

سَنَابِلُ المَهَارَاتِ الكِتَابِيَّةِ المُسْتَوَى الخَامِسِ											
Sanabel Arabic Handwriting Level Five											
Semi Vowels and Silent Syllables:						المُدود والمَقَاطِع السَّاكِنَة:					
Page : 4						صَفْحَة : 4					
normal	عادي:		name of a boy	سامي:		valley	وادي:				
lawyer	مُحامي:		name of a boy	فادي:		name of a boy	شادي:				
computer	حاسوب:		berry	توت:		whale	حوت:				
borders	حُدود:		passage	مُرور:		lines	خُطوط:				
heavy	ثَقيل:		long	طويل:		elephant	فيل:				
new	جَدِيد:		big	كَبير:		small	صَغير:				
fences	أَسوار:		wires	أَسلاك:		fish	أَسماك:				
supervision	إِشْراف:		human	إِنْسَان:		dreams	أَحْلَام:				
hose	خُرطوم:		barrel	بُرْميل:		volcano	بُرْكان:				
name of a girl	بُشْرَى:		dedication	إِهْدَاء:		feet	أَقْدَام:				
balacony	سُرْفَة:		garden	بُسْتَان:		title	عُنْوَان:				
apology	اعْتِذار:		guilty	مُدْنِب:		spoon	مِلْعَقَة:				
Page : 5						صَفْحَة : 5					
television	تِلْفَاز:		racket	مَضْرِب:		phone	هَاتِف:				
brush	فُرْشاة:		bed	سَرير:		pants	بِنْطال:				
teeth	أَسنان:		olive	زَيْتون:		soap	صابون:				
cups	أَكواب:		spoons	مِلاعق:		dishes	أطباق:				
pens/ pencils	أَقلام:		flags	أَعْلَام:		branches	أَعْصان:				
key	مِفْتَاح:		paste	مَعْجون:		dresses	أَثواب:				

Page : 6				صَفْحَةٌ : 6			
the barrel	الْبُرْمِيلُ:		the dedication	الإِهْدَاءُ:		the fish	الْأَسْمَاكُ:
the title	الْعُنْوَانُ:		the garden	الْبُسْتَانُ:		the napkin	الْمِنْدِيلُ:
the good deeds	الْخَيْرَاتُ:		charitableness	الإِحْسَانُ:		the hose	الْخُرْطُومُ:
Page : 7				صَفْحَةٌ : 7			
the getting away	الْإِيتِعَادُ:		the morals	الْأَخْلَاقُ:		the abuse	الْإِسَاءَةُ:
I thank you	أَشْكُرُكَ:		the care	الْعِنَايَةُ:		he fed it	أَطْعَمَهَا:
the honesty	الْأَمَانَةُ:		he got	اسْتَرَعَى:		the bag	الْحَقِيْبِيَّةُ:
the poor	الْمُقْرَاءُ:		the respect	الْإِحْتِرَامُ:		the factory	الْمَصْنَعُ:
the watching	الْمُشَاهَدَةُ:		the harm	الْأَذَى:		the attention	الْإِنْتِبَاهُ:
I take care	أَحْرِصُ:		the library	الْمَكْتَبَةُ:		the bought	اشْتَرَى:
Page : 8				صَفْحَةٌ : 8			
palm	نَخْلَةٌ:		bee	نَخْلَةٌ:		ant	نَمْلَةٌ:
meat	لَحْمٌ:		elephant	فِيلٌ:		wheat	قَمْحٌ:
lemon	لَيْمُونٌ:		ball	كُرَّةٌ:		eye	عَيْنٌ:
reasonable	مَعْقُولٌ:		squeezed	مَعْصُورٌ:		known	مَعْرُوفٌ:
near	قَرِيبٌ:		short	قَصِيرٌ:		few/ little	قَلِيلٌ:
Tareq: name of a boy	طَارِقٌ:		student	طَالِبٌ:		fresh	طَارِجٌ:

Page: 9				صَفْحَة : 9			
company	صُحْبَة:	she participated	شَارَكَت:	he benefited	أَحْسَنَ:		
I made a mistake	أَخْطَأْتُ:	group	مَجْمُوعَة:	game	لُعْبَة:		
cultures	ثَقَافَات:	his creatures	مَخْلُوقَاتِهِ:	our relatives	أَقْرَبِنَا:		
the information	المَعْلُومَات:	our friends	أَصْحَابِنَا:	the countries	الْبُلْدَان:		
she made happy	أَسْعَدَت:	we shut up	نَضَمْت:	she hears you	تَسْمَعُكَ:		
we feel	نَشْعُرُ:	low	مُنْخَفِض:	we wanted	أَرَدْنَا:		
we take back	نَسْتَرْجِعُ:	I know	أَعْرِفُ:	games	الْعَاب:		
it pleases me	يُسْعِدُنِي:	you mock	تَسْخَرِين:	your wrist	مِعَصْمَكَ:		
Page : 10				صَفْحَة : 10			
he draws	يَرَسُمُ:	he studied	دَرَسَ:	he was patient	صَبَرَ:		
he drew	رَسَمَ:	he wrote	كَتَبَ:	he read	قَرَأَ:		
he played	لَعِبَ:	he deleted	مَسَحَ:	he reads	يَقْرَأُ:		
he felt happy	فَرِحَ:	he studies	يَدْرُسُ:	he knocked	طَرَقَ:		
he is diligent	يَجْتَهِدُ:	office	مَكْتَب:	he took	أَخَذَ:		
low	مُنْخَفِض:	dry	جاف:	he succeeded	نَجَحَ:		
short	قَصِير:	light	خَفِيف:	right	يَمِين:		
closed	مُغْلَق:	far away	بَعِيد:	thin	نَحِيف:		

Page : 11				صَفْحَةٌ : 11			
the opposite of abuse	نَقِيضُ الإِسَاءَةِ:	high morals	مَكَارِمُ الأَخْلَاقِ:	charity	الإِحْسَانُ:		
stopping the hurte	كَفَتِ الأَذَى:	obeying them	طَاعَتِهِمَا:	by their righteousness	بِإِيرِهِمَا:		
honoring their friend	إِكْرَامُ صَدِيقِهِمَا:	the prayers	الدُّعَاءُ:	about them	عَنْهُمَا:		
satisfyinge their hunger	سَدَّ جُوعِهِمْ:	for the poor	لِلْفُقَرَاءِ:	kindness to them	العَطْفُ عَلَيْهِمْ:		
preserving their dignity	صَوْنُ كِرَامَتِهِمْ:	feeding them	إِطْعَامِهِمْ:	prompting	الْحَثُّ عَلَى:		
The Disjunctive Hamza and The Conjunctive Hamza:				هَمْزَةُ القَطْعِ وَهَمْزَةُ الوَصْلِ:			
Page : 12				صَفْحَةٌ : 12			
added	أَضَافَتْ:	profusion	إِسْرَافٍ:	answered	أَجَابَ:		
gave	أَعْطَى:	well done	أَحْسَنْتَ:	I thank you	أَشْكُرُكَ:		
excused	اسْتَأْذَنَ:	moderation	اعْتَدَالَ:	he respected	أَحْتَرَمَ:		
benefited	اسْتَفَادَ:	needed	اِحْتِاجَ:	he joined	انْتَضَمَ:		
Page : 13				صَفْحَةٌ : 13			
did well	أَحْسَنَ:	has risen	ارْتَفَعَ:	increased	أَزْدَادَ:		
I sit	أَجْلَسَ:	I remember	أَتَذَكَّرُ:	dropped	أَنْخَفَضَ:		
pay attention	أَنْتَبِهَ:	I stand	أَقِفُ:	I forget	أَنْسَى:		
I pay attention	أَنْتَبِهْتُ:	he apologised	اعْتَذَرَ:	attention	اِتْتِبَاهَ:		
I jump	أَقْفَزُ:	run	ارْكُضْ:	I drink	أَشْرَبُ:		
he enjoyed	اسْتَمْتَعَ:	I listen	أَسْمَعُ:	I play	الْعَبُ:		
she greeted me	اسْتَقْبَلْتَنِي:	she arrived	وَصَلَتْ:	lenjoyed	اسْتَمْتَعْتُ:		
I waited my turn	انْتَظَرْتُ دَوْرِي:	I stood up	وَقَفْتُ:	welcoming	مُرْجَبَةً:		
suitable seat	مَقْعَدٌ مُنَاسِبٌ:	she sat me down	أَجْلَسْتَنِي:	to getting on the bus	لِصُعُودِ الحَافِلَةِ:		
I made a mistake	أَخْطَأْتُ:	my classmates	رَمِيلَانِي:	I learned	تَعَلَّمْتُ:		
I returned	عُدْتُ:	school hours	الدَّوَامُ المَدْرَسِيِّ:	finished	انْتَهَى:		

Page : 14				صَفْحَة : 14			
I help	أَسَاعِدُ:	listened	اسْتَمَعَ:	rescued	أَنْقَذَ:		
he woke up	اسْتَيْقَظَ:	I drink	أَشْرَبُ:	ride	ارْكَبُ:		
got ready	اسْتَعَدَّ:	I draw	أَرْسُمُ:	moved away	ابْتَعَدَ:		
started	بَدَأَ:	I remember	أَتَذَكَّرُ:	gave	أَعْطَى:		
appeared	ظَهَرَ:	sold	بَاعَ:	I feel sad	أَحْزَنُ:		
Page : 15				صَفْحَة : 15			
I pick	أَقْطِفُ:	the garden	الْحَدِيقَةَ:	I take a walk	أَتَنَزَّهُ:		
nicely	بِلُطْفٍ:	I treat people	أَعَامِلُ النَّاسَ:	flowers	الْأَزْهَارَ:		
earn	أَكْسِبُ:	smile	ابْتَسِمَ:	I make them angry	أَغْضِبُهُمْ:		
I'm searching for a solution	أَبْحَثُ عَن حَلٍّ:	I face my problem	أَوَاجِهُ مُشْكِلَتِي:	peoples love	مَحَبَّةَ النَّاسِ:		
to excel	تَتَفَوَّقُ:	to succeed	لِيَتَنَجَّحَ:	work hard	اجْتَهِدْ:		
use the handkerchief	اسْتَغْمِلِ الْمِنْدِيلَ:	your nose	أَنْفَكَ:	dry	جَفَّفَ:		
change your clothes	بَدِّلْ مَلَابِسَكَ:	follow the instructions	اتَّبِعِ التَّغْلِيمَاتِ:	clean	نَظَّفَ:		
wash your feet	اغْسِلْ قَدَمَيْكَ:	take off your shoes	اخْلَعْ جِذَاءَكَ:	get ready for bed	اسْتَعِدْ لِلنَّوْمِ:		
S Group:				مَجْمُوعَةُ الصَّادِ:			
Page : 16				صَفْحَة : 16			
I chew	أَمْضَغُ:	I take care of	أَحْفِظُ:	I dress	أَلْبَسُ:		
swallowing mouthfuls	بَلَغَ اللَّقْمِ:	the food	الطَّعَامِ:	I get exposed to	أَتَعَرَّضُ:		
safety of my eyes	سَلَامَةَ عَيْنِي:	cold	نَزَلَاتِ الْبَرْدِ:	for the weather	لِلطَّقْسِ:		
parents	آبَاءَ:	listening	اسْتِمَاعَ:	flags	أَعْلَامَ:		

verses	آيات:	height increasing	ارتِفاع:	human	إنسان:
hopes	آمال:	height decreasing	انْخِفاض:	illnesses	أمراض:
opinions	آراء:	diligence	اجْتِهَاد:	male teacher	أستاذ:
Page : 17			صَفْحَة : 17		
type	نَوْع:	loudness	ارتِفاع الصَّوْت:	pests	الآفات:
the harmful	الضَّار:	pollution	التَّلَوُّث:	types of noise	أنواع الضَّجيج:
keeping away	إِبعاد:	the country	الدَّوْلَة:	health	صِحَّة:
resources	مَصَادِر:	the hospitals	المُسْتَشْفَيات:	universities	الجامعات:
amplifiers	مُكَبِّرَات الصَّوْت:	use	اسْتِخْدَام:	prevent	تَمْنَع:
for the citizens	لِلْمُؤاِطِنين:	providing quietness	تَوْفِير الهدوء:	recording devices	أجْهَزَة التَّسْجِيل:
the moderation	الاعتِدال:	essential	صَّرورِي:	varying types of food	تَنْوِيع الأَطْعَمَة:
eating	تَنَاوُل:	increasing	الإِكْتِناء:	not being wasteful	عَدَمُ الإسْراف:
		avoiding	تَجَنُّب:	the vegetables	الخَضراوات:
The Open and Tied Forms of Letters:			التَّاءُ المَفْتُوحَة وَالْمَرْبُوطَة وَالْهَاءُ المَرْبُوطَة:		
Page : 18			صَفْحَة : 18		
his nose	أَنْفُهُ:	principal	مُديرة:	female students	طالِبات:
spoon	مِلْعَقَة:	his hair	شَعْرُهُ:	female players	لاعبات:
she thanked	شَكَرَتْ:	his foot	قَدَمُهُ:	active	نَشِيطات:
his eye	عَينُهُ:	his hand	يَدُهُ:	she asked	طَلَبَتْ:
female student	طالِبَة:	banana	مَوْزَة:	spider	عَنْكَبوت:

Page : 19				صَفْحَة : 19			
ants	نَمَلَات:	bees	نَحْلَات:	butterfly	فَرَانِثَة:		
house	بَيْت:	oil	زَيْت:	girl	بِنْت:		
giraffe	زَرَّافَة:	tree	شَجَرَة:	seal	فَقْمَة:		
faces	وُجُوهُ:	waters	مِيَاه:	face	وَجْه:		
J Group:				مَجْمُوعَة الْجِيم:			
Page : 20				صَفْحَة : 20			
ruler	مِسْطَرَة:	female workers	عَامِلَات:	female teachers	مُعَلِّمَات:		
carrot	جَرَّزَة:	corn	دُرَّة:	library	مَكْتَبَة:		
she called	نَادَتْ:	cat	قِطَّة:	seed	بِدْرَة:		
beautiful	جَمِيلَة:	his ear	أَذُنُهُ:	she laughed	ضَحَكَت:		
I bought	اشْتَرَيْتُ:	almond	لَوْزَة:	female doctor	طَبِيبَة:		
tasty/ delicious	لَذِيذَة:	merciful	رَحِيمَة:	she used	اسْتَخْدَمَتْ:		
The Open & Tied (T) Letter & The Tied (H) Letter:				التاء المفتوحة والمربوطة والهاء المربوطة:			
Page : 21				صَفْحَة : 21			
his cleanliness	نَظَافَتِهِ:	name of a boy	نَبِيهِ:	attentive	مُنْتَبِه:		
his book	كِتَابُهُ:	his pen/ pencil	قَلَمُهُ:	his notebook	دَفْتَرُهُ:		
my neighbor	جَارِي:	I heard	سَمِعْتُ:	his coat	مِغْطَفُهُ:		
gets out	يَخْرُجُ:	smoke	دُخَان:	asks for help	يَسْتَعِينُ:		
the sleep	النَّوْم:	I wake him up	أَوْقِظُهُ:	I hurried	أَسْرَعْتُ:		
the injured	المُصَاب:	toward	نَحْو:	he ran	رَكَضَ:		
I phone called	اتَّصَلْتُ:	fire	النَّار:	I push him away	أَبْعَدُهُ:		

the fire	الحريق:	I inform him	أخبره:	my uncle	عمي:
his courage	شجاعته:	his family's survival	نجا عائلته:	our neighbor felt happy	فرح جارنا:

Page : 22

صفحة : 22

tourist trip	رحلة سياحية:	to go	لِلدَّهَابِ:	the family got ready	اسْتَعَدَّتْ الْأُسْرَةُ:
water faucets	حَنَفِيَّاتِ الْمَاءِ:	closure	إِغْلَاقِ:	my mother confirmed	تَأَكَّدَتْ أُمِّي:
towards the airport	نَحْوَ الْمَطَارِ:	set off	انْطَلَقَتْ:	the family rode	رَكِبَتِ الْأُسْرَةُ:
rode	رَكَبَ:	everybody	الْجَمِيعِ:	the plane took off	أَقْلَعَتِ الطَّائِرَةُ:
return journey	رحلة العود:	the plane	الطَّائِرَةُ:	name of a boy	وَجِيهِ:
his seat	مَقْعِدِهِ:	his city	مَدِينَتِهِ:	his country	بَلَدِهِ:
he imagined	تَخَيَّلَ:	he closed his eyes	أَغْمَضَ عَيْنَيْهِ:	covered his ears	عَطَى أذُنَيْهِ:
his friends	أَصْحَابِهِ:	his relatives	أَقَارِبِهِ:	his house	بَيْتِهِ:

Page : 23

صفحة : 23

committee	لِجَنَّةٍ:	name of a girl	رَائِدَةٌ:	she joined	انْضَمَّتْ:
owns it	تَمْلِكُهُ:	she donated	تَبَرَّعَتْ:	voluntary work	الْعَمَلُ التَّطَوُّعِي:
you need it	تَحْتَاجُهُ:	ther piggy bank	الْحَضَّالَةَ:	money	نُقُود:
he gives	يُعْطِي:	the pioneer leader	رَائِدَةُ الْعَطَاءِ:	an example for her classmates	قُدْوَةٌ لِرَمِيلَاتِهَا:
it finishes	تَنْتَهِي:	the love	الْمَحَبَّةِ:	he spreads	يَنْشُرُ:

The Semi Vowels (ى) and (إ):

الألفُ المَقْصُورَةُ والألفُ القَائِمَةُ:

The Semi Vowel (ى):

الألفُ المَقْصُورَةُ :

Page : 24

صفحة : 24

converted	اهْتَدَى:	hospital	مُسْتَشْفَى:	villages	قُرَى:
was thrown	أَزْتَمَى:	walked	مَشَى:	cried	بَكَى:

goal	مَرَّبَى:	building	مَبْنَى:	name of a girl	مُنَى:
name of a girl	نُهَى:	was saturated	اَزْتَوَى:	ran	جَرَى:
Page : 25			صَفْحَةٌ : 25		
threw	رَمَى:	watered	سَقَى:	told	رَوَى:
cries	يَبْكِي:	folds	يَطْوِي:	walks	يَمْشِي:
complained	اَشْتَكَى:	disappeared	اَحْتَفَى:	name of a girl	هَدَى:
name of a girl	لَيْلَى:	assaulted	اَعْتَدَى:	sharpened	بَرَى:
name of a girl	مُنْتَهَى:	villages	فُرَى:	snake	اَفْعَى:
was saturated	اَزْتَوَى:	ironed	گَوَى:	throws	يَزِمَى:
took cover	اَحْتَمَى:	converted	اَهْتَدَى:	was thrown	اِرْتَمَى:
The Semi Vowel (I):			الْأَلْفُ الْقَائِمَةُ:		
Page : 26			صَفْحَةٌ : 26		
intentions	نَوَايَا:	most high	عُلَا:	survived	نَجَا:
Germany	أَلْمَانِيَا:	name of a boy	رَكْرِيَا:	Italy	إِيْطَالِيَا:
come close	رَبَا:	high place	رُبَا:	come close	تَنَا:
gifts	هَدَايَا:	Turkey	تُرْكِيَا:	prayed	دَعَا:
				foreign	أَعْجَمِيَّة:
Page : 27			صَفْحَةٌ : 27		
woke up	صَحَا:	sought	سَعَى:	prayed	دَعَا:
memory	ذِكْرَى:	minor	صُغْرَى:	major/ great	كُبْرَى:

name of a boy	مُصْطَفَى:	mirrors	مَرَايَا:	Asia	أَسِيَا:
built	بَنَى:	boy	فَتَى:	patients	مَرَضَى:
Jafa	يَافَا:	Romania	رُومَانِيَا:	Australia	أَسْتْرَالِيَا:
fell asleep	عَفَا:	echo	صَدَى:	he risen	سَمَا:
floated	طَفَا:	stepped	حَطَى:	bought	اشْتَرَى:
		grew	نَمَا:	excused	عَفَا:
Page : 28			صَفْحَةٌ : 28		
wore	اَزْتَدَى:	told	حَكَى:	erased	مَحَا:
felt	شَعَرَ:	painted	صَبَغَ:	was keen	خَرَصَ:
arrived	وَصَلَ:	was patient	صَبَرَ:	laughed	ضَجَّكَ:
		raised	رَفَعَ:	rises	يَسْمُو:
Page : 29			صَفْحَةٌ : 29		
features	حَصَائِصُ:	is characterized by	تَمَيَّزَ:	organisms/ living things	الْكَائِنَاتُ الْحَيَّةُ:
its environment	بِيئَتِهَا:	the living	الْعَيْشُ:	enables it	تُمَكِّنُهَا:
to obtain	لِلْحُصُولِ:	adapted	تَكَيَّفَ:	some	بَعْضُ:
the heat	الْحَرُّ:	resistance	مُقَاوَمَةٌ:	the food	الْعِذَاءُ:
the movement organs	أَعْضَاءُ الْحَرَكَةِ:	the cold	الْبُرْدُ:	the severe	الشَّدِيدُ:
herds	يَرْعَى:	cleared	صَفَا:	became	أَمْسَى:

the sheep	الْعَنَمَ:	the shepherd	الرَّاعِي:	his morals	أَخْلَاقِهِ:
the player	اللَّاعِبَ:	the field	الْحَقْلَ:	the plants	الزَّرْعَ:
		the weather	الطَّقْسَ:	river water	ماءُ النُّهْرَ:
The Separator Semi Vowel (I):			أَلِفُ التَّفْرِيقِ:		
Page : 30			صَفْحَةٌ : 30		
they raised	رَفَعُوا:	they keep	يُحَافِظُوا:	knowledge	مَعْرِفَةٌ:
		write	اكتُبُوا:	they watch	يُشَاهِدُوا:
Page : 31			صَفْحَةٌ : 31		
the farmers	الْفَلَاحُونَ:	the contestants	الْمُتَسَابِقُونَ:	they worked hard	اجْتَهَدُوا:
they left	رَحَلُوا:	the immigrants	الْمُهَاجِرُونَ:	and they clapped	وَصَفَّقُوا:
tidy up	رَتَّبُوا:	your diligence	اجْتِهَادِكُمْ:	your diligence	اجْتِهَادِكُمْ:
quietly	بِهَدوءٍ:	rise	أَصْعَدُوا:	your tools	أَدْوَاتِكُمْ:
		the instructions	التَّعْلِيمَاتُ:	follow	اتَّبِعُوا:
Page : 32			صَفْحَةٌ : 32		
the celebration	الاحتِفَالُ:	they bring	يَحْضُرُوا:	they play	يَلْعَبُوا:
the workers	العَمَالُ:	they watch	يُرَاقِبُوا:	the engineers	المُهَنْدِسُونَ:
the lawyers	المُحَامِدُونَ:	the woods	الأشْجَابُ:	they cut	يَقْطَعُوا:
the guards	الحُرَاسُ:	the guilty	المُذْنِبُ:	they defend	يُدَافِعُوا:
they move away	يَتَّعِدُوا:	they won	فازوا:	they close	يُغْلِقُوا:
open	أَفْتَحُوا:	they failed	رَسَبُوا:	they spoke	تَكَلَّمُوا:

Page : 33				صَفْحَةٌ : 33			
they completed	أَنجَزُوا:	they described	وَصَفُوا:	they abided	التَّرَمَّوا:		
watch	شَاهِدُوا:	have mercy	ارْحَمُوا:	they violate	يُخَالِفُوا:		
traffic rules	قَوَاعِدُ المُرُورِ:	the drivers	السَّائِقُونَ:	symptoms of the disease	أَعْرَاضُ المَرَضِ:		
you beat him	تَضَرَّبْتَهُ:	the match	المُبَارَاةُ:	perfectly	بِإِتْقَانٍ:		
store accountants	مُحَاسِبُو المَتَاجِرِ:	the project engineers	مُهَنْدِسُو المَشَارِيعِ:	drivers	سَائِقُونَ:		
		the tailors	خَيَّاطُو المَلَابِسِ:	news reporters	مُذَبِّعُو الأَخْبَارِ:		
The Original (W):				الوَاوُ الأَصْلِيَّةُ:			
Page : 34				صَفْحَةٌ : 34			
ascends higher	يَسْمُو:	comes close	يَزْنُو:	survives	يَنْجُو:		
crawls	يَخْبُو:	seems	يَبْدُو:	falls asleep	يَعْفُو:		
the plant	النَّبَاتِ:	grows	يَنُمُو:	complains	يَتَشَكُو:		
they plowed	حَرَثُوا:	the spring	الرَّبِيعِ:	quickly	بِسُرْعَةٍ:		
the milk	الْحَلِيبِ:	the autumn	الأَخْرِيفِ:	the Earth	الأَرْضِ:		
Page : 35				صَفْحَةٌ : 35			
work hard	اجْتَهَدُوا:	traffic rules	قَوَاعِدُ السَّيْرِ:	follow	اتَّبَعُوا:		
the system	النِّظَامِ:	take care	احْرَصُوا:	to excel	لِتَتَفَوَّقُوا:		
save	اقْتَصِدُوا:	sympathize	اعْطِفُوا:	to respect	اخْتَرَمُوا:		
appreciate	قَدَّرُوا:	they splashed	تَسَرَّفُوا:	water consumption	اسْتِهْلَاكُ المَاءِ:		
the growth	النَّمُو:	to waste	لِتَنكَسِبُوا مَحَبَّتَهُمْ:	work of others	عَمَلُ الأَخْرِينِ:		
they jumped	قَفَزُوا:	has fun	يَلْهُو:	they ate	أَكَلُوا:		

wakes up	يُصْحَو:	were humble	تَوَاضَعُوا:	covers	يَكْسُو:
erases	يَمْحُو:	they sat down	جَلَسُوا:	told the truth	صَدَّقُوا:
Page : 36			صَفْحَة : 36		
look	أَنْظَرُوا:	the weak	الضَّعْفَاء:	do well	أَحْسِنُوا:
sports	الرِّيَاضَة:	practise	مارِسُوا:	the sky	السَّمَاء:
learn	تَعَلَّمُوا:	for the exam	لِلْإِمْتِحَان:	get ready	اسْتَعِدُّوا:
skilled	مَاهِرُونَ:	engineers	مُهَنْدِسُونَ:	swimming	السِّبَاخَة:
revise	رَاجِعُوا:	the polluted	الْمُلَوِّث:	drink	تَشْرَبُوا:
pain	أَلَم:	complains	تَشْكُو:	feeling pain	الشُّعُور بِأَلَم:
be proud	اعْتَزُّوا:	active	نَشِيطُونَ:	teachers	مُعَلِّمُونَ:
		his leadership	قِيَادَتِهِ:	your home	وَطَنِكُمْ:
Page : 37			صَفْحَة : 37		
dealing	التَّعَامُل:	kindness	اللُّطْف:	be joyful	تَحَلَّوْا بِالْبَشَاشَة:
raise it	تَرْفَعُوهُ:	the talk	الْحَدِيث:	turn the sound down	أخْفِضُوا الصَّوْت:
showing wealth	إِظْهَارِ الثَّرَاء:	moderate	اعْتَدِلُوا:	when angry	عِنْدَ الْعَضَب:
clothes	الْمَلْبَس:	drink	الْمَشْرَب:	the food	الْمَأْكَل:
don't waste	لَا تُبَدِّدُوا:	yourselves	أَنْفُسِكُمْ:	skimp	تَقْتَرُوا:
				with intent	بِقَصْد:

Letters that are Pronounced and not Written:				حُرُوفٌ تَلْفَظُ وَلَا تُكْتَبُ:			
Page : 38				صَفْحَةٌ : 38			
these two	هذان:		this is	هذه:		this	هذا:
Merciful	الرَّحْمَنُ:		those	أُولَئِكَ:		these	هؤلاء:
which	الَّذِي:		moon	قَمَرٌ:		but	لِئِنْ:
that	ذَلِكَ:		whose	الَّذِينَ:		that	الَّتِي:
Page : 39				صَفْحَةٌ : 39			
swimmers	سَبَّاحُونَ:		two diligent males	مُجْتَهِدَانِ:		two male students	طَالِبَانِ:
do not be late	لَا تَتَأَخَّرُ:		go	اذْهَبْ:		good beneficent man	رَجُلٌ مُخْسِنٌ:
humility	التَّوَّاضُعُ:		two stories	قِصَّتَيْنِ:		I read	قَرَأْتُ:
well	جَيِّدًا:		food	الطَّعَامُ:		I chew	أَمَضَعُ:
in front of the TV	أَمَامَ التِّلْفَازِ:		long	طَوِيلًا:		I sit	أَجْلِسُ:
Page : 40				صَفْحَةٌ : 40			
includes it	تَشْتَمِلُ عَلَيْهِ:		electronic games	اللَّعِبَةُ الْإِلِكْتُرُونِيَّةُ:		bad choice	سَوْءُ اخْتِيَارٍ:
conflicts	تَتَعَارَضُ:		wrong thoughts	أَفْكَارٌ خَاطِئَةٌ:		violence	عُنْفٌ:
our society	مُجْتَمَعِنَا:		traditions	تَقَالِيدُ:		habits	عَادَاتُ:
makes them	يَجْعَلُهُمْ:		children's behaviour	سُلُوكُ الْأَطْفَالِ:		affects	يُؤَثِّرُ فِي:
lack of focus	قِلَّةُ التَّرْكِيزِ:		aggressiveness	الْعُدْوَانِيَّةُ:		characterized by	يَتَّصِفُونَ:
playing sports	مَمَارَسَةُ الرِّيَاضَةِ:		keeps them away	يُبْعِدُهُمْ:		academic delay	التَّأَخُّرُ الدَّرَاسِي:
eye's illnesses	أَمْرَاضُ الْعُيُونِ:		obesity diseases	أَمْرَاضُ السُّمْنَةِ:		they get infected	يُصَابُونَ: