Writing Essay

تم تحميل هذا الملف من موقع المناهج الإماراتية

موقع المناهج ⇦ المناهج الإماراتية ⇦ الصف الثاني عشر المتقدم ⇦ لغة انجليزية ⇦ الفصل الثالث ⇦ ملفات متنوعة ⇦ الملف

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المزيد من مادة لغة انجليزية: ملفات ا كتب للمعلم ا كتب للطالب ا اختبارات الكترونية ا اختبارات ا حلول ا عروض بوربوينت ا أوراق عمل منهج انجليزي ا ملخصات وتقارير ا مذكرات وبنوك ا الامتحان النهائي ا للمدرس

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التواصل الاجتماعي بحسب الصف الثاني عشر المتقدم

صفحة المناهج الإماراتية على فيسبوك

المواد على تلغرام | التربية الاسلامية | اللغة العربية | اللغة الانجليزية | الرياضيات

المزيد من الملفات بحسب الصف الثاني عشر المتقدم والمادة لغة انجليزية في الفصل الثالث

1	تدريبات مفردات المهن الطبية بالاختيار من متعدد
2	مواصفات الامتحان النهائي 2026م المتقدم والنخبة
3	هيكل الامتحان النهائي 2026م من الصف9 إلى 12
4	مواصفات الامتحان النهائي
5	الكتيب الشامل المفردات والقواعد والقراءة والكتابة

Grade 12 ADV – Term 3 –Writing Essay

Essay 1

 What habits can help people become happier and healthier?
Write an essay explaining how daily habits affect happiness and wellbeing.

 How can people reduce stress and improve their wellness?
Write an essay describing useful wellness habits and their benefits.

 Are wellness trends always helpful?
Write an essay discussing whether modern wellness habits improve people's lives or not.

Habits of Happiness and Wellness Trends

Simple Essay (220+ words)

In modern society, many people are searching for happiness while also trying to maintain healthy lifestyles. Although happiness may seem difficult to achieve, research suggests that daily habits and wellness choices play an important role in improving people's emotional and physical wellbeing. At the same time, stress levels are increasing due to academic pressure, work demands, and constant use of technology. Therefore, understanding the connection between happiness and wellness habits has become increasingly important.

One habit strongly connected to happiness is regular physical activity. People who exercise frequently often report lower stress levels and better moods because physical movement helps the body release chemicals that improve emotional wellbeing. In addition, healthy eating habits contribute to both physical health and

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mental stability. Individuals who consume balanced meals and drink enough water usually experience higher energy levels and better concentration.

Another important factor is social connection. Spending time with supportive family members and friends can reduce feelings of loneliness and anxiety. Recently, wellness trends have shown a growing interest in mindfulness practices such as meditation and digital detox activities. Many people are limiting screen time and focusing more on relaxation techniques to manage stress effectively.

However, not all wellness trends are equally beneficial. Some people follow popular routines without understanding whether they suit their needs. As a result, experts encourage individuals to adopt sustainable habits rather than temporary trends.

In conclusion, happiness is closely linked to wellness habits and stress management. By exercising regularly, maintaining healthy diets, building positive relationships, and choosing practical wellness strategies, people can improve both their happiness and overall quality of life.

Essay 2

 How do wellness habits help people manage stress?
Write an essay explaining the importance of healthy habits.
 What are the main causes of stress in modern life?
Write an essay describing why stress levels are increasing.
 What can people do to live healthier and less stressful lives?
Write an essay discussing ways to improve wellbeing and reduce stress.

Stress Levels and Wellness Habits

Simple Essay (220+ words)

Stress has become a common part of modern life. Students, employees, and even young children often experience stress because of academic expectations, work responsibilities, and social pressures. Although some stress can motivate people to perform better, excessive stress may negatively affect both mental and physical

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health. For this reason, wellness habits have become increasingly important in helping people manage stress and maintain balanced lifestyles.

One major cause of rising stress levels is the fast pace of daily life. Many individuals struggle to balance school, work, family duties, and personal commitments. In addition, constant exposure to technology and social media may increase anxiety and reduce opportunities for relaxation. As a result, many people report difficulty sleeping, poor concentration, and emotional exhaustion.

To address these challenges, people are adopting healthier wellness habits. Regular exercise is one of the most effective methods for reducing stress because physical activity improves mood and releases tension. Furthermore, healthy eating habits support emotional stability and provide the body with the energy needed to cope with daily demands. Adequate sleep is equally important, as insufficient rest often increases irritability and reduces productivity.

Another growing wellness habit is mindfulness. Activities such as meditation, deep breathing, and limiting screen time allow people to relax and improve emotional control. Spending time with family and friends also provides emotional support and reduces feelings of isolation.

In conclusion, stress levels are increasing in many societies, but positive wellness habits can help people manage these pressures effectively. By exercising regularly, sleeping well, maintaining healthy diets, and practicing relaxation techniques, individuals can protect their wellbeing and lead healthier, more balanced lives.

Word Count: approximately 260 words

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