

# 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

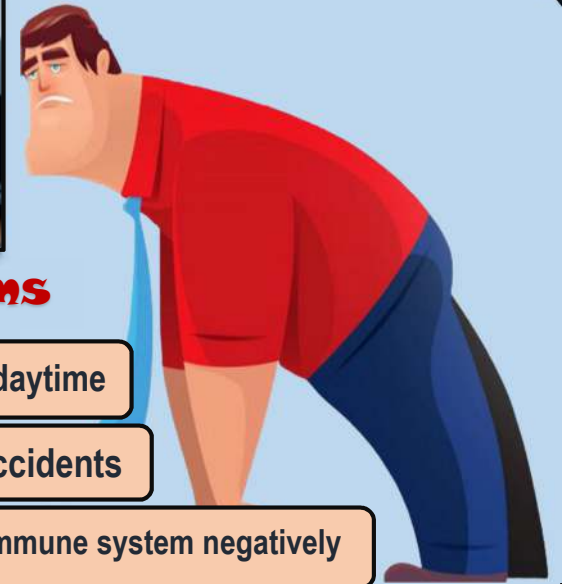
Feeling drowsy during daytime

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

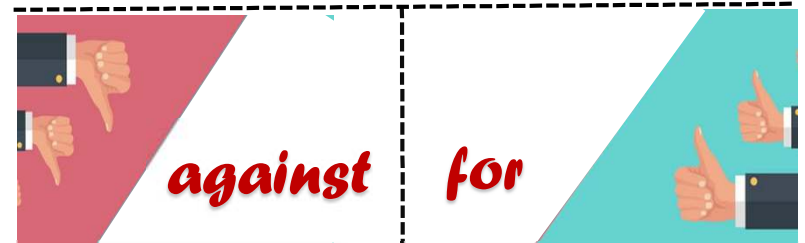
Not interrupting them while talking

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”



## Town

### 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).



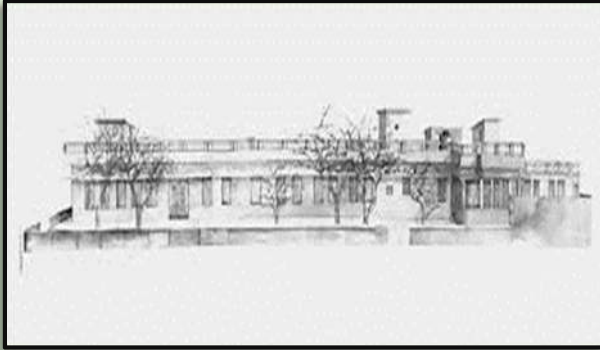
*Massouma Al Mubarak*

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

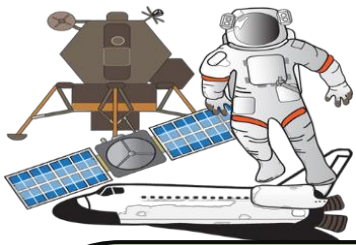
He was the first Arab to climb mountain Everest

*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

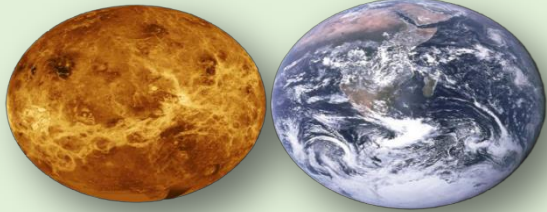
It is a risky job

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.

## 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.



**Earth**

**We can live on Earth because:**

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