



Class : ( 2 / ..... )

Name .....

**1 - Write an email in 110–130 words to a friend about your favourite colour and what you associate with this colour. Make sure you include a subject, a greeting and an ending :**

Hi Ali ,

.....1..... you for your email . Your bedroom update sounds lovely ! I

.....2.....the colours you chose for your walls and furniture. I love black and white , but I like pastel colours more !

My .....3.....pastel colour is yellow. Whenever I see it, I feel calm and happy. It's a very suitable colour for our hot .....4..... I love summer, although it can be too hot to go outside. It's great to stay home and.....5..... with my family. What's funny is that even my favourite food is yellow . I love eating fries, mashed.....6....., and lentil soup .

Now that it is summer, I can wear any yellow outfit to the beach. I love seeing people wearing yellow; it makes me happy . Anyway, I hope you'll .....7.....me more pictures of what you are up to this summer. I love to be updated.

Take care ,

Hussain

**2- Stress have many negative effects on our health. However, as we often say, “In every negative there is always a positive.” Write a report about the effects of stress : page 39 SB The effects of stress .**

### **The effects of stress**

Stress isn't only something negative, but it can have many good things for the .....1.....and mind .

For example, some students have .....2.....before a big test. The stress might .....3.....them , but it also makes them feel focused. This makes them work hard to meet their goals .

Stress also keep us healthy. Scientists said that it is good for the .....4.....system . It protect you from infection better.

The final way , is that stress helps us .....5.....in danger. If you see a car coming too .....6....., you act quickly.

On the other hand , stress can cause difficulties in breathing .Too much stress is harmful to our bodies and minds. But a little stress makes us more .....8....., healthier and safe .

**3 - Write an opinion essay in 110–130 words to answer the question:  
Student book page(57) Does technology make us more alone ? or Can we  
live without smartphones?**

### **Model answer**

#### **Does technology make us more alone**

Technology makes the lives of people.....1..... It helps to connect us with friends, family and classmates . The world is now small because we use different .....2..... They allow us to see the other person on mobile phone applications.

In my.....3....., these applications made people .....4.....to each other . There are advantages ( Pros) and there are also disadvantages (Cons) to these applications. These applications make us see what our families and friends .....5.....doing .I can watch my cousin's .....6.....party . But, it also makes me feel .....7.....for not attending the celebrations.

I think when people use these applications on mobiles , is a bad thing because they feel lonely .

To .....8.....up, I believe there should be a balance between contacting online or in real with our loved people or friends .

**4 - Write a blog post in 110-130 words about a holiday destination in your country.**

### **Camping in Sakhir**

One of the attractive .....1.....in Bahrain is Sakhir. It is popular for many families in Bahrain. Camping in Sakhir has its .....2..... and disadvantages.

First of all, families get together . Sitting around a .....3..... in the evening is great . Moreover, there is Jabal Al-Dukhan where people can climb the.....4.....point . There are also the desert flowers . It's a beautiful sight.

On the other hand, many people do not like to get dirty as dust .....5.....the clothes and get into the shoes. Also , at night the weather becomes very cold and the campfire .....6..... wouldn't burn. Also, cooking is usually done using basic things.

Despite the disadvantages of camping in Sakhir, it can help us learn to depend on .....7..... and help make the ties family get stronger.

In my opinion, the advantages are .....8..... than the disadvantages. I am planning to go camping again during the National Day holiday.