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مجموعة سمارت مايند التعليمية

الملف مذكرة مراجعة سببديا الكتاب الذكي ج 1 دروس المنهاج مفردات وقواعد اللغة

موقع المناهج ← ملفات الكويت التعليمية ← الصف السابع ← لغة انجليزية ← الفصل الثاني

روابط مواقع التواصل الاجتماعي بحسب الصف السابع



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مذكرة للوحدات من (الوحدة السابعة وحتى الثانية عشر)	1
القواعد المقررة في اللغة الانكليزية الفترة الثانية	2
كلمات الاملاء كاملة	3
حل الكتاب الغير ملون	4
مواضيع	5



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فهرس برنامج التقوية – مادة اللغة الإنجليزية – الصف السابع – الفصل الدراسي الثاني

فهرس برنامج التقوية – مادة اللغة الإنجليزية – الصف السابع – الفصل الدراسي الثاني	1
Grade seven Unit five	2
Grade 7 Unit 5 (Used to + ing)	5
B) Reading Comprehension	8
Composition	10
Grade seven Unit six	11
Grade 7 Unit 6 (comparative / superlative adjectives)	14
B) Reading Comprehension	17
Writing	19



Grade seven Unit five

Word	Part of Speech	Arabic Meaning	Sentence
balance	n	توازن	Eating healthy food helps us keep a good balance in our life.
concentration	n	تركيز	Good sleep improves concentration at school.
growth	n	نمو	Exercise supports the growth of strong muscles.
nutrient	n	عنصر غذائي	Fruits contain important nutrients for the body.
strength	n	قوة	Sports help build physical strength .
stress	n	توتر / ضغط	Too much homework can cause stress .
tiredness	n	تعب	Tiredness can affect our daily performance.
well-being	n	صحة جيدة / رفاهية	Exercise improves mental and physical well-being .
function	v	يعمل / يؤدي وظيفة	The heart functions better with regular exercise.
limit	v	يحدّ	We should limit fast food to stay healthy.
perform	v	يؤدي	Athletes perform better when they train daily.
repair	v	يصلح	The body can repair itself during sleep.
calm	adj	هادئ	Deep breathing keeps us calm under pressure.
main	adj	رئيسي	Water is the main source of hydration.
proper	adj	مناسب	Proper food helps children grow well.
steady	adj	ثابت	A steady routine improves health.
correctly	adv	بشكل صحيح	We should exercise correctly to avoid injuries.
completely	adv	تمامًا	He completely changed his habits to be healthier.
courage	n	شجاعة	Sports teach us courage in difficult moments.
decision	n	قرار	She made a quick decision during the game.
emotion	n	شعور	Winning brings strong emotions .
failure	n	فشل	Failure helps us learn and improve.
leadership	n	قيادة	Team sports develop leadership skills.
movement	n	حركة	Daily movement keeps the body active.
teammate	n	زميل فريق	A good teammate supports others.



victory	n	انتصار	The team celebrated their victory .
achieve	v	يحقق	Hard work helps us achieve our goals.
control	v	يتحكم	Athletes must control their emotions.
depend on	ph.v	يعتمد على	Success depends on teamwork.
rise	v	يرتفع	Confidence can rise after success.
train	v	يتدرب	Players train every day to improve.
dynamic	adj	نشط / حيوي	Sports make students more dynamic .
individual	adj	فردى	Each individual has different abilities.
unfair	adj	غير عادل	Cheating is unfair in sports.
mentally	adv	ذهنيًا	Sports help us grow mentally .
physically	adv	جسديًا	Exercise keeps us physically fit.
strategically	adv	استراتيجيًا	The team played strategically to win.

From a, b, c and d choose the correct answer:

- Reading in a quiet room improves your _____.
a) tiredness b) balance c) concentration d) growth
- Proper nutrition supports the _____ of children.
a) growth b) stress c) emotion d) courage
- Carrots are full of vitamins and other essential _____.
a) teammates b) nutrients c) victories d) failures
- Listening to music can reduce _____ after a long day.
a) tiredness b) leadership c) balance d) stress
- His first attempt at the exam ended in _____, but he tried again.
a) victory b) failure c) decision d) courage
- Students _____ better when they study every day.
a) perform b) depend c) control d) rise
- Sleep helps the body _____ damaged cells.
a) function b) train c) achieve d) repair
- Success often _____ teamwork.
a) achieves b) depends on c) repairs d) limits
- Players _____ every day to improve their skills.
a) control b) train c) rise d) limit
- Athletes must _____ their emotions during competitions.
a) achieve b) function c) control d) perform



11. Deep breathing keeps you _____ in stressful situations.
 a) calm b) dynamic c) proper d) steady
12. The _____ reason to exercise is to stay healthy.
 a) calm b) unfair c) main d) individual
13. Wearing _____ shoes prevents injuries.
 a) unfair b) steady c) calm d) proper
14. Sports make children more _____.
 a) dynamic b) calm c) steady d) main
15. Cheating is _____ in competitions.
 a) proper b) calm c) unfair d) steady
16. You must exercise _____ to avoid injury.
 a) completely b) correctly c) mentally d) physically
17. He _____ changed his routine to be healthier.
 a) completely b) correctly c) strategically d) mentally
18. Chess helps players think _____.
 a) correctly b) physically c) completely d) mentally
19. Running always keeps us _____ fit.
 a) mentally b) physically c) strategically d) completely

Fill in the spaces with words from the list below:

(nutrients / decision / limits / emotion / rises)

1. Her quick _____ saved the game.
2. The sun _____ in the east every morning.
3. The clever woman often _____ screen time for her kids.
4. This food is rich in vitamins and other _____.

Fill in the spaces with words from the list below:

(mentally / individual / correctly / calm / dynamic)

1. The _____ teacher made the class fun.
2. Each student has an _____ learning plan.
3. The painter mixed the colours _____ to get a wonderful shape.
4. Good nutrients keep your brain _____ sharp for concentration.



Grade 7 Unit 5 (Used to + ing)

Form	Structure	Example	Arabic Meaning
Affirmative	Subject + am/is/are + used to + verb-ing / noun	I am used to waking up early.	أنا معتاد على فعل شيء / شيء معين
Negative	Subject + am/is/are not + used to + verb-ing / noun	She is not used to driving in the city.	ليست معتادة على فعل شيء / شيء معين
Question	Am/Is/Are + subject + used to + verb-ing / noun?	Are you used to working at night?	هل أنت معتاد على فعل شيء / شيء معين؟



Tips:

- Always use verb-ing after be used to.
- You must include the correct form of to be (am/is/are) according to the subject.
- This structure talks about habits or familiarity in the present, not past habits.

From a,b,c or d, choose the correct answer:

1. I am used to ___ up early for school.
a) get b) getting c) got d) gets
2. She is used to ___ English every day.
a) speaking b) speak c) spoke d) speaks
3. They are used to ___ in hot weather.
a) live b) lived c) living d) lives
4. He is used to ___ by bus.
a) travel b) travelled c) travelling d) travels
5. We are used to ___ homework in the evening.
a) does b) done c) did d) doing
6. My sister is used to ___ coffee in the morning.
a) drink b) drinking c) drank d) drinks
7. I am used to ___ with a lot of people.
a) work b) works c) worked d) working
8. He is used to ___ late on weekends.
a) staying b) stay c) stayed d) stays



Do as required between brackets:

1. I am used to waking up early. (Make negative)
2. She is used to speaking English at school. (Make negative)
3. They are used to living in a noisy city. (Make negative)
4. She is used to studying at night. (Ask a question)
5. They are used to travelling by plane. (Ask a question)



Prepositions of Movement – (across - towards - through - into - over - around)

Preposition	Meaning / Use	Example	Arabic Meaning
across	From one side to the other side	She ran across the street.	عبر → من جانب إلى آخر
towards	In the direction of	He walked towards the park.	تجاه → في اتجاه شيء
through	Moving inside and coming out the other side	We drove through the tunnel.	عبر / من خلال → الدخول والخروج من مكان ما
into	Entering a place	She jumped into the pool.	إلى داخل → الدخول إلى مكان
over	Above something, moving from one side to the other	The cat jumped over the fence.	فوق → الانتقال فوق شيء
around	Moving on the sides or surrounding something	We walked around the park.	حول → الحركة حول شيء

 **Tips:**

- **Across / over** → usually movement from one side to another
- **Through / into** → movement inside something
- **Towards / around** → direction or surrounding without necessarily crossing



From a,b,c or d, choose the correct answer:

1. She walked ___ the street to meet her friend.
a) over b) across c) into d) towards
2. The boy ran ___ the room and closed the door.
a) into b) across c) over d) around
3. The dog ran ___ its owner when it saw him.
a) around b) across c) towards d) through
4. The plane flew ___ the city.
a) into b) through c) around d) over
5. She walked ___ the table to find her bag.
a) over b) into c) around d) across
6. The man went ___ the door quietly.
a) over b) into c) across d) around
7. The dog jumped ___ the open window.
a) into b) through c) around d) over
8. The cat moved slowly ___ the food bowl.
a) towards b) across c) around d) through

Fill in the blanks with the correct preposition

(across – towards – through – into – over – around)

1. The bird flew the river.
2. The man walked the door and entered the office.
3. The children ran their teacher when the bell rang.
4. We drove a long tunnel under the road.
5. The ball went the fence and landed outside.
6. He swam the pool to the other side.
7. The dog ran the tree again and again.
8. The cat jumped the wall



B) Reading Comprehension

Read the following text carefully then answer the questions below:

Beep! Beep! Beep! Do you know what to do if the fire alarm goes off in the middle of the night? First, crawl to your bedroom door. Crawling is safer, since smoke rises. Feel the door with the back of your hand. If it feels cold, open the door. Look around. Find the closest door outside and crawl outside. Go to the meeting place your family picked up and wait for them to meet you.

What happens if the door feels hot? Do not open the door! Crawl to get a blanket and then crawl to your bedroom window. Open the window and let most of the blankets hang outside. Close the window to hold the blanket in place. Firefighters will see the blanket and know to come and get you. Stay under your window so they can find you easily.

Firefighters might look scared, but they are there to help. They must shout, because they have masks on, so it is hard to hear them. Do not be afraid of the firefighters, they will keep you safe. It is important to have a plan in place with your family in case the fire alarm goes off so that you all stay safe!

A- Choose the correct answer from a, b, c and d:

1- What is the **best title** for this text?

- | | |
|-----------------|-------------------|
| a. Firefighters | b. Safety in fire |
| c. Smoke | d. Blankets |

2- What is the **meaning** of the underlined word **crawl** in the 1st paragraph?

- | | |
|----------------|---------|
| a. move slowly | b. pick |
| c. stay away | d. hang |

3- The underlined pronoun **it** in the 1st paragraph refers to:

- | | |
|---------------|--------------|
| a. fire alarm | b. smoke |
| c. the door | d. the night |

4- How should you feel when the fire alarm goes off?

- | | |
|---------------------|-------------------------------|
| a. by the fingers | b. with the front of the hand |
| c. by the right arm | d. with the back of the hand |

5- According to the text, all the following statements are **NOT TRUE except:**

- | | |
|--|---|
| a. During the fire we close the windows. | b. We open the door if it is hot. |
| c. Blankets help firemen to get to you. | d. Stay above the window to help firemen. |



6- What is the **writer's purpose** of writing this text?

- a. tell us about the family meeting. b. to advise us what to do during fire.
c. to talk about the sides of a door. d. to persuade us to help old people.

B- With reference to the passage, answer the following questions:

7- Where should we hang blankets?

8- Why do firemen have to shout?



Composition

“When we take care of our bodies, our bodies take care of us.”

Plan and write a report of two paragraphs (not less than eight sentences) discussing the healthy habits we follow to improve our well-being and explaining how playing sports keeps our bodies strong and active.

These guidewords may help you:

(improve – vitamins – enough water – active – healthy – heart- energy – happy)

NB: Writing should include (a topic sentence, supporting details and a concluding sentence).

Paragraph 1

Introduction:

Topic sentence:

Supporting details:

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•

Concluding sentence: Sleeping well at night also makes our minds and bodies strong.

Paragraph 2

Topic sentence:

Supporting details:

•

•

Concluding sentence:

Conclusion:

Planning (outline)	Exposition of ideas & coherence	Paragraphing & number of sentences	Gr.	Sp.	Hw.	Pu.	Total
2	6	2	2	2	2	2	18



Grade seven Unit six

Word	Meaning in Arabic	A2-Level Sentence
creature (n)	مخلوق	A sea creature lives in the ocean.
crop (n)	محصول	Farmers grow crops in the field.
drought (n)	جفاف	The drought stopped the plants from growing.
flood (n)	فيضان	The flood covered the roads with water.
region (n)	منطقة	This region is very hot in summer.
temperature (n)	درجة الحرارة	The temperature is high today.
damage (v)	يُلحق ضرراً	Strong winds can damage houses.
destroy (v)	يُدْمِر	Fire can destroy forests.
disturb (v)	يُزعج / يُقلق	Loud noise can disturb animals.
occur (v)	يحدث	Floods occur after heavy rain.
produce (v)	يُنتج	Trees produce oxygen.
release (v)	يُطلق	Cars release harmful gases.
suffer (v)	يعاني	Animals suffer when food is scarce.
coastal (adj)	ساحلي	Kuwait has coastal areas.
expensive (adj)	غالي	Clean energy is sometimes expensive .
global (adj)	عالمي	Climate change is a global problem.
unpredictable (adj)	غير متوقع	The weather is unpredictable .
deeply (adv)	بشدة	People are deeply worried about pollution.
mainly (adv)	بشكل رئيسي	This area is mainly desert.
area (n)	منطقة	This area is protected.
condition (n)	حالة	Animals live in harsh conditions .
distance (n)	مسافة	The distance between cities is long.
habitat (n)	موطن طبيعي	The forest is a bird's habitat .
population (n)	عدد السكان	The animal population is decreasing.
zone (n)	نطاق / منطقة	This zone is very cold.
adapt (v)	يتكيف	Animals adapt to climate changes.
cope (v)	يتعامل مع	Plants cope with heat in summer.
disappear (v)	يختفي	Some animals may disappear in the future.
dry up (ph.v)	يجف	Rivers dry up in droughts.
lay (v)	يضع	Birds lay eggs in spring.
recover (v)	يتعافى	Patients can recover after taking medicine.
store (v)	يخزن	Camels store water in their bodies.
chemical (adj)	كيميائي	Chemical waste harms nature.



harsh (adj)	قاسٍ	Desert life is harsh .
native (adj)	محلي / أصلي	This plant is native to Kuwait.
polluted (adj)	ملوث	The river is polluted .
further (adv)	أكثر / أبعد	We must study the problem further .
securely (adv)	بأمان	Animals live securely in reserves.
severely (adv)	بشدة	The land is severely damaged.

Choose the correct answer from a,b c or d

- 1- Many sea _____ are affected by climate change.
a- creatures b- floods c- regions d- zones
- 2- Farmers lose their _____ during droughts.
a- floods b- crops c- habitats d- populations
- 3- A long _____ can destroy crops.
a- flood b- drought c- zone d- area
- 4- Heavy rain may cause a _____.
a- distance b- flood c- distance d- condition
- 5- This _____ is very hot in summer.
a- region b- creature c- population d- habitat
- 6- The _____ is higher in summer.
a- distance b- temperature c- zone d- area
- 7- Floods can _____ homes and land.
a- produce b- damage c- release d- store
- 8- Fires can _____ forests.
a- adapt b- destroy c- cope d- occur
- 9- Loud sounds can _____ animals.
a- disturb b- recover c- store d- lay
- 10- Floods often _____ after heavy rain.
a- disappear b- occur c- adapt d- cope
- 11- Factories _____ chemicals into the air.
a- recover b- release c- store d- adapt
- 12- Animals _____ in harsh conditions.
a- recover b- suffer c- produce d- occur
- 13- Kuwait has _____ areas near the sea.
a- global b- coastal c- native d- chemical
- 14- This gold watch is so _____. I can't buy it.
a- global b- expensive c- polluted d- native
- 15- Climate change is a _____ problem.
a- coastal b- global c- native d- chemical



Grade 7 Unit 6 (comparative / superlative adjectives)

Adjectives : comparative & superlative

Type of Adjective	Form	Comparative Example	Superlative Example	Arabic Hint
Short adjectives (1 syllable)	adj + -er / -est	tall → taller than She is taller than her sister.	tall → the tallest She is the tallest girl.	الصفات القصيرة نضيف / est
Ending in -e	add -r / -st	nice → nicer This dress is nicer than that one.	nice → the nicest This is the nicest dress.	إذا انتهت بـ فقط r / st نضيف
CVC pattern	double last letter	big → bigger My house is bigger than yours.	big → the biggest It's the biggest house.	تكرار الحرف الأخير
Long adjectives (2+ syllables)	more / most + adj	expensive → more expensive This phone is more expensive.	expensive → the most expensive It's the most expensive phone.	الصفات الطويلة نستخدم more / most
Irregular adjectives	special forms	good → better Today is better than yesterday.	good → the best Today is the best day.	لها أشكال خاصة

Quick Notes:

- Comparative → (نستخدم than)
- Superlative → (نستخدم the)

From a,b,c or d, choose the correct answer:

1. My house is ___ than yours.
a) big b) bigger c) biggest d) more big
2. She is the ___ student in the class.
a) tall b) taller c) tallest d) more tall
3. Today is ___ than yesterday.
a) colder b) cold c) coldest d) more cold
4. This is the ___ movie I have ever seen.
a) interesting b) more interesting c) most interesting d) as interesting
5. My bag is ___ than my sister's bag.
a) heavy b) heavier c) heaviest d) more heavy



6. English is ___ than math for me.
a) easy b) more easy c) easiest d) easier
7. That was the ___ day of my life.
a) happiest b) happier c) happy d) more happy
8. This hotel is ___ than the one we stayed in last year.
a) expensiver b) more expensive c) most expensive d) expensive
9. She is the ___ singer in our school.
a) good b) better c) more good d) best
10. He is the ___ player on the team.
a) bad b) worse c) worst d) more bad

Use the correct form of the adjective in brackets.

- This problem is (easy) than the previous one.
- Last summer was the (hot) time of the year.
- This is the (interesting) book I have ever read.
- Physics is (difficult) than chemistry for me.
- Today's lesson is (good) than yesterday's lesson.
- That was the (bad) car in the factory.

Form	Structure	Example	Arabic Hint
Affirmative	have / has + past participle	I have lived here for five years. She has worked here since 2020.	نستخدم have / has التصريف الثالث +
Negative	have / has + not + past participle	I haven't finished my work yet. He hasn't studied English since 2022.	not بعد have نضيف / has
Question	Have / Has + subject + past participle?	Have you known her for a long time? Has he lived here since 2019?	نبدأ بـ Have / Has
Using FOR	for + period of time	for two hours / for three years	نستخدم مع for مدة زمنية
Using SINCE	since + point in time	since 2018 / since Monday	نستخدم مع since وقت محدد

Quick Notes:

- for → مدة زمنية (فترة)
- since → بداية زمن محدد
- has → مع (he / she / it)
- have → مع (I / you / we / they)



From a,b,c or d, choose the correct answer:

1. I have lived in this city ___ 2015.
a) for b) since c) yet d) ago
2. She has worked here ___ three years.
a) yet b) for c) since d) ago
3. They have known each other ___ a long time.
a) ago b) yet c) since d) for
4. I haven't seen him ___ last week.
a) since b) for c) ago d) yet
5. She hasn't finished her homework ___ yesterday.
a) for b) since c) ago d) yet

Complete the sentences using since or for.

1. I have lived in this city 2018.
2. She has been very busy the morning.
3. We have known each other many years.
4. He hasn't eaten anything yesterday.
5. They have worked at this company five months.
6. My parents have been married a long time.
7. I haven't watched TV last weekend.
8. The shop has been closed two days.
9. She has studied English she was ten.
10. We have waited here half an hour.



B) Reading Comprehension

Read the following text carefully then answer the question below:

Beep! Beep! Beep! Do you know what to do if the fire alarm goes off in the middle of the night? First, crawl to your bedroom door. Crawling is safer, since smoke rises. Feel the door with the back of your hand. If it feels cold, open the door. Look around. Find the closest door outside and crawl outside. Go to the meeting place your family picked up and wait for them to meet you.

What happens if the door feels hot? Do not open the door! Crawl to get a blanket and then crawl to your bedroom window. Open the window and let most of the blankets hang outside. Close the window to hold the blanket in place. Firefighters will see the blanket and know to come and get you. Stay under your window so they can find you easily.

Firefighters might look scared, but they are there to help. They must shout, because they have masks on, so it is hard to hear them. Do not be afraid of the firefighters, they will keep you safe. It is important to have a plan in place with your family in case the fire alarm goes off so that you all stay safe!

a) Choose the correct answer from a, b, c and d:

1. What is the **best title** for this text?
 - a. Firefighters
 - b. Safety in fire
 - c. Smoke
 - d. Blankets
2. What is the **meaning** of the underlined word **crawl** in the 1st paragraph?
 - a. move slowly
 - b. pick
 - c. stay away
 - d. hang
3. The underlined pronoun **it** in the 1st paragraph refers to:
 - a. fire alarm
 - b. smoke
 - c. the door
 - d. the night
4. How should you feel when the fire alarm goes off?
 - a. by the fingers
 - b. with the front of the hand
 - c. by the right arm
 - d. with the back of the hand
5. According to the text, all the following statements are **NOT TRUE** **except**:
 - a. During the fire we close the windows.
 - b. We open the door if it is hot.
 - c. Blankets help firemen to get to you.
 - d. Stay above the window to help firemen.
6. What is the **writer's purpose** of writing this text?
 - a. tell us about the family meeting.
 - b. to advise us what to do during fire.
 - c. to talk about the sides of a door.
 - d. to persuade us to help old people.



b) With reference to the passage, answer the following questions:

7. Where should we hang blankets?

8. Why do firemen have to shout?



Writing

Climate change has greatly affected our planet's environment, but people can still take action to protect and care for the Earth.

Plan and write a report of two paragraphs (not less than 8 sentences) explaining how climate change has affected the environment and how we can protect the Earth from it.

These guide words may help you:

(a big problem – temperature – occur – harsh – clean energy – protect– climate – safe)

NB: Writing should include (a topic sentence, supporting details and a concluding sentence).

Introduction:

Paragraph 1

Topic sentence:

Supporting details:

-
-

Concluding sentence:

Paragraph 2

Topic sentence:

Supporting details:

-
-

Concluding sentence:

Conclusion:

Planning (outline)	Exposition of ideas & coherence	Paragraphing & number of sentences	Gr.	Sp.	Hw.	Pu.	Total
2	6	2	2	2	2	2	18



WB

Animals around the world are adapting to a changing environment. At the same time, humans are trying to protect them from new threats.

Plan and write a report of two paragraphs (not less than 8 sentences) explaining how animals adapt to a changing world and how humans help protect animals.

These guide words may help you:

(different places – adapt – harsh conditions – move – change – plant trees– watch animals – pollution)

NB: Writing should include (a topic sentence, supporting details and a concluding sentence).

Introduction:

Paragraph 1

Topic sentence:

Supporting details:

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•

Concluding sentence:

Paragraph 2

Topic sentence:

Supporting details:

•

•

Concluding Everyone can help by caring for nature and stopping pollution

Conclusion:

Planning (outline)	Exposition of ideas & coherence	Paragraphing & number of sentences	Gr.	Sp.	Hw.	Pu.	Total
2	6	2	2	2	2	2	18



موقع
المناهج الكويتية
almanahj.com/kw



معهد سمارة مايند SMART MIND INSTITUTE

من نحن: مجموعة سمارة مايند التعليمية تفتخر بكونها أول مجموعة تعليمية من نوعها في الكويت بإدارة معلمين شباب كويتيين، وبفريق عمل تم اختياره بعناية من الكفاءات الكويتية وغير الكويتية (الأشقاء العرب)، وتشجع أبناء الوطن على أخذ دورهم والمساهمة بنهضة الكويت وارتقاء أبنائنا وبناتنا إيماناً بأن لا نهضة إلا بالعلم ولا رقي إلا بالتحصيل العلمي ونشر الوعي والثقافة.