

Unit Seven “Staying Active”

How can you stay active and ensure a long life?



Doing sport



Sleeping well



Eating healthy food



Avoiding bad habits



Mentally active



Reading books



Playing chess



Doing puzzles

Eating fast food
Skipping breakfast
Smoking
Staying up late

Staying active is good and beneficial

increases energy

improves your health

makes you feel happier

helps you to lose weight

keeps your muscles supple

improves your immune system

improves your brain health and memory

Life expectancy has increased



Due to

Modern medicine

Better health care

Good social life



Importance of sleep

makes you retain information easily

makes you stay active all day

improves your immune system

makes you think better



Sleep deprivation problems

Gaining weight

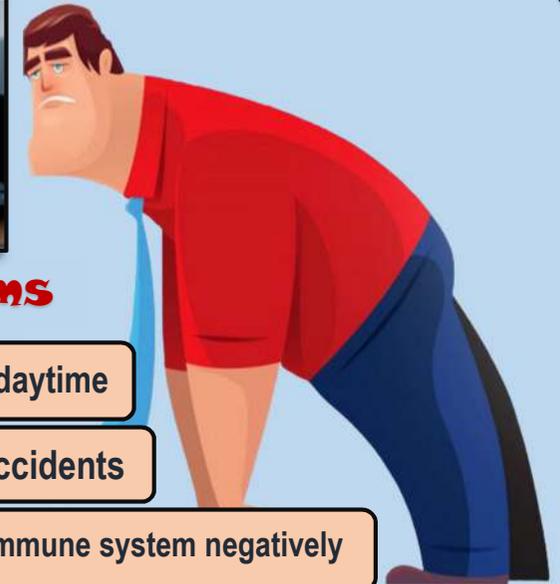
Feeling drowsy during daytime

Causing work mistakes

Causing car accidents

Causing failure at school

Affecting your immune system negatively



Signs of sleep loss



Lack of concentration

Being moody

Feeling sleepy

Difficulty to get up in the morning

Having memory problems

Types of sleep

Deep sleep

We feel refreshed after getting up



Shallow sleep

We feel tired after getting up

Sleep factors

Age

Genetic make up

Daily routine

Quality of sleep

Respecting the elderly



Why should we respect them??

to repay them

Islam orders us to do so

to show them gratitude

to be respected when we grow old

Geriatric homes are rare in the Arab countries

Why?!!

Islam teaches children to honour their parents and show them compassion

Our traditions urge us to respect the elderly and take care of them



How can we show them respect??

Helping them to do simple tasks

Holding doors open for them

Standing when they enter a room

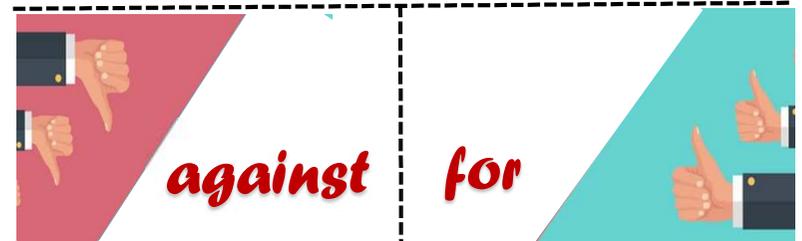
Listening carefully to their advice

Not interrupting them while talking

Treating them in a friendly way

Lowering your voice when talking to them

Some people are for geriatric homes while others are against the idea each group has a point of view



They say that Islam taught us to honour the elderly and take care of them

They say that they will receive the professional health care they can't find at home from their children.

Unit Eight "Town and Country"



Advantages

Getting better jobs

Enjoying good services

Getting better health care

Having better life conditions

A lot of entertainment places

Enjoying modern and comfortable life

Getting better education: schools and universities

Disadvantages

Overcrowding problems

Unfriendly people

High pollution rate

Stressful life

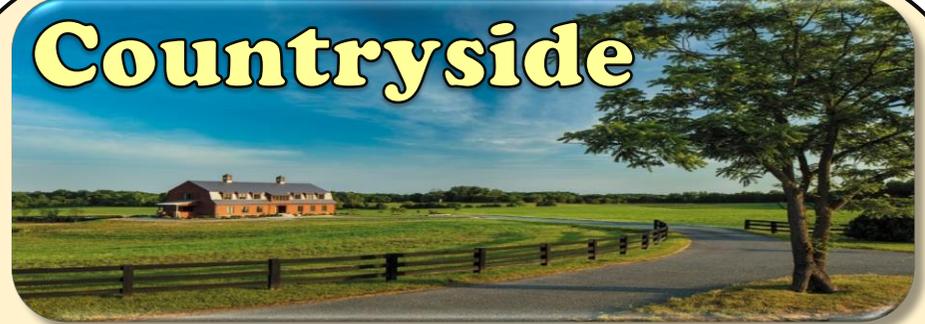
Traffic jams

Much noise

High crime rate

Life is less safe

Countryside



Advantages

Less pollution

Enjoying fresh air

People are friendly

Good social relationships

Enjoying beautiful nature

Enjoying peaceful, cheap and simple life

Less stressful life and no traffic problems

Disadvantages

Fewer job chances

Poor public services

Poor education

No entertainment places

Poor health care

Boring life for some people

City life can be less stressful

How?!

Planting more trees

Enforcing stricter laws

Solving the problem of noise

Building more parks and clubs

Solving the problem of pollution

Providing better and faster ways of commuting

Rural depopulation

Large number of people move from villages to live in towns and cities, leaving them vacant.

The consequences of rural depopulation

Deserted farmlands

Overcrowding in cities

Increases pollution in cities

Causing socioeconomic problems



The aims of building the Silk City

Offering new jobs

Offering houses for people

Making Kuwait a commercial hub

Solving the problem of limited lands

Unit Nine "New Ways and Old"

Leisure activities

In the past

Diwaniya meetings

Playing cards

Practicing handcrafts

Reading Quran

Telling stories

Going fishing

Visiting relatives

Traditional skills in the past

Building their houses

Making their clothes

Fixing and painting cars

Making rugs and baskets

Nowadays

Surfing the net

Watching T.V

Going shopping

Using social media

Going to cinemas and clubs

Playing computer games

Going to the gym

Women's role

In the past

They used to stay at home.

They didn't participate in the political life

Nowadays

Women work different kinds of jobs (a minister or even a member of the parliament).

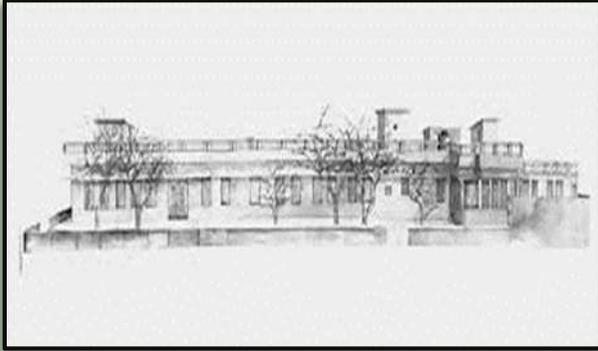


Massouma Al Mubarak

She was the first Kuwaiti female minister.

She was one of the first women to enter the Kuwaiti parliament.

Bayt Lothan



In the past

It was used as a shelter for ships from storms



Nowadays

It is used as a shelter for fine arts, crafts and a platform for artists

Bayt Lothan contributes in reviving the art in Kuwait

How?!

- ✓ It is a successful community centre.
- ✓ It houses an impressive gallery.
- ✓ It houses workshops for arts.
- ✓ It provides a platform for artists and craftsmen.

Art lessons in Bayt Lothan

Pottery



Jewel design



Photography



Arabic calligraphy



Restoring old buildings is important

Why?!

They have historical value

They attract tourists

They reflect culture

They revive heritage

Creative Uses for Home computers

Programming and planning

Designing magazines

Sending greeting cards

Producing posters

Biography

is an account of someone's life written by someone else.

Autobiography

is an account of someone's life written by oneself.

Focus on

Traditional games in Kuwait

The games tended to involve groups socialising and playing a well-known game with well-known rules



Al Khabsa

A simple game played by groups of girls



Dawama

A game played by two players using a spinning top shaped like a cone

Characteristics of games in the past

Playing in groups

Easy and simple

Simple items like rocks, sand and shells



Ambar

A team game which uses rocks and balls they throw a ball at a pile of seven rocks in order to scatter them

Unit Ten "Pushing The Limits"

Examples of extreme sports



Mountain climbing



Deep sea diving



Parachuting

Tips before doing extreme sports

Be careful

Take the first aid kit

Wear proper clothes

Don't push yourself

Check your equipment

Take enough food and water

Equipment needed

Tent

Lighter

Blankets

Compass

Binoculars

Video camera

Oxygen cylinders

Wireless connection

Reasons behind doing extreme sports

Seeking fame

To overcome fears

To set world records

To feel superior

To develop skills

To gain money

To be the centre of attention

Qualities of a mountain climber

Fitness

Self-confidence

Strength

Determination

Courage

Strong will

Patience

Problems faced

Frostbite

Sickness

Avalanches

Losing contact

Lack of oxygen

Getting lost

Bad weather

Serious injuries

Exhaustion

Dizzying heights

Record breaking attempts

Pros

Being rich

Being famous

Being confident

Discovering potentials



Cons

Too risky

Injury or death

Expensive cost

Extensive training



Zed Al Refai

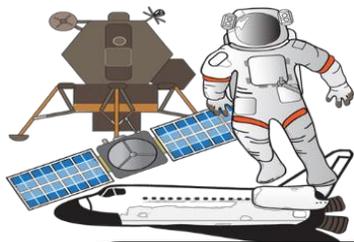
He was the first Arab to climb mountain Everest

His aims to climb that summit

To inspire Arabs to practise that sport

To call for protecting Gulf environment





Unit Eleven "Final Frontier"



Importance of space exploration

Helping progress on Earth.

Improving communication field.

Understanding the world around us.

Knowing the origin of our solar system.

Providing chances for more scientific advances.



Importance of ISS



Doing experiments

Sending and receiving data

Monitoring space and shuttles

Contacting the crew on the shuttle



Risks might an astronaut face

Lack of oxygen

Different temperatures

Explosion of the shuttle

Health problems

Negative effects on the psychological health

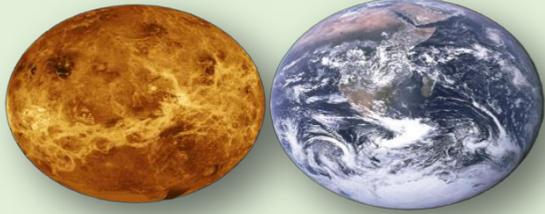
Disadvantages of space exploration

It is a risky job

It costs a fortune

It needs a lot of study and training

Being away from family for a very long time.



Venus **Earth**

Similarities

- ✓ They are the same size
- ✓ They are the same age

Differences

- ✓ Venus has no oceans
- ✓ Venus has heavy atmosphere



Venus

The morning star & The evening star

It is could be seen from the Earth 3 hours before sunrise and 3 hours after sunset.

It is the hottest planet. It is covered with carbon dioxide.



Mars

We can't live on Mars because

- ✓ It lacks oxygen.
- ✓ It isn't conductive to human habitation.



Earth

We can live on Earth **because:**

- ✓ The temperature is suitable.
- ✓ It has plants and animals.

✓ It has water and gravity.

Space Technology revolutionized our life

Aircraft technology

Planes have become faster, lighter and more economical.

Wireless technology

- It is used in the field of medicine.
- Mobile phones.
- GPS system

There are innovations that are related to space like: Sun glasses, air conditioners, trainers and solar power.