

مواضيع التعبير للفصل الدراسي الثاني
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Grade 12

Health and healthy mind (How do you ensure along life)

طول العمر والصحة الجيدة

"Health is better than wealth", this is a very old proverb. It means that there is nothing better than good health and nothing worse than bad health. In this topic I will write about healthy body that leads to healthy mind. As we know that we can't separate healthy body from being healthy mind as they are interrelated together.

Firstly, I will speak about healthy body and being physically healthy, that comes from eating healthy food and balanced diet `such as vegetables, fruits, dates and avoiding unhealthy or junk food. In my opinion, we should drink more water and milk. Moreover, we should play sports and do exercises to make our bodies fit and strong. Indeed we can avoid diseases by this. As I see, we can have supple and well-built bodies by that I have mentioned formerly.

Secondly, I will write about how we can make our minds flexible. It is very important to tax our brains. We should sit down with a book or a crossword is a useful way to exercise our minds and help to keep us mentally fit. Moreover, we may play chess, solve crosswords or puzzles and of course recite the Holy Quran.

The importance of sleep:

أهمية النوم

Experts frequently advise us that sleep is very essential for a person's health and wellbeing. They also warn that sleep loss leads to many health problems.

We need sleep when we are tired or drowsy after too much work or efforts. The amount of sleep varies from one to another depending on several factors such as; age, daily routine, the quality of our sleep and the genetic make-up. The great importance of having enough sleep is that we can have a good memory, keep fit and avoid mistakes in work.

But what will happen if we had lack amount of sleep? We will suffer in our memory and the ability to remember or concentrate. Moreover, we will not be physically fit.

Finally, sleep is a blessing indeed from God. If we use it properly, we can enjoy our life mentally and physically.

Living in a town or living in a city:

الحياة في المدينة والريف

When large numbers of people move to live in a specific place; they do that to improve their lives, find better jobs, entertainment and good services. Nowadays, people move from villages to the cities trying to find better jobs and work. This is called rural depopulation. They leave the country moving to the city leaving the country empty to some extent and causing major problems in the city.

There are some advantages of this phenomenon such as; finding better paid jobs and enjoying good services. Also, they contribute in constructing the nation and their country. On the other hand, there are some disadvantages of this phenomenon; such as leaving the country deserted and empty. Moreover, it will lead to some more problems in the city such as pollution, overcrowd or even crimes because of the socioeconomic problems or differences. This leads also to the collapse of farming in the village as it became less profitable for many reasons; for example, pollution, less water...etc; and the farmers move to live in the city.

Nowadays, some businessmen move to live in the country escaping from the problems of pollution, crowd and traffic, and enjoying the fresh air, virgin nature, leafy streets and calm in the country that thing they miss in the town or the city.

Spending leisure time in the past and nowadays:

وقت الفراغ في الماضي والحاضر

Life became very stressful today more than what was happening in the past. Also it seems more rushed than it used to be in the past. It is not a surprise when we discover that we have less free time than we had in the past because life became very busy and stressful or tiring. But of course they had leisure time in the past and they were enjoying it for sure.

The question is ; How were they spending their free time?. They were spending their free time in telling stories, visiting relatives, playing their simple games such as; dama, ambar and Al Khabsah...etc and they were playing chess as well. They made their games from simple items from their daily life because they had a lot of time to utilize them. They used stones, rocks, shells, sand and almost any other everyday item you can think of. They enjoyed their time very well during their play.

Nowadays, we spend our time in a very different way. We can play computer games, play online, go shopping, chat on the internet or even communicate via the social media using face book, wattapp, instagram twitter ...etc.

Adventure / Extreme Sport / Preparations before expedition

المغامرة والرياضة الخطيرة والتجهيزات اللازمة للرحلات

All people like to practice sport. But not all people like extreme sport. Some people like to take adventures and push themselves to extreme limits in practicing sport. They like to climb high mountains or even swim in frozen water. Those people have their reasons and motives. They want to be famous. Some look for money and want to be rich. Others want to draw the attention to the problems in their countries.

These types of sport are very dangerous. People may lose their lives or even get badly injured. That's because of the risky conditions they face. They may face bad weather conditions, like strong winds or freezing temperature. They may also face dizzying heights. Lack of oxygen. Shortage of food or water or sometimes getting lost .

They usually overcome these problems by hard training and getting ready before any adventure.

There certain preparations people and sportsmen should do before going on a journey, expedition or adventure. They should tell someone where they are going. They should take a first aid kit. They should take a mobile or a compass. They shouldn't forget food and water.

Adventures, challenges and expeditions are all sources of fun and enjoyment to people who practice them , but they should be careful and well prepared in order to avoid their dangers.

Space exploration / tourism

استكشاف و سياحة الفضاء

Long time ago people wondered if there is life on other planets or not. Man's fascination and imagination led him to think deeply in exploring outer space. Scientists thought of ways of sending people into other planets or into space.

Tens of years ago Man succeeded to invade space and land onto the moon. Man thought of going into space for many different reasons . First, scientists wanted to know if there is any sign of life on other planets. They wanted to know which planet may support human life. They also made experiments which may serve people on Earth.

So, Some people are in favour of space exploration. They say that it will benefit humanity in general. It will help in developing all fields of life. It will help in solving many problems on Earth. It will benefit Man in the field of wireless communication and in air craft industry. It will also help doctors save many lives by monitoring patients from remote places.

Other people are totally against space exploration or space tourism. They think it is useless and has no benefit at all. They argue that it is a waste of time and waste of money . They add that it is too dangerous for astronauts as they may lose their lives . They say that Man usually causes harm to the place he goes to .

Finally-, I think we shouldn't stop thinking , exploring and discovering for the welfare of all humanity.

A child prodigy

الطفل المعجزة

A child prodigy is a person who has an outstanding talent or skill at a very early age. All people like to see their children smart and intelligent. People educate their children at early age so that they can develop their talents and skills

A few children show these extraordinary talents at a very early age. We can't deny that these prodigies benefit children, their parents, the society and humanity in general.

Being a child prodigy has advantages and disadvantages. When we talk about advantages, we start with the most important one which is being known and famous. A child prodigy will be known around the world. Child prodigy will also be rich. He will get lots of money through his creative ideas and creative thinking. The advantages also include being distinguished. Prodigies also get a lot of rewards.

There are some disadvantages of being prodigy. First , it is always difficult to cope with normal friends, normal classes or schools. So, a child prodigy will always feel isolated. Children of the same age will always be different from him. So. A child prodigy will find it difficult to enjoy his childhood.

Parents, families and governments have a duty towards those child prodigies. They should give them extra care. They should provide all necessary materials to help them develop their talents and skills.