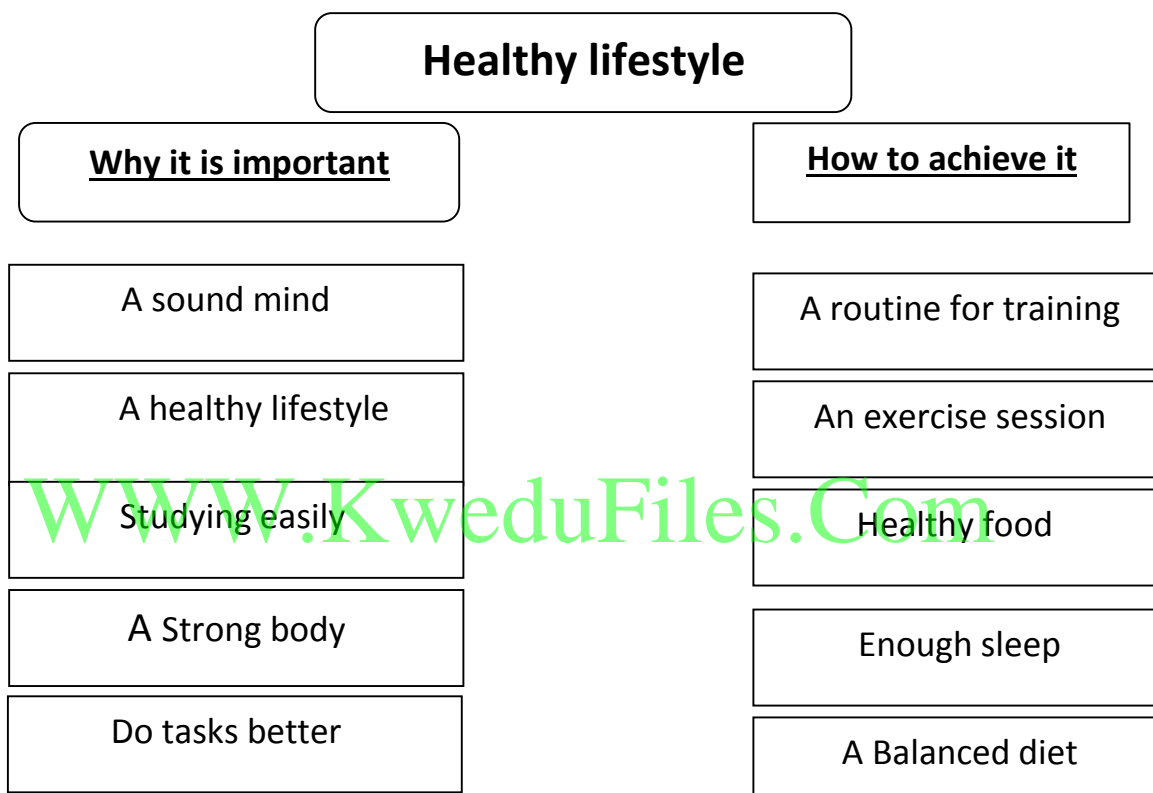


(1) WRITING

Keeping fit is very important for a healthy lifestyle but it is not that easy to achieve it. Plan and Write a report of two paragraphs (10) sentences about **the importance of leading a healthy lifestyle and how people can achieve it.**

* Your writing should include a topic sentence, supporting details and a conclusion.

Write your plan here



A healthy life style

A sound mind is in a sound body. It is very important to have a healthy life style. When you are fit, studying becomes easier. You will have a strong body. You can do tasks easily.

There are many ways to achieve the healthy life style. It is important to have routine of training. You should have a good exercise session. Eating healthy food and having enough sleep help to keep fit. Finally, a balanced diet and daily exercise will help you to keep fit and healthy.

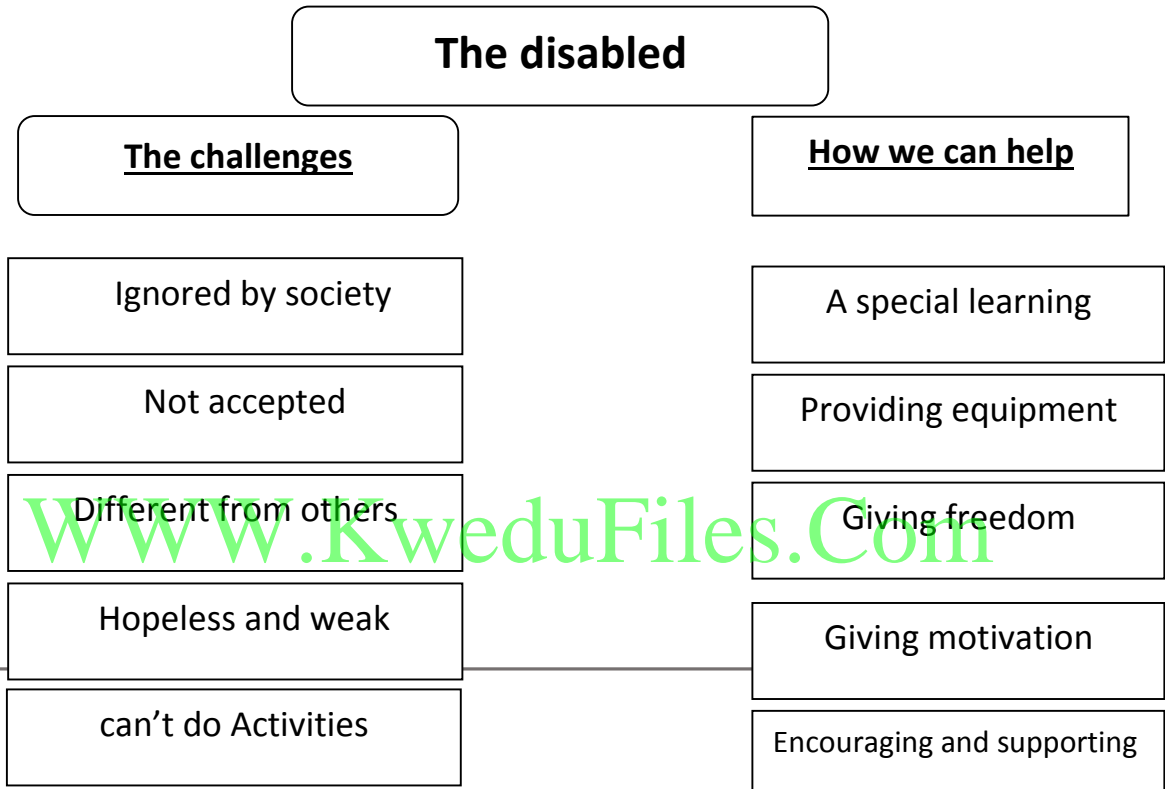
(2) WRITING

"The physically challenged can do miracles inspite of their disabilities."

Plan and write a composition of **two paragraphs (not less than 10 sentences)** about "The disabled" explaining **the challenges that they may face and how we can help them.**

*Your writing should include a topic sentence, supporting details and a conclusion.

Write your plan here



"The disabled"

The physically challenged can do miracles inspite of their disabilities. They may face many challenges. Some Societies usually ignore them. some Societies don't accept them because they think that the disabled are different from others. They think that the disabled are hopeless and they can't do any activities.

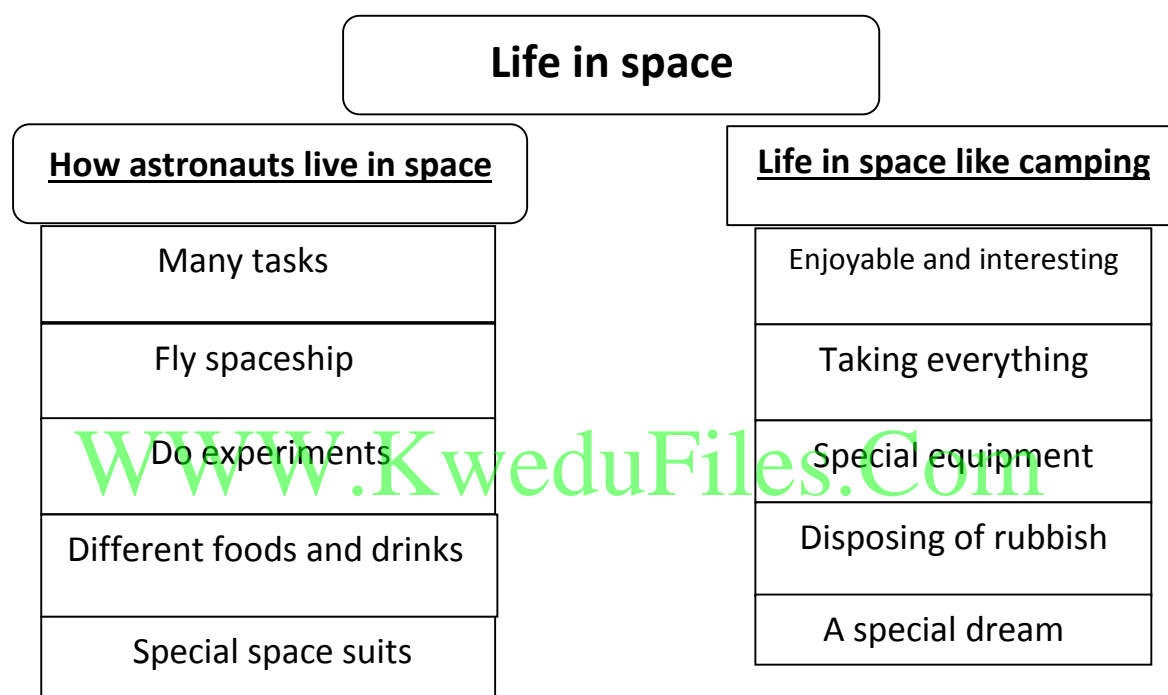
To help the disabled we should provide them with special learning. We should provide them with special equipment to learn and play. It is important to give them freedom to practice activities. Looking at them in appositive way can help them to overcome their disabilities. The disabled are a part of any society when we encourage and help them, they will be effective and successful members.

(3) WRITING

"Travelling into space is a dream of all people of different ages." **Plan** and **write** a composition of two paragraphs (not less than 10 sentences) about "life in space" explaining **the way astronauts live in space and how it is like camping**.

*Your writing should include a topic sentence, supporting details and a conclusion.

Write your plan here



Life in space

Life in space is enjoyable, but it is very tiring. It is like camping for three reasons. First, you have to take everything you need. Second, you use special equipment. Third, you have to dispose of your rubbish.

In space astronauts do many tasks. They fly the spaceship. They do experiments and explore planets. They eat tinned food and drink through a straw. They wear special suits, which have parachutes, oxygen and water. I dream of being an astronaut travelling into space.

(4) WRITING

"Life in the past was different from life nowadays."

Plan and **write** a composition of two paragraphs (not less than 10 sentences) about life in the past and life nowadays.

*Your writing should include a topic sentence, supporting details and a conclusion.

Write your plan here

Life in the past and nowadays

<u>In the past</u>	<u>Nowadays</u>
A difficult life	Enjoyable and comfortable
More free time	Different activities
Games and stories	Travelling faster
No schools	Studying abroad
Simple buildings	Modern buildings

"Life in the past and nowadays"

Life in the past was different from life nowadays. In the past life was difficult. People had more free time than we have nowadays. They used to play simple games and tell stories to each other. There were no schools. Buildings were simple and homes were made of mud.

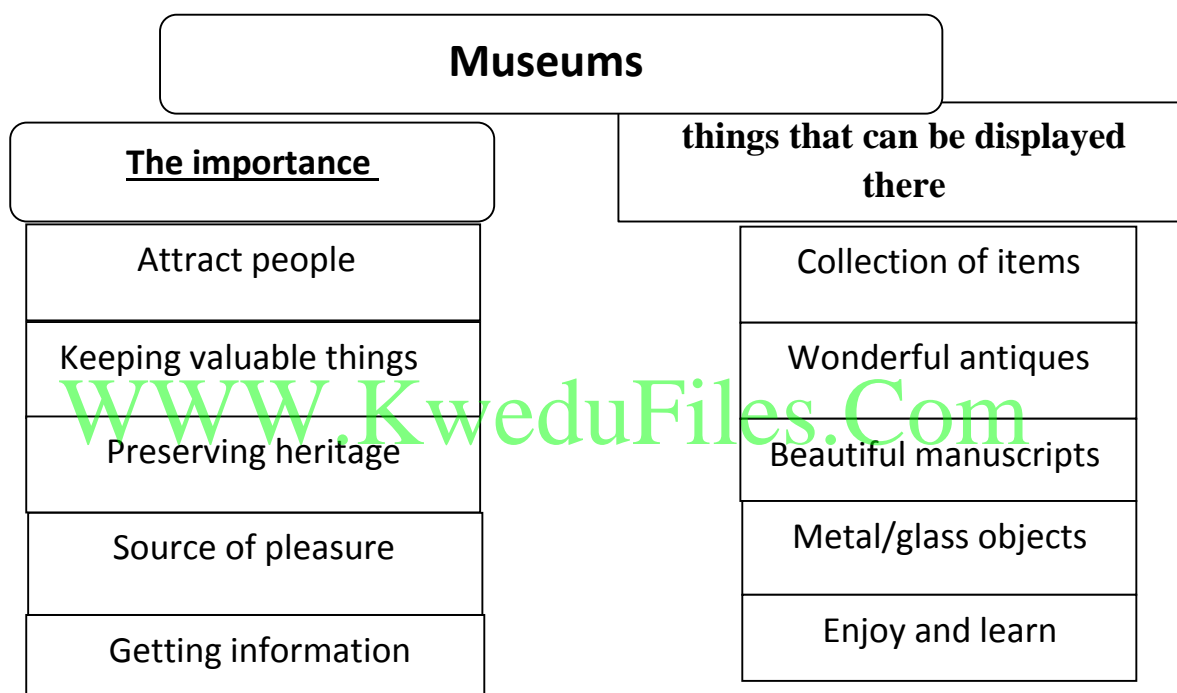
Nowadays, it is completely different. Life is easier, enjoyable and more comfortable. People can do many activities, play online games and surf the internet. They can travel faster and they can study abroad. Also, buildings are modern. Although some people think that Life in the past was hard, I think it was not as difficult as today.

(5) WRITING

"A museum is considered one of the most interesting places that attracts people of different ages." **Plan** and **write** a composition of two paragraphs (not less than 10 sentences) about "Museums" explaining **the importance of building museums and the things that can be displayed there.**

*Your writing should include a topic sentence, supporting details and a conclusion

Write your plan here



Museums

A museum is one of the most interesting places that attracts people of different ages. It is a place for keeping the most valuable things. The heritage of the country is preserved in the museums. Also, the museum is a source of pleasure and information for its visitors.

The museum has a collection of items. It includes wonderful antiques. Also, it has beautiful manuscripts. There are also metal and glass objects. When you visit the museum, you will enjoy and learn.

(6) WRITING

"Kuwait has many impressive modern places." **Plan** and **write** a composition of two paragraphs (not less than 10 sentences) about **Kuwait's impressive buildings** explaining **the National Library of Kuwait and Al- Hamra Tower**.

*Your writing should include a topic sentence, supporting details and a conclusion

Write your plan here

Kuwait's impressive buildings	
the National Library	Al- Hamra Tower
Oldest public library	A great Skyscraper
Founded in 1923	Tallest building
Arabian Gulf street	Best inventions
Collection of books	Different shops
Preserving heritage	Grand cinema

Kuwait's impressive building

Kuwait has many impressive modern places. The national library is the oldest public library in Kuwait. It was founded in 1923. It is located in the Arabian Gulf Street. The library has a collection of thousands books and manuscripts. The library preserving the national heritage of Kuwait.

Al –Hamra Tower is a great skyscraper. It is the tallest building in Kuwait. It was included in the list of the best inventions of 2011. There are many exciting luxury shops. Also, the eight-screen grand cinema is found there. Impressive buildings prove the economic power of the country.