Spider Diagrams

Grade 12

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Kuwait Teachers

Unit Seven "Staying Active "

How can you stay active and ensure a long life?



Doing sport



Sleeping well



Eating healthy food



Avoiding bad habits

Eating fast food
Skipping breakfast
Smoking
Staying up late

Mentally active



Reading books



Playing chess



Doing puzzles

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

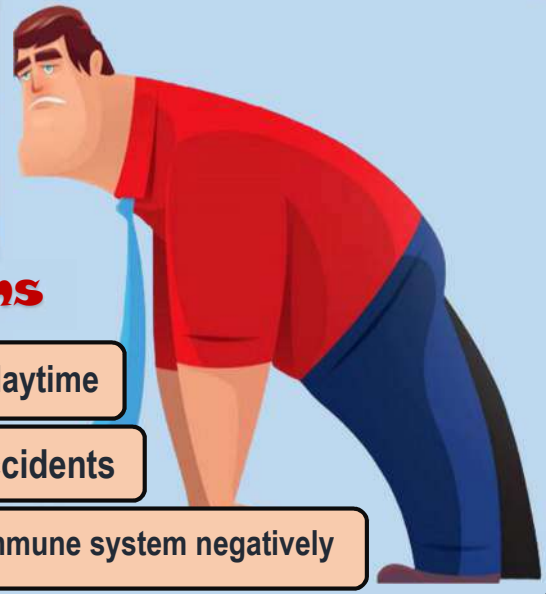
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Importance of sleep

- 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

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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



against

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



for

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

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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

- Less job chances
- Poor public services
- Poor education
- No entertainment places
- Poor health care
- Boring life for some people

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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

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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.

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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

Art lessons in Bayt Lothan

Pottery



Jewel design



Photography



Arabic calligraphy



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.

Restoring old buildings is important

Why?!

- They have historical value
- They attract tourists
- They reflect culture
- They revive heritage

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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

Chracteristics of games in the past

- Playing in groups
- Easy and simple
- Simple items like rocks, sand and shells

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



Ambar

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

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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



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



Record breaking attempts

Pros

- Being rich
- Being famous
- Being confident
- Discovering potentials

Cons

- Too risky
- Injury or death
- Expensive cost
- Extensive training

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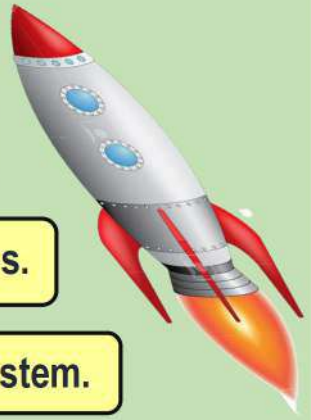


Unit Eleven "Final Frontier"





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.

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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.

Unit Twelve "Geniuses "

What are the advantages of being a child prodigy?



1. Achieving big things at an early age
2. Being the centre of attention
3. Being admired by others
4. Getting lots of rewards
5. Being ahead of others
6. Being distinguished
7. Being confident
8. Being famous

What are the disadvantages of being a child prodigy?



1. Being isolated
2. Being seen abnormal
3. Being chased by the media
4. Unable to enjoy his childhood
5. Being under pressure all the time
6. Unable to cope with normal friends
7. Unable to meet everyone's expectations

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How can a child prodigy be nurtured?



Parents

- They should discover and encourage their child's talent.

Teachers

- They should provide training to develop it.

The government

- It should praise the talents through media.
- It should build scientific clubs to encourage them.

What does it take to create an intelligent inventor?

- Nurturing his talent at a young age
- Spending years of training
- Providing financial support
- Praising and encouraging



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What can a genius be awarded for?



- For being creative in certain fields
- For inventing something useful
- For doing significant research

What are the characteristics of gifted children?



- They have a strong imagination
- They are effective problem solvers
- They can concentrate and focus well
- They are curious and learn fast

Focus On

How can a person fulfil his dreams?



- He must be realistic
- He must be well-planned
- He must have strong will

According to Maha Al Ghunaim

"Parent's support is essential in helping children to achieve success." Discuss.



1. Parents discover their children's talents, train them and support them.
2. They encourage their children to be successful and choose the career they love.

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