

تم تحميل هذا الملف من موقع المناهج الكويتية



Mahmoud Ali

الملف شرح ومراجعة شاملة لوحة الخامسة

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# ENGLISH WAY

موقع  
المنهج الكويتية  
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## Grade 7

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# Grade 7 - Unit 5

Word	Meaning (Arabic)	Common Collocations (from Text)	Arabic Meaning of Collocations	
<b>Balance (n)</b>	توازن	living in balance, mental balance, emotional balance, maintain balance, restore balance	العيش في توازن , التوازن العقلي , التوازن العاطفي , الحفاظ على التوازن , استعادة التوازن	 
<b>Concentration (n)</b>	تركيز 	improve concentration, mental concentration, full concentration, concentration skills, concentration level	تحسين التركيز , التركيز العقلي , التركيز الكامل , مهارات التركيز , مستوى التركيز	 
<b>Growth (n)</b>	نمو	personal growth, physical growth, intellectual growth, healthy growth, emotional growth	النمو الشخصي , النمو الجسدي , النمو العقلي , النمو الصحي , النمو العاطفي	 
<b>Nutrient (n)</b>	مغذيات	essential nutrients, nutrients for health, rich in nutrients, nutrient-rich food, nutrient intake	المغذيات الأساسية , المغذيات للصحة , غني بالمغذيات , طعام غني بالمغذيات , تناول المغذيات	 
<b>Strength (n)</b>	قوة	physical strength, mental strength, inner strength, strength training, strength of character	القوة البدنية , القوة العقلية , القوة الداخلية , تدريب القوة , قوة الشخصية	 
<b>Stress (n)</b>	ضغط عصبي	manage stress, reduce stress, stress relief, stress level, work-related stress	إدارة الضغط , تقليل الضغط , تخفيف الضغط , مستوى الضغط , الضغط المرتبط بالعمل	 
<b>Tiredness (n)</b>	تعب	reduce tiredness, overcome tiredness, feeling of tiredness, tiredness at work, tiredness after exercise	تقليل التعب , التغلب على التعب , شعور بالتعب , التعب في العمل , التعب بعد التمرين	 

<b>Well-being (n)</b>	رفاهية	physical well-being, mental well-being, promote well-being, sense of well-being, achieve well-being	الرفاهية البدنية , الرفاهية العقلية ,تعزيز الرفاهية ,إحساس بالرفاهية ,تحقيق الرفاهية	
<b>Function (v)</b>	يعمل أو يؤدي وظيفة	function properly, function correctly, function well, fully function, malfunction	يعمل بشكل صحيح , يعمل بشكل دقيق ,يعمل بشكل جيد ,يعمل بالكامل ,خلل في الوظيفة	
<b>Limit (v)</b>	يحد	limit stress, limit intake, limit sugar, limit time, limit access	يحد من الضغط ,يحد من تناول ,يحد من السكر ,يحد من الوقت , يحد من الوصول	
<b>Perform (v)</b>	يؤدي	perform well, perform tasks, perform duties, perform exercises, perform a role	أداء جيد ,أداء المهام , أداء الواجبات ,أداء التمارين ,أداء دور	
<b>Repair (v)</b>	يصلح	repair damage, repair equipment, repair mistakes, repair relationship, repair devices	إصلاح الأضرار , إصلاح المعدات , إصلاح الأخطاء , إصلاح العلاقة ,إصلاح الأجهزة	
<b>Calm (adj)</b>	هادئ	calm mind, stay calm, calm environment, calm behavior, calm reaction	عقل هادئ ,البقاء هادئًا ,بيئة هادئة , سلوك هادئ ,رد فعل هادئ	
<b>Main (adj)</b>	رئيسي	main goal, main idea, main factor, main topic, main task	الهدف الرئيسي , الفكرة الرئيسية , العامل الرئيسي , الموضوع الرئيسي , المهمة الرئيسية	
<b>Proper (adj)</b>	مناسب	proper rest, proper diet, proper way, proper behavior, proper tool	راحة مناسبة ,حماية مناسبة ,طريقة مناسبة ,سلوك مناسب ,أداة مناسبة	
<b>Steady (adj)</b>	ثابت	steady growth, steady progress, steady improvement, steady routine, steady performance	نمو ثابت ,تقدم ثابت , تحسين ثابت ,روتين ثابت ,أداء ثابت	

<b>Correctly (adv)</b>	بشكل صحيح	function correctly, follow instructions correctly, perform tasks correctly, speak correctly, write correctly	يعمل بشكل صحيح , اتباع التعليمات بشكل صحيح , أداء المهام بشكل صحيح , التحدث بشكل صحيح , الكتابة بشكل صحيح	 
<b>Completely (adv)</b>	تمامًا	feel completely relaxed, completely finished, completely satisfied, completely different, completely healthy	شعور بالاسترخاء التام , انتهى تمامًا , راضٍ تمامًا , مختلف تمامًا , صحي تمامًا	 
<b>Courage (n)</b>	شجاعة	show courage, have courage, find courage, courage to act, bravery and courage	إظهار الشجاعة , امتلاك الشجاعة , إيجاد الشجاعة , الشجاعة للعمل , والشجاعة	 
<b>Decision (n)</b>	قرار	make decision, wise decision, final decision, tough decision, important decision	اتخاذ قرار , قرار حكيم , قرار نهائي , قرار صعب , قرار مهم	 
<b>Emotion (n)</b>	عاطفة	express emotion, control emotion, strong emotion, emotional reaction, emotional state	إظهار العاطفة , السيطرة على العاطفة , عاطفة قوية , رد فعل عاطفي , حالة عاطفية	 
<b>Failure (n)</b>	فشل	face failure, failure in life, failure to achieve, personal failure, failure experience	مواجهة الفشل , الفشل في الحياة , الفشل في الإنجاز , الفشل الشخصي , تجربة الفشل	 
<b>Leadership (n)</b>	قيادة	show leadership, leadership skills, strong leadership, leadership qualities, good leadership	إظهار القيادة , مهارات القيادة , القيادة , قيادة قوية , صفات القيادة , قيادة جيدة	 
<b>Movement (n)</b>	حركة	physical movement, movement of body, movement in sports, slow movement, fast movement	حركة جسدية , حركة الجسم , حركة في الرياضة , حركة بطيئة , حركة سريعة	 
<b>Teammate (n)</b>	زميل في الفريق	work with teammate, teammate support, teammate attitude, teammate cooperation, great teammate	العمل مع زميل في الفريق , دعم زميل في الفريق , سلوك زميل في الفريق , تعاون زميل في الفريق , زميل	 

			في الفريق رافع	
<b>Victory (n)</b>	نصر	achieve victory, victory in sports, victory in battle, sweet victory, hard-earned victory	تحقيق النصر, النصر في الرياضة, النصر في المعركة, النصر الحلو, النصر المكتسب بصعوبة	
<b>Achieve (v)</b>	يحقق	achieve goals, achieve success, achieve dreams, achieve results, achieve targets	تحقيق الأهداف, تحقيق النجاح, تحقيق الأحلام, تحقيق النتائج, تحقيق الأهداف	
<b>Control (v)</b>	يسيطر	control emotions, control thoughts, control behavior, control situation, control performance	السيطرة على العواطف, السيطرة على الأفكار, السيطرة على السلوك, السيطرة على الموقف, السيطرة على الأداء	
<b>Depend on (ph.v)</b>	يعتمد على	depend on others, depend on experience, depend on support, depend on technology, depend on friends	الاعتماد على الآخرين, الاعتماد على الخبرة, الاعتماد على الدعم, الاعتماد على التكنولوجيا, الاعتماد على الأصدقاء	
<b>Rise (v)</b>	ينهض	rise above, rise early, rise up, rise in power, rise in popularity	الارتفاع فوق, النهوض مبكراً, النهوض, الارتفاع في القوة, الارتفاع في الشعبية	
<b>Train (v)</b>	يدرّب	train for sport, train hard, train muscles, train mind, train body	التدريب على الرياضة, التدريب الشاق, تدريب العضلات, تدريب العقل	
<b>Dynamic (adj)</b>	ديناميكي	dynamic team, dynamic personality, dynamic environment, dynamic change, dynamic movement	فريق ديناميكي, شخصية ديناميكية, بيئة ديناميكية, تغيير ديناميكي, حركة ديناميكية	
<b>Individual (adj)</b>	فردى	individual sport, individual effort, individual responsibility, individual choice, individual needs	رياضة فردية, جهد فردي, مسؤولية فردية, اختيار فردي	

			احتياجات فردية	
<b>Unfair (adj)</b>	غير عادل	unfair treatment, unfair decision, unfair rules, unfair judgment, unfair behavior	معاملة غير عادلة , قرار غير عادل ,قواعد غير عادلة ,حكم غير عادل ,سلوك غير عادل	 
<b>Mentally (adv)</b>	عقليًا	mentally strong, mentally prepared, mentally focused, mentally challenged, mentally exhausted	قوي عقليًا ,مستعد عقليًا ,مركز عقليًا , متحدى عقليًا ,مرهق عقليًا	 
<b>Physically (adv)</b>	بدنيًا	physically active, physically fit, physically strong, physically demanding, physically healthy	نشط بدنيًا ,لائق بدنيًا , قوي بدنيًا ,مرهق بدنيًا ,صحي بدنيًا	 
<b>Strategically (adv)</b>	استراتيجيًا	strategically planned, strategically important, strategically positioned, strategically placed, strategically used	مخطط استراتيجيًا , مهم استراتيجيًا , موضع استراتيجيًا , موضوع استراتيجيًا , مستخدم استراتيجيًا	 

**Vocabulary: Choose the correct answer from a, b, c, or d**

1. The team was able to \_\_\_\_\_ their goal in the championship game.  
a) Control    b) Achieve    c) Repair    d) Perform
2. He showed great \_\_\_\_\_ when he continued to work despite the difficulties.  
a) Failure    b) Courage    c) Emotion    d) Victory
3. To improve your health, it's important to get the right \_\_\_\_\_ in your diet.  
a) Strength    b) Growth    c) Nutrient    d) Balance
4. The manager made the final \_\_\_\_\_ about which candidate to hire.  
a) Control    b) Leadership    c) Function    d) Decision
5. In order to stay healthy, it's important to train both \_\_\_\_\_ and \_\_\_\_\_.  
a) Calm    b) Physically    c) Mentally    d) Strategically
6. To complete the project, the team needs to work \_\_\_\_\_ and avoid distractions.  
a) Completely    b) Calm    c) Steady    d) Correctly
7. The coach's \_\_\_\_\_ guided the team to a national championship.  
a) Emotion    b) Leadership    c) Function    d) Growth
8. You need to \_\_\_\_\_ to the teacher's instructions if you want to succeed in class.  
a) Achieve    b) Control    c) Depend on    d) Limit
9. The athlete showed \_\_\_\_\_ by winning the race after months of training.  
a) Stress    b) Emotion    c) Victory    d) Failure
10. The student was able to \_\_\_\_\_ on the task after a short break.  
a) Limit    b) Perform    c) Function    d) Concentrate
11. The doctor will \_\_\_\_\_ the patient's wound to help it heal.  
a) Control    b) Perform    c) Repair    d) Rise
12. He was \_\_\_\_\_ for the job after gaining more experience.  
a) Main    b) Steady    c) Completely    d) Correctly
13. The constant \_\_\_\_\_ caused her to feel exhausted.  
a) Growth    b) Stress    c) Tiredness    d) Balance
14. She showed her \_\_\_\_\_ in the face of a tough challenge.  
a) Decision    b) Calm    c) Failure    d) Courage
15. The teacher asked for a \_\_\_\_\_ response from the students to the question.  
a) Mentally    b) Correctly    c) Steady    d) Completely
16. The manager gave the \_\_\_\_\_ to the team to work on a new project.  
a) Leadership    b) Victory    c) Function    d) Decision

17. The team's \_\_\_\_\_ will help them win the game if they stay focused.  
a) Balance    b) Calm    c) Strength    d) Victory
18. The person had the \_\_\_\_\_ to lead the group through difficult situations.  
a) Leadership    b) Courage    c) Control    d) Emotion
19. He continued to perform \_\_\_\_\_ even when the odds were against him.  
a) Completely    b) Strategically    c) Steady    d) Correctly
20. The company wanted to improve the \_\_\_\_\_ of its operations to reduce waste.  
a) Function    b) Performance    c) Strength    d) Growth
21. It's important to maintain a \_\_\_\_\_ approach when making decisions.  
a) Correct    b) Strategic    c) Calm    d) Steady
22. The team celebrated their \_\_\_\_\_ after a long and hard-fought competition.  
a) Victory    b) Decision    c) Failure    d) Performance
23. The athlete made the \_\_\_\_\_ to keep going despite the injury.  
a) Emotion    b) Courage    c) Decision    d) Failure
24. The doctor recommended a \_\_\_\_\_ treatment plan for his recovery.  
a) Calm    b) Proper    c) Steady    d) Correctly
25. The students showed \_\_\_\_\_ during the difficult exam period.  
a) Emotion    b) Calm    c) Strength    d) Stress
26. The runner showed \_\_\_\_\_ after crossing the finish line first.  
a) Calm    b) Victory    c) Growth    d) Emotion
27. The teacher gave a \_\_\_\_\_ explanation of the assignment to the class.  
a) Steady    b) Main    c) Completely    d) Correctly
28. It's important to \_\_\_\_\_ others for advice and support in difficult situations.  
a) Achieve    b) Control    c) Depend on    d) Perform
29. The manager will \_\_\_\_\_ the schedule to ensure everything runs smoothly.  
a) Repair    b) Control    c) Limit    d) Perform
30. The athlete needs to stay \_\_\_\_\_ in the final moments of the game to win.  
a) Calm    b) Mentally    c) Steady    d) Physically

**Grammar Box:**  
**be + used to + verb + ing**

We use **be + used to + verb + ing** to talk about something that feels normal or familiar now.

**Remember:** be = am/ is/ are

**✓ Affirmative Sentences:**

- I **am** used to **waking** up early.
- She **is** used to **walking** every day.

**✗ Negative Sentences:**

- He **is not** used to **drinking** coffee.
- They **are not** used to **sleeping** early.

**? Yes / No Questions**

**Am / Is / Are + subject + used to + verb (+ ing)**

- **Is** Hamad used to **studying** at night?
- **Are** your brothers used to **going** to the gym?

**Answer:** Yes, he **is**. / No, he **isn't**.

**? Wh- Questions**

**Wh- + am / is / are + subject + used to + verb (+ ing)**

- What **are** you used to **doing** after school?
- Who **is** she used to **helping** at home?

**Answer:** I **am** used to **doing** my homework after school.

**Choose the correct answer from a, b, c, or d:**

1. Hamad is used to \_\_\_\_\_ up early in the morning.  
a) wakes    b) waking    c) wake    d) woke
2. The team is not used to \_\_\_\_\_ in cold weather.  
a) training    b) train    c) trains    d) trained
3. Salma is used to \_\_\_\_\_ her homework right after school.  
a) did    b) do    c) does    d) doing
4. I \_\_\_\_\_ used to exercising every day.  
a) am    b) is    c) are    d) was
5. They \_\_\_\_\_ not used to waking up early on weekends.  
a) is    b) am    c) were    d) are
6. Are you used to \_\_\_\_\_ late at night?  
a) staying    b) stay    c) stays    d) stayed
7. She \_\_\_\_\_ used to walking long distances every morning.  
a) is    b) am    c) are    d) was

8. We \_\_\_\_\_ used to taking public transport to work every day.  
a) are    b) am    c) is    d) was
9. I \_\_\_\_\_ not used to eating spicy food.  
a) am    b) is    c) were    d) are
10. He \_\_\_\_\_ used to reading before bed every night.  
a) is    b) am    c) was    d) are
11. Are they used to \_\_\_\_\_ in the rain for long hours?  
a) walk    b) walks    c) walked    d) walking
12. I \_\_\_\_\_ used to waking up at 5 AM every day.  
a) am    b) was    c) is    d) are
13. She \_\_\_\_\_ not used to going to bed late.  
a) is    b) am    c) was    d) are
14. They \_\_\_\_\_ used to working in the office on weekends.  
a) are    b) am    c) is    d) were
15. We \_\_\_\_\_ used to traveling abroad for holidays.  
a) are    b) am    c) is    d) were
16. He \_\_\_\_\_ not used to sleeping in a noisy room.  
a) was    b) is    c) am    d) are
17. Are you used to \_\_\_\_\_ your breakfast at 7 AM?  
a) eat    b) eats    c) eating    d) ate
18. They \_\_\_\_\_ used to living in a big city.  
a) are    b) am    c) is    d) were
19. I \_\_\_\_\_ used to working on weekends.  
a) am    b) is    c) was    d) are
20. She \_\_\_\_\_ used to doing yoga in the morning.  
a) is    b) am    c) are    d) was
21. Are we used to \_\_\_\_\_ in the same team for every project?  
a) works    b) working    c) worked    d) work
22. He \_\_\_\_\_ used to being awake at night.  
a) is    b) am    c) are    d) was
23. I \_\_\_\_\_ not used to eating so much at dinner.  
a) am    b) is    c) are    d) was
24. We \_\_\_\_\_ used to getting up early during the summer.  
a) are    b) am    c) is    d) were

25. Are they used to \_\_\_\_\_ their homework before dinner?  
a) doing    b) do    c) did    d) does
26. My parents \_\_\_\_\_ used to taking long walks after dinner.  
a) are    b) am    c) is    d) were
27. You \_\_\_\_\_ used to studying in the library every evening, right?  
a) are    b) am    c) is    d) were
28. She \_\_\_\_\_ used to watching movies on weekends.  
a) is    b) was    c) am    d) are
29. We \_\_\_\_\_ not used to living in a small town.  
a) are    b) am    c) is    d) was
30. He \_\_\_\_\_ used to working in a team.  
a) is    b) am    c) are    d) was
31. I \_\_\_\_\_ used to drinking coffee every morning.  
a) am    b) is    c) are    d) was
32. Are you used to \_\_\_\_\_ your work in the morning?  
a) doing    b) do    c) did    d) does
33. They \_\_\_\_\_ used to driving to work every day.  
a) are    b) is    c) am    d) was
34. He \_\_\_\_\_ not used to going to the gym regularly.  
a) was    b) is    c) am    d) are
35. We \_\_\_\_\_ used to traveling by train every year.  
a) were    b) am    c) is    d) are

## 2. Do as shown between brackets.

1. Huda is used to (read) before sleeping. (Correct the verb)

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2. The twins are used to taking the bus to school. (Make negative)

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3. Ahmed is used to drinking eight glasses of water a day. (Form a question)

---

4. Sara is used to (wake) up early in the morning. (Correct the verb)

---

5. They are used to playing soccer after school. (Make negative)

---

6. I am used to walking to work every day. (Form a question)

---

7. We are used to (study) for long hours. (Correct the verb)

---

8. You are used to eating healthy food. (Make negative)

---

9. The children are used to watching cartoons on weekends. (Form a question)

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10. She is used to (go) to the gym three times a week. (Correct the verb)

---

11. My parents are used to traveling abroad every summer. (Make negative)

---

12. He is used to (write) emails for work. (Correct the verb)

---

13. They are used to sleeping late on weekends. (Form a question)

---

---

14. I am used to (cook) dinner for my family. (Correct the verb)

---

15. We are used to drinking coffee in the morning. (Make negative)

---

16. He is used to (drive) a car to work every day. (Correct the verb)

---

17. You are used to going to bed early. (Form a negative question)

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18. They are used to (wear) uniforms at school. (Correct the verb)



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19. She is used to running five kilometers every day. (Make negative)

---

20. We are used to (travel) by train when we go to the city. (Correct the verb)

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across	towards	through	into	over	Around
عبر	نحو	من خلال	بداخل	فوق	حول
Layla is walking <b>across</b> the bridge	Saleh kicked the ball <b>towards</b> the goal.	She is walking <b>through</b> the tunnel	The swimmer jumped <b>into</b> the pool	The ball went <b>over</b> the net.	They are running <b>around</b> the cones
					

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**Grammar Box:**  
**Prepositions of Movement**

Use **prepositions of movement** to show **direction** or how someone/something **moves** from one place to another.

Preposition	Meaning	Example
across	from one side to the other ( <b>over a surface</b> )	Layla is walking <b>across</b> the bridge.
towards	in the direction of something/someone	Saleh kicked the ball <b>towards</b> the goal.
through	from one side to the other ( <b>inside a space</b> )	She is walking <b>through</b> the tunnel.
into	from outside to inside	The swimmer jumped <b>into</b> the pool.
over	above or higher than	The ball went <b>over</b> the net.
around	in a circular way	They are running <b>around</b> the cones.

**Choose the correct answer from a, b, c, or d:**

1. The player kicked the ball so hard that it flew \_\_\_\_ the goalkeeper and landed in the crowd.  
a) through    b) over    c) across    d) into
2. Layla is walking \_\_\_\_ the bridge.  
a) into    b) across    c) over    d) through
3. The ball bounced \_\_\_\_ the net and went out of bounds.  
a) into    b) around    c) over    d) through
4. He ran \_\_\_\_ the field to reach the goal.  
a) across    b) around    c) under    d) over
5. The cat jumped \_\_\_\_ the box.  
a) over    b) through    c) into    d) around
6. The children are running \_\_\_\_ the cones in the playground.  
a) into    b) around    c) across    d) through
7. She is walking \_\_\_\_ the tunnel.  
a) into    b) through    c) over    d) around
8. They ran \_\_\_\_ the park towards the trees.  
a) across    b) into    c) over    d) through
9. The ball flew \_\_\_\_ the net and scored a goal.  
a) through    b) over    c) across    d) around
10. The dog jumped \_\_\_\_ the fence and ran across the yard.  
a) into    b) over    c) around    d) through
11. He walked \_\_\_\_ the path and saw a beautiful flower garden.  
a) into    b) across    c) over    d) around
12. The team ran \_\_\_\_ the cones during the relay race.  
a) through    b) around    c) into    d) over
13. The boat sailed \_\_\_\_ the river towards the island.  
a) across    b) over    c) through    d) into
14. He jumped \_\_\_\_ the small puddle on the ground.  
a) across    b) into    c) over    d) around
15. The students walked \_\_\_\_ the corridor to the classroom.  
a) into    b) through    c) across    d) over
16. She is moving \_\_\_\_ the street towards the school.  
a) over    b) into    c) across    d) around

17. They ran \_\_\_\_ the stairs to catch the bus.  
a) through    b) over    c) into    d) around
18. He went \_\_\_\_ the door to see who was outside.  
a) over    b) around    c) through    d) into
19. The soccer ball rolled \_\_\_\_ the goalpost and went outside the field.  
a) over    b) across    c) around    d) into
20. The runner went \_\_\_\_ the finish line first.  
a) across    b) into    c) through    d) over
21. The bird flew \_\_\_\_ the tree and landed on the roof.  
a) into    b) around    c) across    d) over
22. The children are walking \_\_\_\_ the playground, playing with their toys.  
a) around    b) across    c) over    d) into
23. He ran \_\_\_\_ the river towards the waterfall.  
a) into    b) over    c) across    d) through
24. The coach stood \_\_\_\_ the field, watching the players practice.  
a) across    b) through    c) around    d) over
25. The ball went \_\_\_\_ the window and broke it.  
a) around    b) over    c) through    d) into
26. She ran \_\_\_\_ the stairs to meet her friend at the top.  
a) over    b) through    c) into    d) across
27. The children are moving \_\_\_\_ the garden, picking flowers.  
a) through    b) over    c) around    d) across
28. He is running \_\_\_\_ the path towards the park.  
a) over    b) across    c) around    d) into
29. The dog ran \_\_\_\_ the yard and chased after the squirrel.  
a) through    b) around    c) into    d) over
30. The swimmer swam \_\_\_\_ the pool to the other side.  
a) across    b) over    c) through    d) into
31. The hikers climbed \_\_\_\_ the mountain to reach the summit.  
a) into    b) over    c) across    d) through
32. The car drove \_\_\_\_ the tunnel to reach the other side.  
a) around    b) across    c) through    d) over
33. The bird flew \_\_\_\_ the sky and landed on a tree branch.  
a) around    b) over    c) through    d) into

34. They ran \_\_\_\_\_ the hallway and entered the classroom.

- a) over    b) across    c) into    d) around

35. She looked \_\_\_\_\_ the window and saw the snow falling outside.

- a) across    b) through    c) around    d) over



## Writing

Plan and write a report of two paragraphs **discussing** the healthy habits we follow to **improve our well-being** **and** explaining how playing sports keeps our bodies strong and active.

### Healthy Habits

Healthy habits are good. 😊 🍏 , العادات الصحية جيدة , 😊 🍏

Eating healthy food is important. 🍎 🥬 , تناول الطعام الصحي مهم , 🍎 🥬

Drinking water helps us stay strong. 💧 🏋️ , شرب الماء يساعدنا على البقاء قويين , 💧 🏋️

Sleeping well keeps us rested. 😴 🛏️ , النوم الجيد يبقينا مسترخين , 😴 🛏️

Being happy and relaxed is good. 😊 🧘 , الشعور بالسعادة والاسترخاء جيد , 😊 🧘

### Playing Sports

Sports are fun. 🏆 🏸 , الرياضة ممتعة , 🏆 🏸

Sports make us strong. 🏋️ 🏃 , الرياضة تجعلنا أقوىاء , 🏋️ 🏃

Sports keep us active. 🏃 🏀 , الرياضة تبقينا نشيطين , 🏃 🏀

Sports make us happy. 😊 🏆 , الرياضة تجعلنا سعداء , 😊 🏆

Sports are interesting. ❤️ 🏃 , الرياضة ممتعة , ❤️ 🏃

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