

Topic : **Environment** Part 1 : Opinion

Write your answer below. Use full sentences

What do you think of bad weathers, and why?

Write at least two sentences below

From my perspective, the weather can greatly affect our daily lives. Storms, rainfall, and thunder can create a lot of excitement or fear, depending on the situation. It's important to stay informed about weather forecasts to stay safe and prepared.

Part 2 : Plan

Write your answer below

Write a plan for your essay below. Please note – this question asks for a plan, not a full essay. You will write the full essay in the next question.

Potential dangers caused by severe weathers.

Include information about:

- How weather conditions can affect people's emotions and activities.
- The potential dangers and disruptions caused by severe weather.
- Ways to stay safe and prepared for different weather conditions.

Plan

Plan

Title: Weather Wonders and Woes

: Introduction

Introduce the topic and explain the significance of weather in •
. our lives

Thesis statement (how weather impacts emotions,
activities, • . (and safety
: ١ Body paragraph

Effects of weather on emotions and activities

Discuss how different weather conditions, like sunny days
or . storms, can affect people's moods and daily routines : ٢
Body paragraph

Dangers of severe weather

Highlight the potential risks and disruptions caused by
severe weather events such as storms, heavy rainfall, and .
thunderstorms

٣ Body paragraph

Safety measures for different weather conditions

Provide tips and strategies for staying safe and prepared
during various weather conditions, including monitoring
weather . forecasts and having emergency plans in place

: Conclusion

Summary of the main ideas in the body paragraphs

Part 3 : Essay

Write your answer below

Write in full sentences

Enviroment.

Include information about:

- How weather conditions can affect people's emotions and activities.
- The potential dangers and disruptions caused by severe weather.
- Ways to stay safe and prepared for different weather conditions.

Write at least 200 words in paragraphs

The environment, especially the weather, can have a big impact on how we feel and what we do. When the sun is shining, we might feel happy and energetic, but when storms roll in, we might feel anxious or scared. Severe weather like heavy rainfall and thunderstorms can cause all sorts of problems, from flooding to power outages, disrupting our daily lives and . putting us in danger

It's important to be prepared for different weather conditions to stay safe. That means keeping an eye on weather forecasts and knowing what to do in case of emergencies. For example, if there's a storm coming, it's a good idea to stay indoors and away from windows. And if there's a risk of flooding, it's . important to move to higher ground and have emergency supplies ready

By staying informed and prepared, we can reduce the risks associated with severe weather and keep ourselves and our loved ones safe. So whether it's sunny skies or stormy weather, let's make sure we're ready for whatever .Mother Nature throws our way

Al Shorouq Private School English Department
EoT 2 Mock Writing Exam 2023- 2024 10 - 11



English Department Cycle 3
Advanced

Name:

Class : _____ Topic : **Feelings**

and emotions Part 1 : Opinion

Write your answer below. Use full sentences

What do you think of a stressful and anxious lifestyle of some people, and why? Write at least two sentences below

In my opinion, some people are living a lifestyle that is full of worry and stress. They are always overwhelmed with overthinking about their work and family. This might lead to the suffer of many physical and psychological health problems.

Part 2 : Plan

Write your answer below

Write a plan for your essay below. Please note – this question asks for a plan, not a full essay. You will write the full essay in the next question.

Nowadays, people are leading a stressful and anxious lifestyle.

Include information about:

- Why people feel anxious and stressful.
- What are the bad health and social effects of anxiety and stress.
- How we can avoid stress and anxiety in our daily lives.

Plan

Introduction:

- introduce the topic
- thesis statement (causes, effects, solutions of stress)

Body Para1:

Causes of stress:

- workload , deadlines
- family
- big changes

Body Para2:

Health and social effects of stress

- diseases (digestive, headaches ,blood pressure ...) •
- isolation
- mental problems(depression, frustration)

Body para3

Ways to avoid stress

- switch off and take break
- good relationships
- doing exercise

Conclusion : summary of main points in body paragraphs

Part 3 : Essay

Write your answer below

Write in full sentences

A good citizen

Include information about:

- Who is a good citizen?
- What the characteristics of a good citizen are.
- How good citizens can help the community develop and prosper.

Write at least 200 words in paragraphs

Stress

It's a matter of fact that stress has been one of the most common features of everyone's lifestyle nowadays. Today, it is easy to find something that makes you feel anxious, overwhelmed, fearful, frustrated or even angry. This essay will highlight the causes, effects, and possible solutions to avoid the bad impacts of stress.

There are several things that cause stress and anxiety. On top of them is the continuous worry and overthinking about work. Currently, many people are overwhelmed with lots of workload and deadlines which they mostly fail to meet, and this consequently leads to serious consequences. Being worried about family and how to meet their essential needs could result in a lot of stress and anxiety. In addition, the big and strong changes that anyone might go through could be an important factor for being stressed and anxious such as the loss of one of your friends or a family member.

Suffering from chronic stress and anxiety increases the risk of many physical, mental , and social health problems. Recent medical research states that people who are leading a stressful lifestyle are likely exposed to serious health issues such as digestive issues, headaches, muscle tension and pain, heart attacks, and high blood pressure. Socially, stress could lead a person to be isolated from the people around them and increase the risk of some mental problems such as depression and frustration.

However, there are many ways people can do to avoid being stressed or anxious. People who suffer from high levels of stress need to switch off for some time and stay away from any source of stress. They might take a break and go for a picnic with their family. Building good relationships is also another way to control stress. Search for people who make you always happy and feel relaxed. Doing exercise can help you get off any negative energy or stress and get more positive energy instead.

In conclusion, stress is a very serious problem that has been come to the surface

with the tremendous changes in people's lifestyles and it causes a lot of health issues, however it can be avoided by getting away from stressful things and caring more about yourself.



Cycle 3
11 general

Name: _____

Topic : Health and fitness Part 1 : Opinion

Write your answer below. Use full sentences

What do you think of a healthy lifestyle, and why?

Write at least two sentences below

I think living a healthy lifestyle is super important because it helps us feel good both physically and mentally. When we eat well and exercise regularly, it boosts our energy levels and improves our mood, making everyday life more enjoyable

Part 2 : Plan

Write your answer below

Write a plan for your essay below. Please note – this question asks for a plan, not a full essay. You will write the full essay in the next question.

A healthy lifestyle

Include information about:

- What it means to stay healthy and fit
- The benefits of maintaining good health and fitness
- How adopting a healthy lifestyle positively impacts personal well-being and community health.

Plan

: Introduction

. Hook: Let's talk about staying fit and healthy in a world full of temp~~o~~ng fast food and Ne~~o~~lix binges Thesis statement: Living a healthy lifestyle isn't just about looking good; it's about feeling great and . contribu~~o~~ng to a healthier community

: Body Paragraph

: What it means to stay healthy and fit

It's all about finding a balance between ea~~o~~ng right and staying ac~~o~~ve, not just swea~~o~~ng it out at the . gym

. Healthy living means making smart choices daily, from what we eat to how we move our bodies
: The benefits of maintaining good health and fitness

. It's not just about a six-pack; it's about having more energy to tackle life's challenges Being healthy means fewer sick days and more ~~o~~me to enjoy the things we love with the people we . care about
: How adop~~o~~ng a healthy lifestyle posi~~o~~vely impacts personal well-being and community health

. When we take care of ourselves, we become role models for others, inspiring them to do the same
A healthy community means fewer healthcare costs and more resources for things that ma~~o~~er, like
. educa~~o~~on and recrea~~o~~on
: Conclusion

. Summarize: Staying healthy isn't always easy, but it's totally worth it for a happier, longer life Call to ac~~o~~on: So, let's lace up those sneakers, grab a green smoothie, and make the world a healthier, !happier place together

Part 3 : Essay

Write your answer below

Write in full sentences

A healthy lifestyle

Include information about:

- What it means to stay healthy and fit
- The benefits of maintaining good health and fitness
- How adopting a healthy lifestyle positively impacts personal well-being and community health.

Write at least 200 words in paragraphs

Maintaining a healthy lifestyle is really important for a bunch of good reasons. First off, when we keep our bodies moving and choose good foods, it's like giving them a big hug. It's not just about looking good; it's about feeling good too. When we take care of ourselves, we're making sure our bodies and minds are happy and working the way they . should

Regular exercise is like a superhero for our bodies. It helps us stay strong and fit, and it's not just about lifting heavy stuff or running marathons. Even a simple walk or some stretching counts. Plus, when we move, our brains release happy chemicals that make us feel ? awesome. It's like a natural mood booster, and who doesn't want that

Eating well is another big part of the healthy lifestyle game. It's not about crazy diets or saying no to all the good stuff. It's more about balance and making choices that make our bodies happy. When we fuel up with good foods, we're giving ourselves the energy to tackle . whatever comes our way

So, a healthy lifestyle is like a secret weapon for a happy life. It's not about being perfect; it's about making small choices every day that add up to a big win. When we take care of ourselves, we're making sure we're ready for whatever life throws at us. It's like an investment in our ?own happiness, and who wouldn't want that

Task completion /5	Structure/5	/5	Spelling and Punctuation/5	Total /25

