

Unit 1

I feel happy!

أشعر بالسعادة!



Scope and Sequence:

المحتوى والتسلسل

Vocabulary	المفردات اللغوية	angry, excited, happy, hungry, sad, thirsty, tired
Language	اللغة	- How do you feel? - I feel tired. - He feels unhappy. She is excited.
Phonics	الصوتيات	- ee: feel, bee, sleep - ea: leaf, clean, eat, meat
Life skills	المهارات الحياتية	- Self-management: Talking about feelings
Values	القيم	- Perseverance Compassion
Issues and challenges	القضايا والتحديات	- Social participation - Preventative health
Integrated cross-curriculum topics	التكامل عبر موضوعات المنهج	- Science: Living a healthy lifestyle - Math: Measuring lengths using millimeters and centimeters; Using bar charts

Unit (1) I feel happy!

Part (1) (P. 2 - 5)

Feelings المشاعر



happy

سعيد



unhappy

غير سعيد



sad

حزين



excited

سعيد جداً



thirsty

عطشان



hungry

جوعان



angry

غضبان



tired

متعب

Vocabulary:

feel	يشعر	How.....?	كيف.....؟	find	يجد
sandwich	ساندوتش	kind	عطوف	make	يصنع
juice	عصير	hot	حار		

Important Expressions & Prepositions:

at home	في البيت	talk to	يتكلم مع
Have some juice.	تناول بعض العصير.	Thank you!	شكراً!!



Theme (1) Who am I?

Look, listen and read: (SB P. 2)



Unit (1) I feel happy!

Language Focus

للم عند السؤال عن مشاعر شخص ما نقول:

How do you feel?

بِمَ تشعر / كيف تشعر؟

للم وعند الإجابة نقول:

(I) feel + (adj)..... صفة



I feel happy.

أشعر بالسعادة.

I feel tired.

أشعر بالإرهاق.



ومع المفرد الغائب:

(He / She / اسم مفرد) feels + (adj) صفة



He feels hungry.

هو يشعر بالجوع.



Look and listen: (SB P. 4)

Hany and Hana are at home in their **living room**. They are talking to Mommy. Mommy feels **unhappy** and tired. Hana and Hany **can** help her. They can clean the **kitchen**. Now Mommy is very happy.



unhappy can kitchen living room

Theme (1) Who am I?

listen and read: (SB P. 5)

Hana : Hi Hany!

Hany : Hi Hana. How do you feel?

Hana : I feel thirsty and hungry but we had a great game!

Hany : I can make you a sandwich!

Hana : Thank you. You are very kind!

Hany : Have some juice.

Hana : Thank you!



Activities



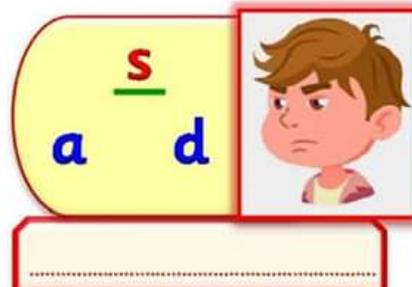
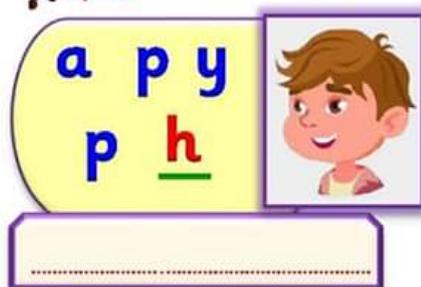
1 Supply the missing letter(s).

أكمل الحروف الناقصة.



2 Look at the pictures and unscramble the letters.

انظر إلى الصور وأعد ترتيب الحروف.



Unit (1) I feel happy!

r i e
d t



.....

n r g
a y



.....

u n y
h g r



.....

 **3** Read and match. اقرأ وصل.

- | | |
|---------------------|------------------|
| 1) How do you feel? | a) I'm thirsty. |
| 2) It's hot. | b) I feel happy. |
| 3) Hany is... | c) Thank you! |
| 4) Have some juice. | d) at home. |
| | e) school. |

1- () 2- () 3- () 4- ()

 **4** Choose the correct word(s). اختر الكلمة الصحيحة.

- 1) It (am - is - are) hot.
- 2) I (feel - feels - feelings) angry.
- 3) How do (he - she - you) feel?
- 4) I can (make - making - makes) a sandwich.
- 5) (When - Where - How) do you feel? - I feel sad.

 **5** Unscramble the following words to make correct sentences. أعد ترتيب الكلمات الآتية لتكون جملًا صحيحة.

- 1) do - you - feel - How - ?
-

Theme (1) Who am I?

2) are – You – kind – very – .

3) is – Mommy – happy – very – .

 **6** Look and tick (✓) the correct sentence. انظر وضع (✓) بجوار الجملة الصحيحة.



1) He is hungry.

2) He is thirsty.



1) He is unhappy.

2) He is happy.

 **7** Punctuate the following. ضع علامات الترقيم على ما يلي.

- how do you feel

 **8** Copy the following sentence. انسخ الجملة الآتية.

I feel unhappy.



Unit (1) I feel happy!

Part (2) (P. 6 - 8)



fruit

فاكهة



vegetables

خضراوات



water

ماء



sports

ألعاب رياضية



exercise

يتمرن



sleep

ينام



walk

يمشي



go

يذهب

A healthy lifestyle نظام حياة صحي

➤ Sleep for 8 hours.

ثم لمدة ٨ ساعات.

➤ Eat bananas.

تناول الموز.

➤ Drink water.

اشرب الماء.

➤ Walk to school.

امش / سيز إلى المدرسة.

➤ Play sports.

مارس الألعاب الرياضية.

➤ Exercise.

تمرن.

➤ Go outside.

اخرج.

Theme (1) Who am I?

Unhealthy lifestyle نظام حياة غير صحي

Watch television.



شاهد التلفاز.

Eat chocolate cake.



تناول كيكة الشيكولاتة.

Drink cola.



اشرب الكولا.

Play board games.



العب لعبة السلم والشعبان.

Sleep for 4 hours.



نم لمدة 4 ساعات.

Play video games.



العب ألعاب الفيديو.

Study the following:

Healthy Food

- grapes  عنب

- strawberry  فراولة

- onions  بصل

- fish  سمكة

- apple  تفاحة

- bananas  موز

Unhealthy Food

- ice cream  آيس كريم

- pizza  بيتزا

- chocolate  شوكولاتة

- cake  كيك

- burger  ساندوتش برجر

- hotdog  نقانق (سجق)

Unit (1) I feel happy!

Language Focus

للم تقديم النصح أو الأمر نبدأ الجملة بمصدر الفعل:

Infinitive (inf.) (باقي الجملة) + مصدر الفعل

Eat fruits and vegetables.



تناول الفواكه والخضراوات.

للم وعند النهي نستخدم:

Don't + (inf.) (باقي الجملة) + مصدر الفعل

Don't go by car.



لا تذهب بالسيارة.

Study the following: (SB P. 7)

I want to be healthy. I drink water. I eat bananas, fruit and vegetables. I play sports. I sleep for 8 hours every night.

Activities



Supply the missing letter(s).

أكمل الحروف الناقصة.



f _ _ it



v _ ge _ ables

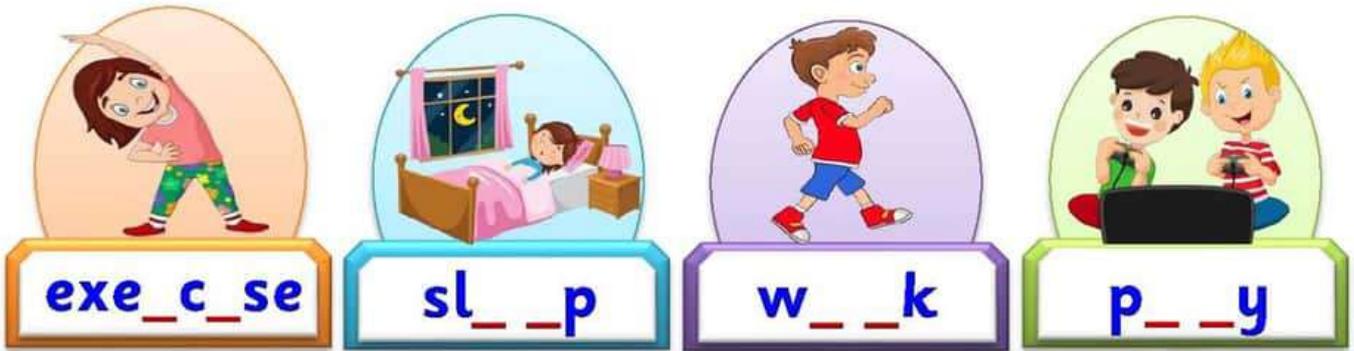


w _ t _ r



s _ o _ ts

Theme (1) Who am I?



2 Look at the pictures and unscramble the letters. انظر إلى الصور وأعد ترتيب الحروف.



3 Read and match. اقرأ وصل.

- | | |
|-----------------|--------------------------|
| 1) Drink... | a) sports. |
| 2) Sleep for... | b) fruit and vegetables. |
| 3) Play... | c) 8 hours every night. |
| 4) Eat... | d) water. |
| | e) by car. |

1- () 2- () 3- () 4- ()

Unit (1) I feel happy!



4 Choose the correct word(s). اختر الكلمة الصحيحة.

- 1) I drink (bananas - tennis - water).
- 2) I (drink - play - eat) fruit and vegetables.
- 3) (Doesn't - Isn't - Don't) go by car.
- 4) Fruit and vegetables are (bad - healthy - unhealthy).
- 5) I sleep (in - for - at) 8 hours every night.



5 Fill in the gaps with the word(s) from the box. املأ الفراغات بكلمة مناسبة مما يلي.

(car - healthy - water - eat - burger)

- 1) I want to be
- 2) I drink
- 3) I fruit and vegetables.
- 4) Don't go by



6 Punctuate the following. ضع علامات الترقيم على ما يلي.

- i play sports



7 Copy the following sentence. انسخ الجملة الآتية.

I drink water.



Theme (1) Who am I?

Part (3) (P. 9 - 11)

Phonics



feel happy
يشعر بالسعادة



bee
نحلة



sleep
ينام



green
أخضر



meet
يقابل



leaf
ورقة شجرة



clean
ينظف



meat
لحم



eat
يأكل



team
فريق



Note:

يُنطق الحرفان **ee / ea** بصوت ممدود كما بالأمثلة السابقة.
ولكن لاحظ في كلمة **Healthy** ينطقان بصوت قصير.



Unit (1) I feel happy!

Study the following: (SB P. 10)

1) I feel happy. I play with my team.



2) The bee is on the green leaf.



3) Amira meets her friend Shereen.



4) They clean the playground.



Study the following: (SB P. 11)

1) It's healthy to sleep for 8 hours.



2) Eat good food to help your body.



3) A bee sits on a leaf.



Writing skills

Capital Letter

1- We have a capital letter (A, B, C, D, etc.) on the first word of the sentence.



للم تبدأ الجملة بحرف كبير capital.

↪ He sleeps for 8 hours.

↪ How do you feel?

2- We use capital letters for names of people.

↪ Marwan, Sara

للم تبدأ أسماء الأشخاص بحرف كبير.

Full Stop

⇒ We have a full stop (.) at the end of the sentence.

للم توضع النقطة (.) في نهاية الجملة الخبرية.

↪ I feel happy.

↪ A bee sits on a leaf.

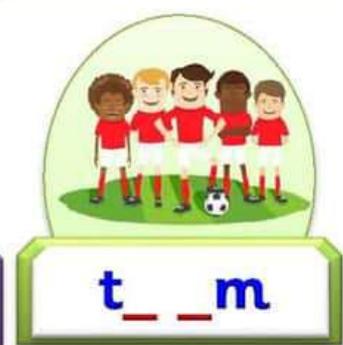
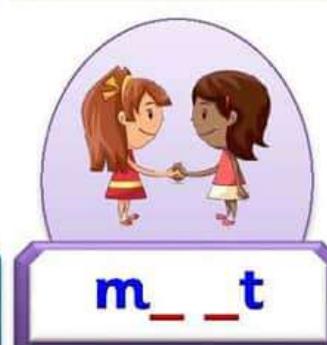
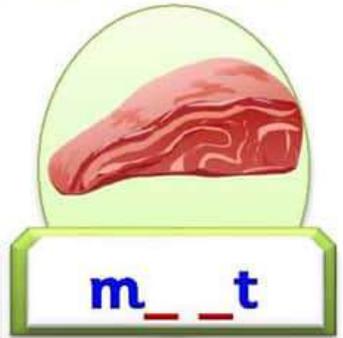
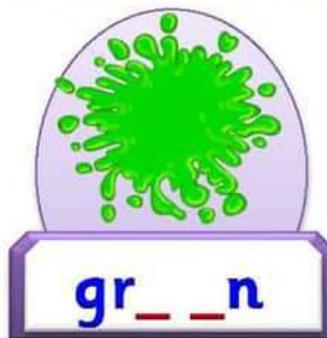
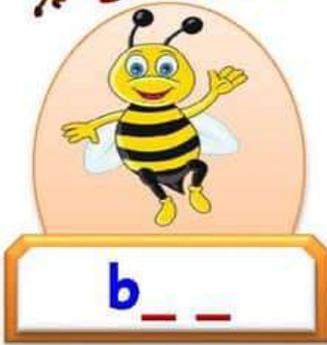
Theme (1) Who am I?

Activities



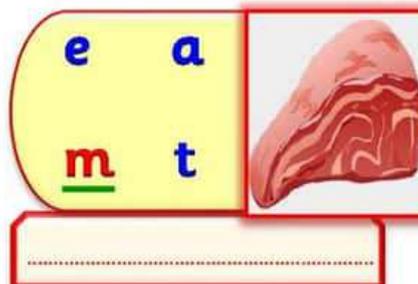
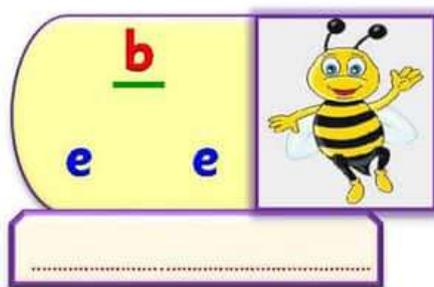
Supply the missing letter(s).

أكمل الحروف الناقصة.



Look at the pictures and unscramble the letters.

انظر إلى الصور وأعد ترتيب الحروف.



Unit (1) I feel happy!



3 Look at the pictures and complete with: انظر إلى الصور و أكمل بـ:

(clean - meat - leaf)



The bee is on the



They the playground.



4 Unscramble the following words to make correct sentences. أعد ترتيب الكلمات الآتية لتكون جملاً صحيحة.

1) feels - She - tired - .

2) eats - food - He - good - .

3) Marwan - eight - sleeps - hours - for - a day - .



5 Punctuate the following. ضع علامات الترقيم على ما يلي.

- a bee sits on a leaf



6 Copy the following sentence. انسخ الجملة الآتية.

They clean the playground.



Theme (1) Who am I?

Part (4) (P. 12 - 13)



measure

يقيس



hand

يد



finger

إصبع اليد



thumb

إصبع الإبهام

Vocabulary:

millimeter

مليمتر | centimeter

سنتيمتر

Study the following: (SB P. 12)

❖ There are 10 millimeters in a centimeter.

cm = centimeter

10 millimeters = 1 centimeter

1 سنتيمتر = 10 مليمتر

❖ I am 127.4 cm tall. = I am 127 centimeters and 4 millimeters tall.

❖ My finger is 5.4 cm tall. = My finger is five centimeters and four millimeters tall.

❖ My thumb is 4.2 cm tall. = My thumb is 4 centimeters and two millimeters.



This is my lunchbox. I have a sandwich and juice.

هذا صندوق الغداء الخاص بي، ولدي ساندوتش وعصير.

Unit (1) I feel happy!

Language Focus

السؤال عن أطوال الأشياء نستخدم:

How long is + اسم الشيء? ما طول؟

- How long is the pen?

It's + الطول .

للإجابة:

- It's 10 cm long.

السؤال عن أطوال الأشخاص نستخدم:

How tall is (he / she / اسم مفرد)? ما طول؟

- How tall is Adam?

(He / She) is + الطول .

للرد:

- He is 124 cm tall.

Activities



Read and match.

اقرأ وصل.

- | | |
|--------------------------------|---------------------|
| 1) There are 10 millimeters... | a) is it? |
| 2) This is... | b) in a centimeter. |
| 3) Adam is 132.4 cm... | c) long. |
| 4) How long... | d) tall. |
| | e) my thumb. |

1- () 2- () 3- () 4- ()



Theme (1) Who am I?



2 Choose the correct word(s).

اختر الكلمة الصحيحة.

- 1) There (am - is - are) 10 millimeters in a centimeter.
- 2) This (am - is - are) my hand.
- 3) How long is (you - they - it)?
- 4) (Where - When - How) tall is he?
- 5) I (am - is - are) 127cm tall.

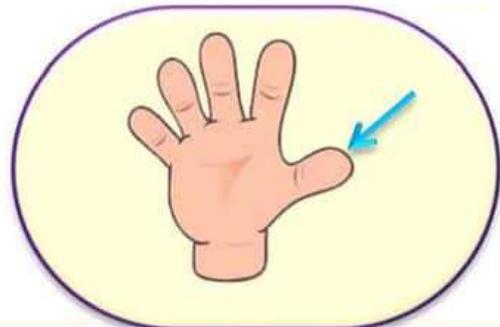
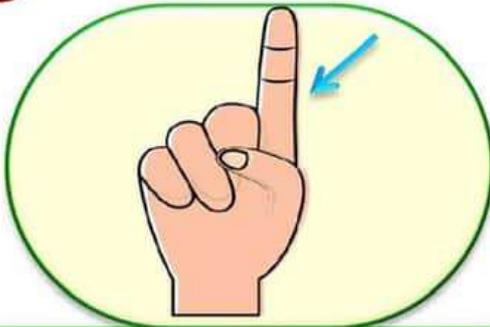


3 Unscramble the following words to make correct sentences. أعد ترتيب الكلمات الآتية لتكون جملاً صحيحة.

- 1) is - This - hand - my - .
.....
- 2) long - How - it - is - ?
.....
- 3) am - I - cm - 127.4 - tall - .
.....



4 Look and tick (✓) the correct sentence. انظر وضع (✓) بجوار الجملة الصحيحة.



- 1) This is my leg.
- 2) This is my finger.

- 1) It is 124 cm.
- 2) It is 4.2 cm.



Unit (1) I feel happy!

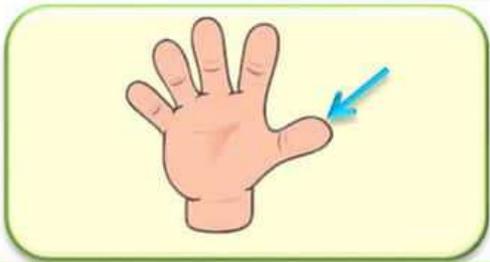
5 Read and tick (✓) or (X). (SB P. 4) . اقرأ وضع علامة (✓) أو (X).

Hany and Hana are at home in their living room. They are talking to Mommy. Mommy feels unhappy and tired. Hana and Hany can help her. They can clean the kitchen. Now Mommy is very happy.

- 1) Hany and Hana are at their bedroom. ()
- 2) They are talking to Daddy. ()
- 3) Mommy feels unhappy and tired. ()
- 4) Hany and Hana can help Mommy. ()

6 Look at the pictures and complete with: انظر إلى الصور و أكمل بـ:

(hand - finger - thumb)



This is my



My is 5 cm.

7 Punctuate the following. ضع علامات الترقيم على ما يلي.

- this is my hand

8 Copy the following sentence. انسخ الجملة الآتية.

How tall are you?



Review On Unit (1)

Vocabulary

happy	سعيد	unhappy	غير سعيد	sad	حزين
thirsty	عطشان	hungry	جوعان	hand	يد
angry	غضبان	tired	متعب	water	ماء
fruit	فاكهة	vegetables	خضروات	centimeter	سنتيمتر
sports	ألعاب رياضية	millimeter	مليمتر	finger	إصبع اليد
healthy	صحي	excited	متحمس	thumb	إصبع الإبهام

Verbs

feel	يشعر	walk	يمشى
sleep	ينام	go	يذهب
measure	يقيس	drink	يشرب
exercise	يتمرن	play	يلعب
eat	يأكل	find	يجد

Phonics

ee		ea	
feel	يشعر	leaf	ورقة شجر
bee	نحلة	clean	ينظف
sleep	ينام	meat	لحم
green	أخضر	eat	يأكل
meet	يقابل	team	فريق

Review On Unit (1)

Language Focus

للم عند السؤال عن مشاعر شخص ما نقول:

How do you feel? بَمَ تشعر / كيف تشعر؟

للم وعند الإجابة نقول:

(I) feel + (adj)..... صفة



I feel happy.
أشعر بالسعادة.

I feel tired.

أشعر بالإرهاق.



ومع المفرد الغائب:

(He / She / اسم مفرد) feels + (adj) صفة



He feels hungry.
هو يشعر بالجوع.



Test (1) Based On Unit (1)

Test (1) Based On Unit (1)

1 Supply the missing letter(s). أكمل الحروف الناقصة.

			
exc_t_d	k_t_hen	h__gry	f_u_ts

2 Look at the pictures and unscramble the letters. انظر إلى الصور وأعد ترتيب الحروف.

 h p a p y	 l a p y	 n a y r g
<input type="text"/>	<input type="text"/>	<input type="text"/>

3 Read and match. اقرأ وصل.

- | | |
|---------------------|--------------------|
| 1) How do you feel? | a) sandwich. |
| 2) Don't go... | b) my team. |
| 3) Walk to... | c) by car. |
| 4) I play with... | d) school. |
| | e) I feel thirsty. |

1- () 2- () 3- () 4- ()

4 Choose the correct word(s). اختر الكلمة الصحيحة.

- How (do - does - is) you feel?
- I play (at - with - on) my team.
- It's hot. I feel (thirsty - cold - hungry).
- She (feel - feels - feeling) hungry.

Test (1) Based On Unit (1)

5) He sleeps (at - in - for) eight hours a day.

5) Unscramble the following words to make correct sentences. أعد ترتيب الكلمات الآتية لتكون جملاً صحيحة.

1) good - He - eats - food - .

2) tall - you - How - are - ?

6) Look and tick (✓) the correct sentence. انظر وضع (✓) بجوار الجملة الصحيحة.



1) I feel happy.

2) I feel angry.



1) Play board games.

2) Play football.

7) Look at the pictures and complete with: انظر إلى الصور و أكمل بـ:

(thirsty - water - clean)



I drink



They the playground.

8) Punctuate the following. ضع علامات الترقيم على ما يلي.

- i feel thirsty

Test (2) Based On Unit (1)

Test (2) Based On Unit (1)



1 Supply the missing letter(s).

أكمل الحروف الناقصة.



s _ _ ep



s _ d



k _ _ d

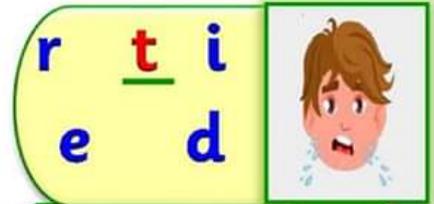
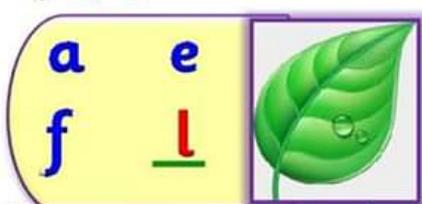


th _ r _ ty



2 Look at the pictures and unscramble the letters.

انظر إلى الصور وأعد ترتيب الحروف.



3 Read and match.

اقرأ وصل.

1) Hana feels...

2) Don't play...

3) The bee is on...

4) He eats...

a) the green leaf.

b) good food.

c) board games.

d) hungry.

e) playground.

1- ()

2- ()

3- ()

4- ()



4 Choose the correct word(s).

اختر الكلمة الصحيحة.

1) Amr (am - is - are) kind.

2) The leaf is (green - black - blue).

3) (What - Where - How) do you feel?

Test (2) Based On Unit (1)

4) How (tall - long - many) is your dad?

5) I eat (milk - meat - juice).

 5 Unscramble the following words to make correct sentences. أعد ترتيب الكلمات الآتية لتكون جملًا صحيحة.

1) is - This - lunchbox - my - .

2) do - How - feel - you - ?

 6 Read and tick (✓) or (X). (SB P. 5). اقرأ وضع علامة (✓) أو (X).

Hany and Hana are at home in the kitchen. Hana feels thirsty and hungry. Hany is kind. He makes a sandwich and he gives Hana some juice.

1) Hana and Hany are in the living room. ()

2) Hana feels thirsty and hungry. ()

3) Hany is angry. ()

4) Hany makes a sandwich. ()

 7 Punctuate the following. ضع علامات الترقيم على ما يلي.

- hany is kind

 8 Copy the following sentence. انسخ الجملة الآتية.

Eat good food.

