children .
14. So it is better to make use of their time for the sake of their family.
15. In addition , forming a family properly is more important than anything else.
16. Finally , women are half of the society.
17. In fact , they are equal to men.
18. In my opinion , when women take care of their children well, we can have good generations.

7- Expeditions of challenge / Extreme sports (Unit : 10)

1. Do you like going on expeditions of challenge?
2. Some people like to push themselves to extreme limits.
3. On expeditions, people face some dangers so they should have some preparations.

4. Some people are fond of expeditions of challenge.
5. They crave adventure and excitement.
6. Going on expeditions is not an easy task.
7. People face some dangers and difficulties on expeditions and extreme sports.
8. They may face death.
9. They may get lost in remote places.
10. They may run out of food, water or fuel.
11. They may have no signals on their phones.

12. In fact, they should prepare for these expeditions.
13. They should get enough training.
14. They can join a team.
15. They should take the right equipment.
16. They can take much food, water, compass, tents , blankets,

17. Finally, such expeditions teach people patience, challenge and courage.
18. Really, people need some qualities as fitness , strength and strong will.
19. I think going on expeditions of challenge help kill boredom.

8- Pushing the limits / record-breaking / challenges (Unit : 10)

1. Do you like to push yourself to extreme limits (record-breaking / challenges)?
2. Some people crave challenge, adventure and excitement.
3. Pushing the limits (record-breaking) has some pros and cons.

4. On the one hand, pushing the limits has some advantages.
5. People can gain fame.
6. They can prove their abilities and skills.
7. They can gain much money.
8. They can have great achievement.

9. On the other hand, pushing the limits has some disadvantages.
10. People face some dangers and difficulties when they push the limits (break records).
11. They may face death.
12. They face cold, injury and sickness.
13. They face exhaustion and lack of oxygen.
14. They may suffer from strong winds and getting lost in remote places.

15. Finally, pushing the limits teach people patience, challenge and courage.
16. Really, those people need some qualities as fitness, strong will and strength.
17. I think pushing the limits help us to be active, healthy and famous.

9- Space travel / Exploration

- 1- Do you think that space exploration is useful for us?
- 2- Spaceships are sent into space for special missions.
- 3- Space exploration is very important in our life, whereas spacemen face some dangers and drawbacks.

- 4-Space exploration has great effects on our life.
- 5-We can make progress on Earth.
- 6-We can do experiments in space that are not possible on Earth.
- 7-We can discover other plants.
- 8-We can develop useful innovations that can improve our life.
- 9-Spacemen have used some useful spin offs that we can benefit from on Earth.
- 10-They used mobiles , GPS system , Ac units, sunglasses and solar power.

- 11-However,spaceman face some dangers and drawbacks.
- 12-They may face death.
- 13-They may get lost in space.
- 14- Space exploration is costly and expensive.
- 15-They face extreme conditions of weather as extreme cold and heat.
- 16-There is no gravity and lack of oxygen.

- 17-Finally, space exploration is very dangerous and risky.
- 18- Really, it is abhorrent waste of money.
- 19- Yet, space exploration is very exciting.

10- Child prodigy

- 1- Do you think that a child prodigy is something good?
- 2- A child prodigy is a child who has an outstanding talent or skill at an early age.
- 3- A child prodigy has some pros and cons and our country cares for them a lot today.
- 4- A child prodigy enjoys a prominent position in our society.
- 5- He gains great respect and fame .
- 6- However, they have a few friends.
- 7- They may be treated in a different way.
- 8- Prodigies can play an important role in the society.
- 9- They can push the wheel of development in our country.
- 10- They can innovate new ideas that can help for the welfare of our country.
- 11- In fact ,our country should care for a child prodigy.
- 12- The government should build scientific clubs to train them.
- 13- Parents and teachers should develop their talents and skills .
- 14- They should care for them greatly.
- 15- Schools can organize special competitions to discover new geniuses.
- 16- Awards ceremonies can encourage young talents and creativity.
- 17- Finally , parents ,teachers / and the government should do their best to benefit from
talented persons properly.
- 18- An inventive genius should have some qualities as courage ,solve problems and
ambitious.
- 19- Really , he should be strong willed and self-confident.