



وزارة التربية
Ministry of Education

دولة الكويت
State of Kuwait



SUSTAINABLE
COMMUNITIES
BRIGHTER
FUTURES



THINK
ACT
CHANGE



A
GREENER
KUWAIT

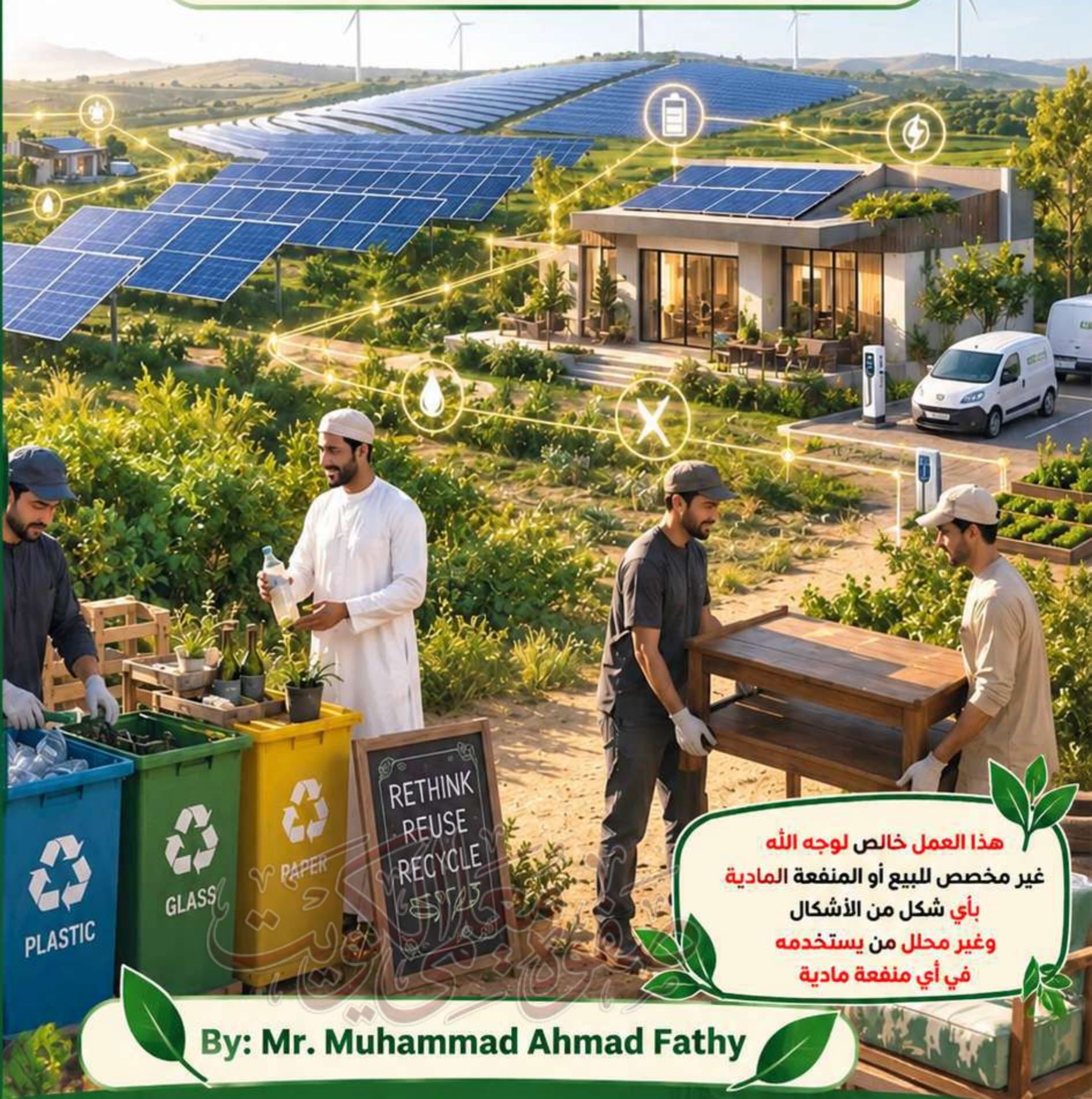


STRONGER
TOGETHER

Small
Choices
Big
Changes

Module One: The Sustainable Self

Unit 2 Choices & Change الاختيارات والتغيير



هذا العمل خالص لوجه الله
غير مخصص للبيع أو المنفعة المادية
بأي شكل من الأشكال
وغير محلل من استخدامه
في أي منفعة مادية

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We use the **Present Perfect Simple** to talk about actions or experiences that began in the past and continue to affect the present. The following keywords answer the following questions:

1 Rearrange the words to make a correct present perfect sentence. Use correct punctuation.



How recently? (just – lately)

Very recently, in recent times

1. he / arrived / to the library / has / just

He has just arrived at the library.



Did it happen? (already – yet)

Before the expected time, not yet

2. have / seen / yet / not / the latest movie / I

I have not (haven't) seen the latest movie yet.



How long? (since – for)

Started in the past, still true now

3. has / my family / since / lived / in this area / 1980

My family has lived in this area since 1980.

Great
Answers!
Keep
Going!



2 Correct the verbs in brackets using the present perfect simple.

- I **have just bought** (*just – buy*) a new laptop for school.
- The football teammates **have started** (*start*) playing together lately.
- My brother **has already prepared** (*already – prepare*) the presentation for class.
- The professor **has taught** (*teach*) at Kuwait University for over 10 years.

Use
have / has
+
past
participle!



3 Read the answers in the table below. Then, write their questions in the present perfect simple.

	Questions	Answers
1	How long have you played tennis together?	We played tennis together since 2019.
2	What has your mother already cooked?	My mother has already cooked a delicious meal.
3	What books have you read lately?	I have read many interesting books lately.

4 Find the mistakes in the following sentences. Rewrite the sentences correctly.

- He have already spend all his pocket money.
→ **He has already spent all his pocket money.**
- The artists has not finish their paintings for the competition yet.
→ **The artists have not finished their paintings for the competition yet.**
- I has just update my profile on a social media site.
→ **I have just updated my profile on a social media site.**

Check:
✓ subject
✓ have / has
✓ past participle
✓ spelling



5 Complete these sentences with true information about yourself. Be creative!

1	I have travelled to three countries with my family.	2	I have learned a lot of new skills this year.
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Your
Turn!
Be
Creative!



Welcome to Eco-Lab Escape! In groups, solve the four language challenges to earn the green badge.

1 Vocabulary Vault

Match the following words with their correct definition.

A		B
1. second-hand	4	a tall structure with blades that are blown around and produce power
2. unplug	3	in every way possible; completely
3. wind turbine	1	to take the plug of a piece of equipment out of the place connected to an electricity supply
4. entirely	2	not new; owned by somebody else before

Great
Vocabulary
Skills!



2 Habitat Gap Relay

Fill in the gaps with the correct words from the list below.

(unnecessary / power grid / converted / concept / injured / reusable)

- My favourite player **injured** his knee during the last football match.
- The engineers worked all night to restore the **power grid** after the storm.
- The architect introduced an interesting **concept** for the redesign of the mall.
- The supermarket encouraged buyers to bring **reusable** bags instead of using plastic ones.
- Adding too much sugar to a recipe is **unnecessary** if most of the ingredients are already sweet.

Small
Choices
Make a
Big
Difference!

3 Word-Form Workshop

In groups, classify the listed words under their word-family headings. Then, complete the table below.

power
power
powerful
powerfully

decide
decisive
decisively
decision

alternatively
alternate
alternative
alternative

	Noun	Verb	Adjective	Adverb
1	power	power	powerful	powerfully
2	decision	decide	decisive	decisively
3	alternative	alternate	alternative	alternatively

4 Field Photo Probe!

Describe the picture. Write as many meaningful sentences as possible using the words provided below.



(entirely / tailor / expertise / ideal / ambitious)

- The team is working on an ambitious project to create a greener city.
- They are using their expertise to design an ideal plan for the community.
- The plans are tailored to meet the city's needs.
- The office is entirely focused on sustainability and a better future.

Keep
Learning
Keep
Growing!



Capitalisation means writing the first letter of a word in upper case (A, B, C...). Using capital letters correctly makes your writing clear, accurate, and professional.

The Rules of Capitalisation

The Rule		Example	The Rule		Example
1	The first word of every sentence	The project produces clean energy.	6	The pronoun I	My friend and I visited a recycling centre.
2	People's names	Ahmed and Bader designed a new project.	7	Place names (countries, areas)	Kuwait City , Saudi Arabia, the Middle East
3	Institutions and organisations	Kuwait Institute for Scientific Research	8	Acronyms and abbreviations	KISR , GCC , the UAE
4	Nationalities and languages	Chinese, Irish (nationality), Arabic , French (language)	9	Days, months, and public holidays	Friday, March, National Day
5	Titles before names	Dr Khaled, Mrs Salwa, Prof. Hasan	10	The first word of a quote	The teacher said, "Sustainability is the future."

- 1 Read the paragraph below. Find the missing capital letters. Highlight the words and rewrite them below.

Last Tuesday, Dr Salem gave a talk at Kuwait University about the Shagaya Renewable Energy Park. He explained that KISR has already made great progress since 2019.

1. Last 2. Tuesday 3. Dr 4. Salem 5. Kuwait 6. University
7. Shagaya 8. Renewable 9. Energy 10. Park 11. He 12. KISR

Capital Letters Make a Difference!



- 2 Write four sentences about a topic of your choice. Use at least one capitalisation rule. Underline the capital letters and write the rule.

Sentences	Rule
1. <u>I</u> love reading books every day.	pronoun I
2. <u>My</u> friends are going to <u>Dubai</u> this weekend.	1 st word, place name
3. On <u>Friday</u> , <u>I</u> will visit the <u>Kuwait</u> <u>Towers</u> .	day, pronoun I, place name
4. <u>Dr</u> <u>Ahmed</u> gave an interesting talk at <u>GUST</u> .	title before name, acronym

Practice Today Write Better Tomorrow!



- 3 Write a prompt asking an AI chatbot about the rules of capitalisation. Write the rules not listed in the table above.



Ask Anything: What are the other rules of capitalisation that are not listed in the table?

Your Findings: For example: capitalise the names of specific events, historical periods, works of art (books, movies, songs), and formal titles of documents.

Curiosity Leads to Learning!



We use the **1st If Conditional** to talk about real and possible future situations. If a condition is met, a result follows. The condition could be possible, uncertain, or advice.

1 Match each if-clause with its best result, then circle the modal verb.

If-clause		Results
1. If we prepare the breakfast basket early,	2	you may borrow my book.
2. If my brother learns how to swim,	1	we will have a picnic in the local park.
3. If you forget the notes we took in class,	3	he can go to the deep side of the pool safely.

Well Done!
You're Learning!
😊

2 Read the following story and write the correct modal verb.

(can / may / will / should)

Reem is preparing for her school's science competition. Her teacher says that if she starts revising now, she (1) **will** certainly feel much more confident on the day. If Reem reads about the topic, she (2) **can** answer the committee's questions confidently. Reem's father advised her, "If you have any questions, you (3) **should** ask your teacher for help." If the organisers receive enough participants, they (4) **may** add an extra event, but it is not confirmed yet. However, Reem knows it will be a great experience, no matter what happens!



3 Choose the correct modal verb (can, may, will, should) and write why you choose it.

1. If you eat a healthy diet, you **should** also exercise regularly to stay fit.

Reason: It is advice / a good suggestion for a healthy lifestyle.

2. If the players train hard, they **will** surely win the championship for Kuwait.

Reason: It shows a likely and certain future result if the condition is met.

3. If he asks his parents politely to buy him a new gaming station, they **may** approve.

Reason: It shows a possible result, not certain.

Good Grammar
Builds
Brighter
Futures!
😊

4 Look at the 'Emoji by Emoji' chain. Write a 1st if-conditional sentence showing the if-clause and the result. Choose the most suitable modal verb.

	Emoji by Emoji	Your Sentences
1	☁️ → 🌂	If it rains, I will take an umbrella.
2	🎨 → 🖼️	If I paint a beautiful picture, I may hang it on the wall.
3	🌱 → 🌸	If I plant the seeds, they will grow into flowers.
4	😷 → 🩺	If I feel sick, I should see a doctor.

Small Steps
Big Progress!
😊



1 Read the words in the table and find their parts of speech and definitions in the glossary.

Words	Parts of Speech	Definitions
1. strict	adjective	firmly enforcing rules; not allowing things easily
2. decompose	verb	to break down into simpler substances, especially naturally
3. incineration	noun	the process of burning waste completely
4. densely	adverb	in a close, crowded way

Great
Vocabulary
Work!
😊

2 Unscramble the words under the pictures. Then, use them in sentences of your own.



1. dispose of

Sentence: We should dispose of our waste properly.

2. tablet

Sentence: I use a tablet to read news and study.



3. bury

Sentence: We buried the tree to help it grow.

4. antique

Sentence: My grandfather bought an antique desk.

Small
Steps
Big
Progress!
😊

3 Find the synonyms and antonyms for the words below.

Across

1. antonym for tiny (adjective)

enormous

4. synonym for build (verb)

construct

5. antonym for discontinue (verb)

continue

Down

1. synonym for finally (adverb)

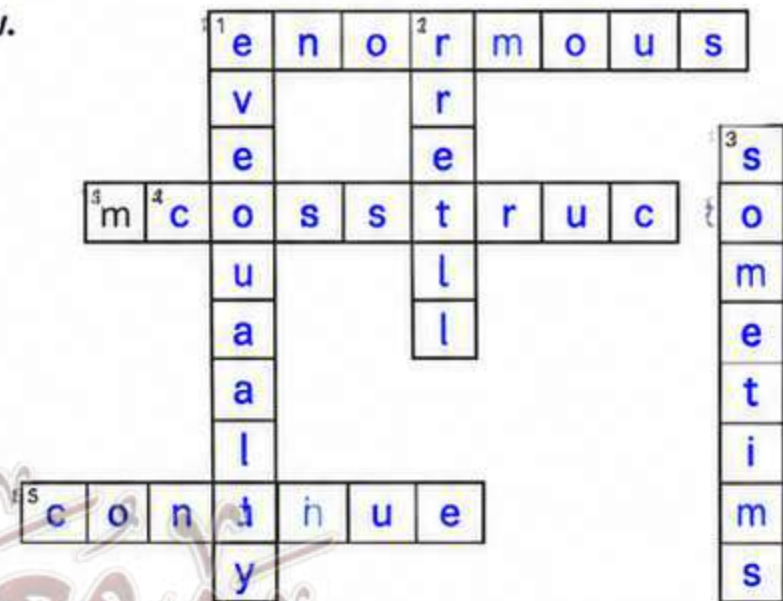
eventually

2. synonym for view (verb)

see

3. antonym for always (adverb)

sometimes



Words
Build
a Better
You!
😊

4 Write a sentence using both words in brackets. Make sure to show the meaning of the words clearly.

(upcycling / make over)

We upcycled the old chairs to give the garden a modern make over.

(brand-new / add up)

I bought a brand-new phone, but the cost of the extras really added up.



Steps for writing a summary:

- Find the main and supporting ideas of the text.
- Remove examples and repeated information.
- Use your own words where possible.
- Use linkers to connect your sentences smoothly.

1 Read the following text and do the tasks that follow.

Colour affects people more than they realise. Psychologists have studied how different colours influence the way people feel, think, and make decisions. Warm colours such as red and orange increase energy and create excitement. They make people feel more alert, which is why many restaurants and shops use them to attract attention. Cool colours such as blue and green have the opposite effect. They help people feel calm and focused, so they are often used in hospitals, schools, and offices. Colour also affects the way products are sold. Companies choose their brand colours carefully because colour influences whether a customer trusts or feels attracted to a product.

2 Take the role of a teacher and read the following summaries written by students. Then, match the appropriate note for the student:

- C** Clear and accurate
- A** Copied too much from the original text
- B** The main idea is missing

A Red and orange are warm colours. Blue and green are cool colours. Many restaurants use warm colours. Hospitals often use blue and green. Companies choose brand colours carefully.

B Colour affects people more than they realise. Psychologists have studied how different colours influence the way people feel, think, and make decisions. Warm colours such as red and orange increase energy and create excitement. Cool colours such as blue and green help people feel calm and focused. Colour also affects the way products are sold.

C Colour has a strong effect on human feelings and decisions. Warm colours create energy and excitement. However, cool colours promote calm and focus. Businesses also use colour to influence how customers feel about their products.

3 Rewrite the summary in your own words in a paragraph of four to five clear sentences.

Colours can influence how people feel, think, and make decisions. Warm colours like red and orange create energy and excitement, which is why they are often used in restaurants and shops. Cool colours such as blue and green help people feel calm and focused, so they are common in hospitals, schools, and offices. In addition, companies choose their brand colours carefully because colour can affect whether a customer trusts a product or feels attracted to it.

4 Compare with a partner using the checklist below.

Summary Assessment Checklist

- ☒ I included the main idea.
- ☒ I removed unnecessary details.
- ☒ I used correct punctuation.
- ☒ I added suitable linkers.
- ☒ I did not change the meaning.
- ☒ I wrote four to five sentences.



Writing Prompt

“... He has produced you from the earth and settled you therein...” (Surah Hud, 11:61)

(هُوَ أَنشَأَكُم مِّنَ الْأَرْضِ وَاسْتَعْمَرَكُمْ فِيهَا) (سورة هود - آية 61)

Plan and write an expository essay of no fewer than 12 sentences (around 120-140 words), explaining the changes teenagers can make inside their homes and the choices they can make outside their homes to protect the environment.

Small
Changes
Make a
Big
Difference!

I. Introduction

(2 sentences)

The environment is important for our health and future.

Teenagers can help protect it by making simple changes at home and in their communities.

II. Body Paragraph 1: Changes at home

(4 sentences)

We can save energy by turning off lights.

We should unplug devices when we do not use them.

We can take shorter showers to save water.

We can also recycle paper, plastic, and glass.

III. Body Paragraph 2: Choices outside the home

(4 sentences)

We can walk, cycle, or use public transport.

We should avoid single-use plastics.

We can join clean-up events in our community.

We can encourage our friends and family to make eco-friendly choices.

IV. Conclusion

(2 sentences)

Small actions can make a big difference.

If we all work together, we can have a cleaner and greener world.



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Together
for a Greener
Tomorrow

Habits for a Better World

The environment is important for our health and future. Teenagers can help protect it by making simple changes at home and in their communities. Small actions can make a big difference.

At home, we can save energy by turning off lights. We should unplug devices when we do not use them. We can take shorter showers to save water. We can also recycle paper, plastic, and glass. These habits help keep our homes clean.

Outside the home, we can walk, cycle, or use public transport. We should avoid single-use plastics. We can join clean-up events in our community. We can also encourage our friends and family to make better choices.

In conclusion, small actions can make a big difference. If we all work together, we can have a cleaner and greener world.

Post-Writing

Self Check:

- ☒ My introduction clearly previews both body paragraphs.
- ☒ Body 1 focuses on habits inside the home.
- ☒ Body 2 focuses on choices made outside the home.
- ☒ My conclusion restates the main idea and ends with a final thought.
- ☒ I have checked capitalisation, punctuation, and spelling using AI.



1 Choose the correct answer from a, b, c or d.

1. A healthy provides clean air, water, and food resources which are essential for life.
a) antique **b) ecosystem** c) tablet d) incineration
2. The company has a/ an new plan to expand into international markets.
a) ambitious b) reusable c) unnecessary d) second-hand
3. Nowadays, social media plays a vital role in spreading quickly among people.
a) alternative b) expertise c) composting **d) awareness**
4. The young man decided to his hobby into a successful home business.
a) injure b) unplug **c) convert** d) bury
5. Many communities are working to reduce waste through recycling programs.
a) landfill **b) upcycling** c) concept d) wind turbine



Quick tips for answering vocabulary MCQs

- ✓ Read the whole sentence first. Do not jump to the choices.
- ✓ Look for clue words: that is, or, but, for example, because.
- ✓ Read all answer choices, even if one looks right at first.
- ✓ Eliminate answers that do not fit the sentence meaning or grammar.
- ✓ Substitute each remaining choice into the sentence to see which sounds correct and natural.

2 Fill in the gaps with the suitable word from the list.

(combination / directly / seldom / flowing / vacant / emission)

6. The sunlight shines **directly** into my room in the morning with a golden glow.
7. We had found **vacant** seats in the front row of the theatre before the movie started.
8. Scientists are studying how **emission** levels affect global temperatures negatively.
9. This dish is a perfect **combination** of sweet and sour flavours that everyone enjoys.
10. The river has **flowing** water that never stops moving between mountains.



3 Choose the correct answer from a, b, c or d.

1. Omar and Ahmed in the same company since 2002.
 a) **have worked** b) worked c) work d) is working
2. The government the facilities in the old city lately.
 a) is expanding b) **has expanded** c) expanded d) expands
3. A group of young artists have displayed their paintings in the exhibition two weeks.
 a) already b) **since** c) for d) yet
4. As a piece of advice, you consult a doctor for proper care if you feel sick.
 a) **should** b) will c) may d) can
5. I am sure the phone will last all day if the battery fully charged.
 a) been b) be c) was d) **is**

4 Choose the correct answer from a, b or c.

6. Farmers (**not plant**) the new seeds yet. (Correct the verb)
 a) **Farmers are not planting the new seeds yet.**
 b) Farmers do not plant the new seeds yet.
 c) Farmers have not planted the new seeds yet.
7. The officials (**already open**) the bridge to the public. (Correct the verb)
 a) The officials will already open the bridge to the public.
 b) **The officials have already opened the bridge to the public.**
 c) The officials are already opening the bridge to the public.
8. I am not sure, but if you wake up early, (Complete)
 a) I am not sure, but if you wake up early, you may catch the bus.
 b) I am not sure, but if you wake up early, you will catch the bus.
 c) **I am not sure, but if you wake up early, you should catch the bus.**
9. If Fatema takes her computer to the technician, (Complete)
 a) **If Fatema takes her computer to the technician, he may fix it.**
 b) If Fatema takes her computer to the technician, he should fix it.
 c) If Fatema takes her computer to the technician, he can fix it.
10. The student will pass the exam easily if he (**study**) regularly. (Correct the verb)
 a) **The student will pass the exam easily if he studies regularly.**
 b) The student will pass the exam easily if he studied regularly.
 c) The student will pass the exam easily if he was studying regularly.

1 With a partner, carefully study the SEARCH table below.

S	Scan	Read the whole passage quickly to get a general sense.
E	Examine	Read the first and last sentences of paragraphs for main points.
A	Ask	Ask "What is this about?": Name the topic in a few words.
R	Repeat	Look for repeated words or ideas that show importance.
C	Check	Check supporting details: Reasons, examples, or results that explain the topic.
H	Headline	Put it together in one short sentence (topic + main point).

2 Read the passage carefully, then answer the tasks that follow.

Community gardens help cities in many important ways. A community garden is a shared space where neighbours grow vegetables, fruits, and flowers together. First, these gardens make neighbourhoods greener and cleaner. Plants and trees improve air quality and make streets look nicer. Second, gardens give people fresh, healthy food. Families who visit the garden can pick vegetables and eat better without spending a lot of money. Third, gardens teach useful skills. Children and adults learn about planting, soil, and caring for nature. Schools sometimes use gardens for science lessons. Finally, community gardens support the local environment. They attract birds and insects, help rainwater soak into the ground, and reduce waste when people compost. In these ways, community gardens offer many benefits: they improve the environment, provide healthy food, strengthen community ties, teach new skills, and protect local wildlife. Cities that support community gardens create healthier, happier places for everyone.

3 Choose the correct answer from a, b, c or d.

1. What is the main idea of the passage ?

- a) Community gardens are expensive to build.
- b) Only families benefit from community gardens.
- c) Community gardens are only for growing flowers.
- d) Community gardens help cities in many important ways.**

2. Which sentence best supports the main idea?

- a) Schools sometimes use gardens for science lessons.
- b) Plants and trees improve air quality and make streets look nicer.
- c) Cities that support community gardens create healthier, happier places for everyone.**
- d) A community garden is a shared space where neighbors grow vegetables, fruits, and flowers.

3. Which detail is NOT given as a benefit of community gardens?

- a) They teach useful skills.
- b) They reduce plants and trees.**
- c) They attract birds and insects.
- d) They provide fresh, healthy food.

Main Idea Checklist:

- ☒ I used the SEARCH steps.
- ☒ I can name the topic of the passage.
- ☒ I can find at least two supporting details.
- ☒ I can say which sentences show the main idea (first/last).