



English



2025/2026

Term 1

KG

2



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تهدي وزارة التربية والتعليم والفني هذا الكتاب بكل حب إلى الأطفال والأسر في جمهورية مصر العربية

**"THE MINISTRY OF EDUCATION AND TECHNICAL EDUCATION
DEDICATES THIS BOOK, WITH LOVE, TO THE CHILDREN AND
FAMILIES OF THE ARAB REPUBLIC OF EGYPT."**

Name:.....
Class:.....
School:.....



Unit	Vocabulary	Structure	Phonics	Math	Life Skills	Language Focus	Manners Values Focus	Content Integration
1 Little Bodies, Big Moves!	walk run jump skip kick play throw catch juice Jad kite Karma	-I can jump. -I can run. -I play with my friends. -I can kick the ball. -I can throw the ball. -I can catch the ball.	Letters: Jj, Kk	Numbers: 1, 2	Teamwork and Cooperation Expressing Abilities Making Friends & Social Interaction Active Living	Social Interaction Vocabulary Action-Based Sentences Recognizing the sound of letters: j and k	Taking Turns Playing Safely Saying kind words and cheering for others	Physical Education: Action verbs (Gross Motor skills) Math: Counting numbers
2 Let's Get Dressed!	T-shirt dress trousers pants skirt shorts cap shoes socks dress donkey Dina mug mommy Mazen green grass guitar Gamila	-I have a yellow T-shirt. -My dress is red.	Letters: Dd, Mm, and Gg	Numbers: 3, 4, 5	Color Recognition Personal Expressions	Descriptive Language Vocabulary Development Recognizing the sound of letters: d, m, and g	Take care of your belongings Be clean and tidy Celebrate differences "It's okay to wear different things"	Art: Identifying colors (red-yellow) Math: Counting numbers



Unit	Vocabulary	Structure	Phonics	Math	Life Skills	Language Focus	Manners Values Focus	Content Integration
3 My Week!	Sunday Monday Tuesday Wednesday Thursday Friday Saturday today tomorrow yesterday orange on Omneya bag bus bed Bassem flag flower Fanda lamp leaf leg	-What day is it? -Tomorrow is Sunday. -I go to the park on Friday. -Today is Monday.	Letters: Oo, Bb, Ff, and Ll	Numbers: 6, 7, 8	Sequencing & Logical Thinking Calendar and Date Literacy Time Management Foundations	Linking Language to Life Conversation Skills Recognizing the sound of letters: o, b, f and l	Be responsible . Each day had a job. Use time wisely. Follow your weekly routine.	Math: Counting numbers
4 My Busy Day!	morning noon night breakfast lunch dinner water wolf watch cat colors camel rice rabbit ruler umbrella under	get up. go to bed. go to school. have breakfast. have lunch. have dinner.	Letters: Ww, Cc, Rr, and Uu	Numbers: 9, 10	Planning & Routine Building Time Awareness Responsibility Time Management Foundations	Time of Day Vocabulary Daily Routine Action Verbs Prepositions of Time Recognizing the sound of letters: w, c, r and u	Take care of your personal hygiene. Be neat. Eat healthy food.	Math: Counting numbers
Review	Review Units 1 - 4		Letters: Jj-Kk-Dd Mm-Gg-Oo Bb-Ff-Ll Ww-Cc-Rr Uu	Numbers: 1-10				



Remember With Me!



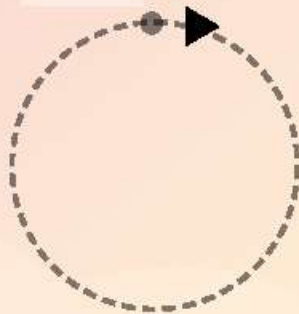
Trace the following lines:
Start from the dot.



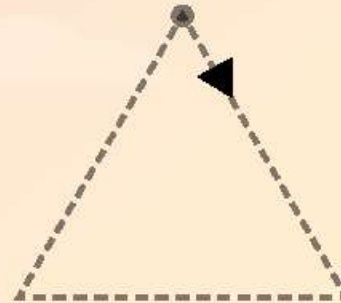
Trace the following shapes:
Start from the dot.



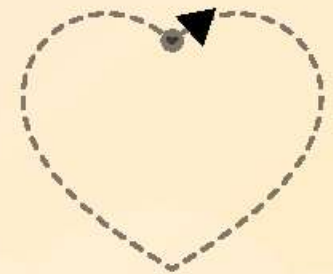
square



circle



triangle



heart



Greetings



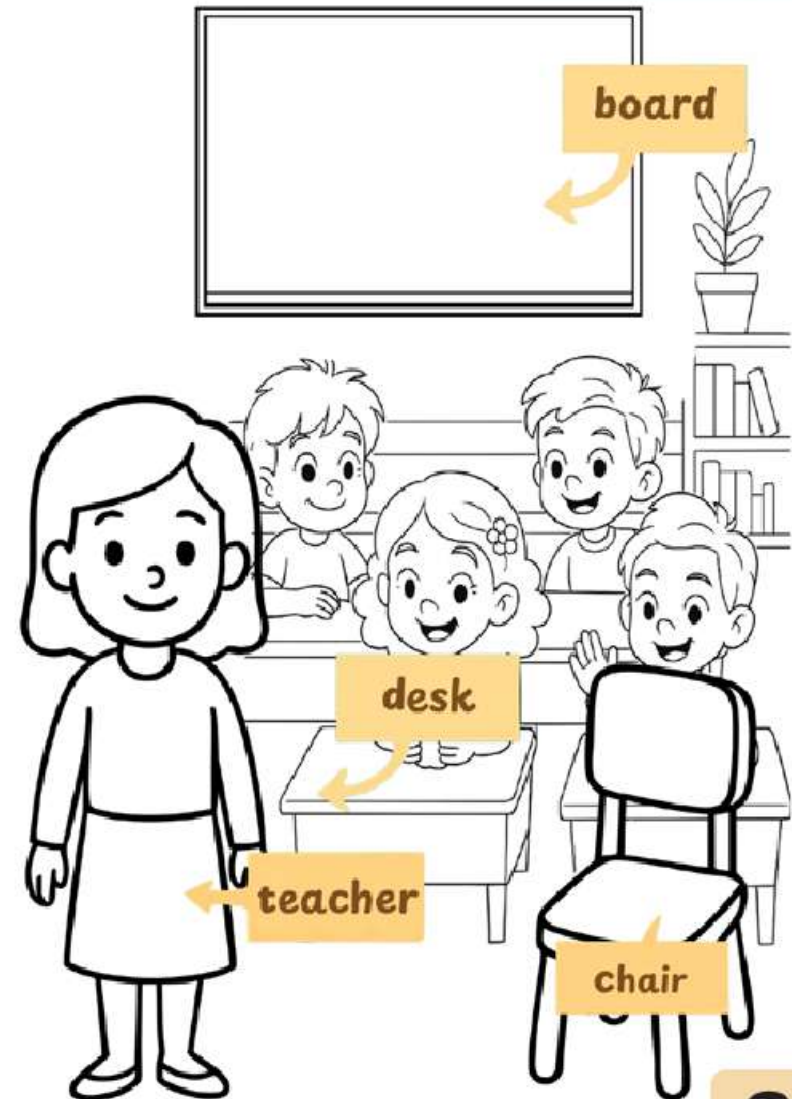
Listen, repeat, and act out:





Point, say, then color:

school



My School Bag!



Match the objects that belong in your school bag:



crayons



eraser



tree



dog

4



pencil



books

My Family



Listen, point, and circle the picture:



1- Who's this?
This is my sister.



2- Who's this?
This is my father.



3- Who's this?
This is my mother.



4- Who's this?
This is my grandfather.



My Body Parts



Listen, point, and repeat:

I have 1 head.



I have 2 eyes.



I have 1 mouth.



I have 2 arms.



I have 2 hands.



These are my feet.



Unit 1



Little Bodies, Big Moves!

Look, listen, and point:



Word bank: kick – jump – throw – catch – run – walk – skip – play



Look, listen, and point:



Look, listen, and point:



Word bank: fly - kick - jump - throw - catch - run - walk - skip - play



Lesson 1:



On the Move!

Look, listen, and say:



skip



run



walk



kick



jump



throw



catch

Look, listen, and say:





It's Practice Time!

Circle the picture that matches the action:

jump



run



skip





It's Practice Time!

Match the same actions:





What Can You Do?

Now, it's your turn to express!
Draw a picture of something that you can do, then color it.

Complete the sentence to tell us what you can do, then say it:
I can

jump

run

catch

skip

throw

kick

I can





Lesson 2:

Letters and Sounds:

Look and say:

Jj

jump

juice

Jad



Kk

kick

kite

Karma

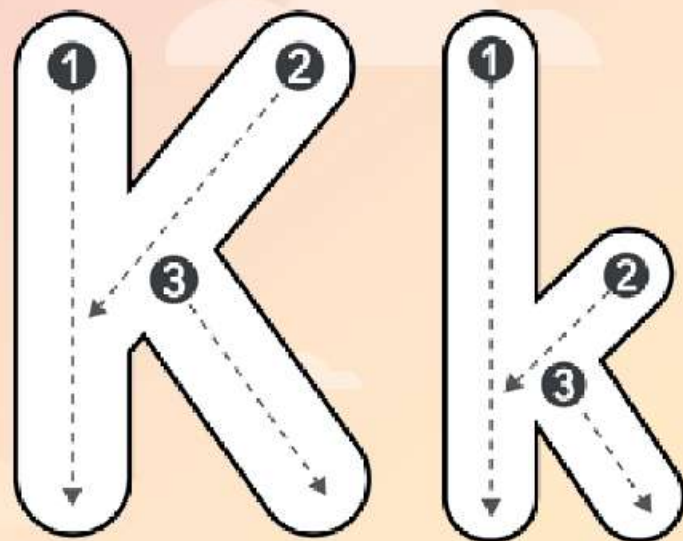
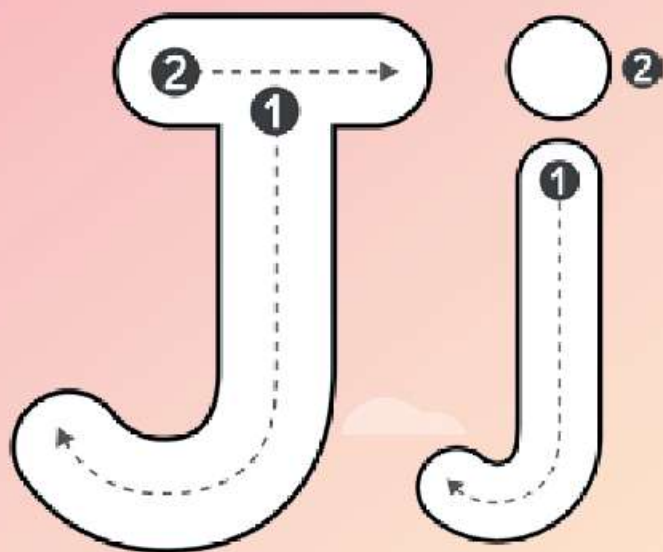




Letter Formation Directions

Follow the Arrows, Make the letters!

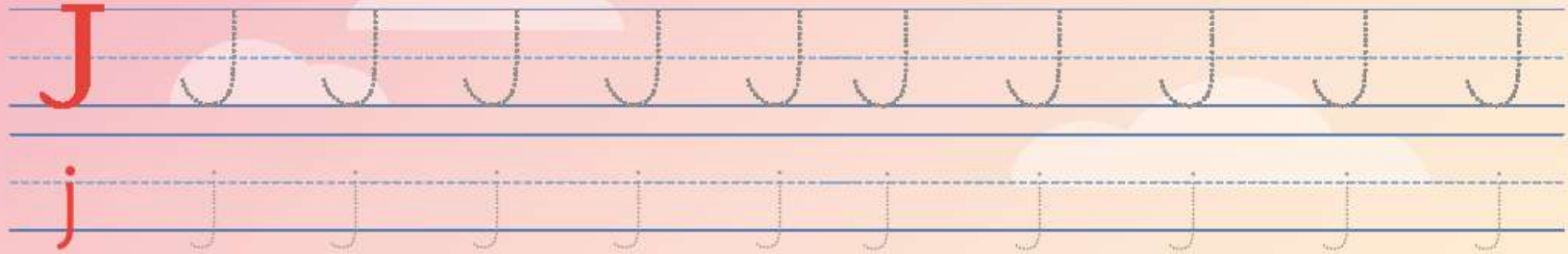
Listen to your teacher, start at the dot, and use your finger to follow the arrows:





It's Practice Time!

Trace letter **Jj** in its upper and lowercase forms:



Circle the pictures that start with the letter **Jj**:

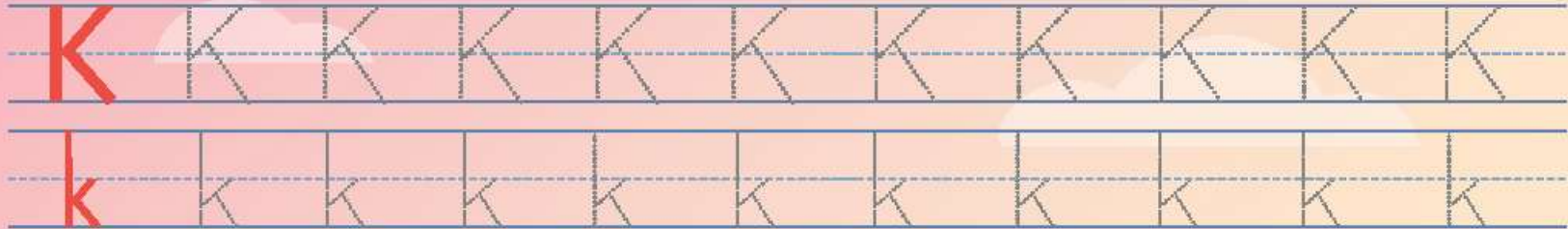


Jj



It's Practice Time!

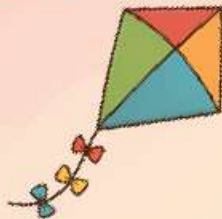
Trace letter **Kk** in its upper and lowercase forms:



Match the pictures with their beginning letter:



Kk



Jj

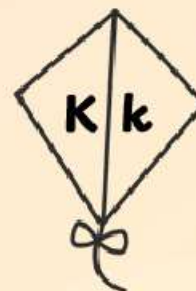
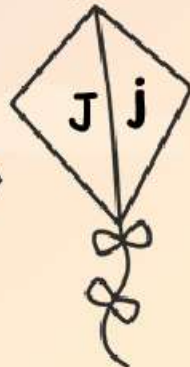




Scavenger Kite-Hunt

Can You Catch the Kk Kites?

Look at all the kites in the sky. Color only the kites that have the letter Kk on them:



Count with me:





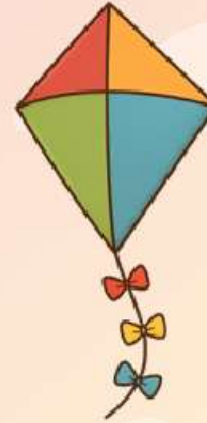
Numbers Are Fun!

Look, count, and say:

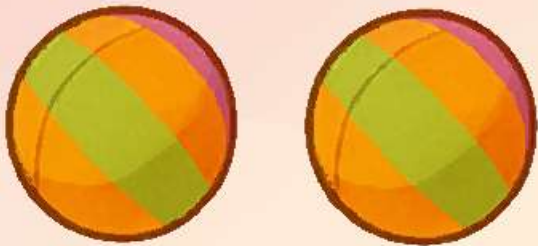
1



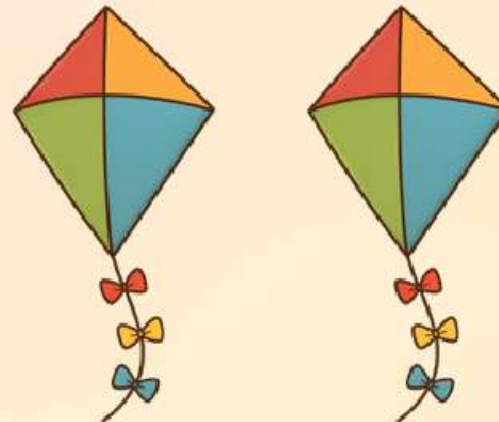
1



2



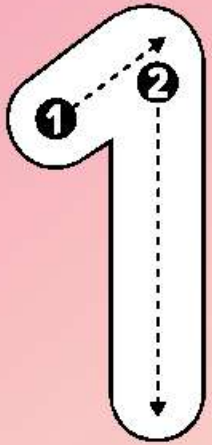
2





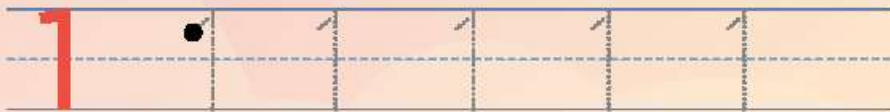
It's Practice Time!

Point, count, then trace:



Follow the Arrows, Make the Numbers!

Listen to your teacher, start at the dot, and use your finger to follow the arrows:



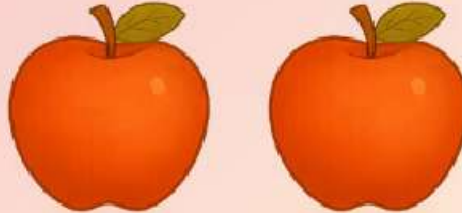


It's Practice Time!

Count and circle the number:



2 / 1



1 / 2



2 / 1



1 / 2



2 / 1





It's Practice Time!

Count and match:



1

2



Lesson 3:



Listen, Learn, and Sing!

Listen, repeat, and discuss with your teacher and friends:



When we play together,
we should take turns.



When we play together, we should
say nice words.



When we play together, we should
play safely.

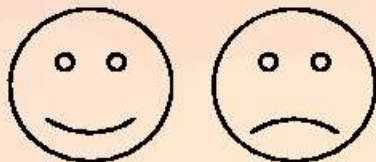
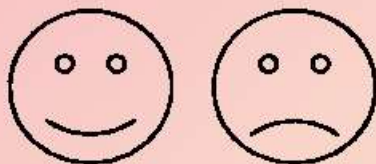
"I can jump, I can run,
I can play and have some fun.
When I play, I'm kind and fair.
I take turns and show I care."





It's Practice Time!

Circle the smiley face for the good actions:



Color the smiley faces if you did the following:

Did you wait for your turn?



Did you play safely?



Did you say kind words?



If you colored all 3 smiley faces, you deserve the Manners Medal, color it.





Let's Learn With a Story!

Listen and act out the dialog with a friend:





Let's Learn With a Story!

Think back to the story:
Listen and put (✓) or (×):

1-Jad can jump.

()

2-Karma can kick the ball.

()

3-Karma and Jad are not friends.

()

4-Jad doesn't love to play.

()





Sing and Chant with Me!

Action Verbs Song :
Act out the verbs as you sing!

I can walk, I can run,
I can jump and skip for fun!
I can kick, I can play,
I can throw and catch all day!





Unit 1 Review

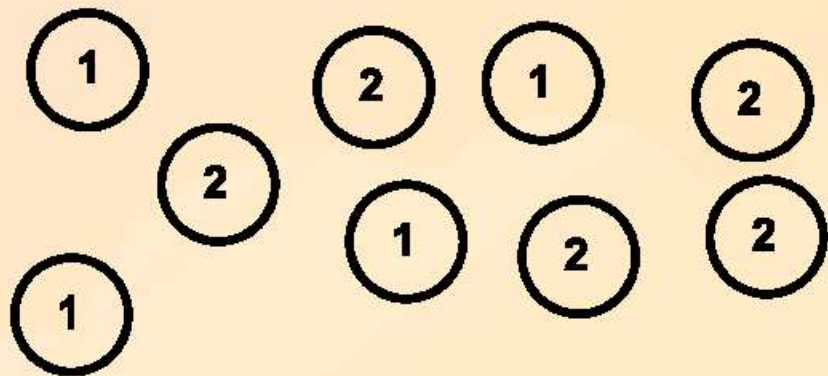
Trace, match, and color:



Circle what you can do:



Color number 1 with **red** and number 2 with **blue**:



Unit 2



Let's Get Dressed!

Look, say, and point:

What will
I wear today?



Look, listen, and point:

I'm wearing
shoes and
socks.

My dress
is red.





I'm wearing
a cap.

I have
a yellow
T-shirt.





Lesson 1:

Clothing Items

Listen, point, and say:



T-shirt



cap



shoes



skirt



socks



dress



shorts



pants



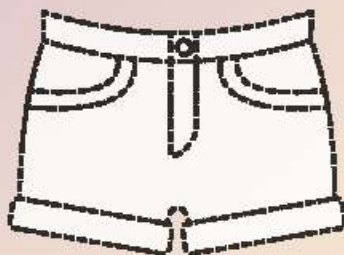


It's Practice Time!

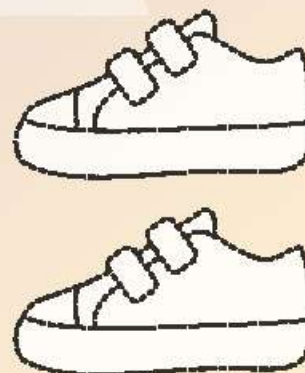
Say, trace, then color:



T-shirt



shorts



shoes





It's Practice Time!

Listen, look at the picture, then put a ✓ if it matches, or a ✗ if it doesn't:



This is a yellow cap. ☐



This is a red dress. ☐



This is a yellow T-shirt. ☐



These are red socks. ☐





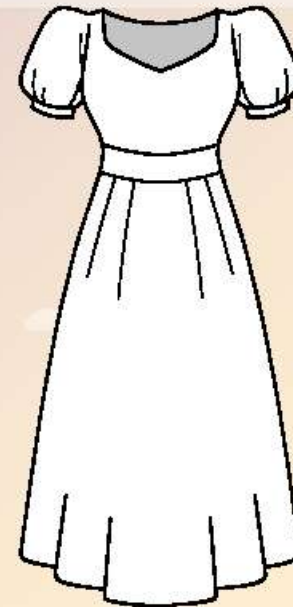
Your Color, Your Creation!

Now it's your turn to use your favorite color:

If you are a boy color the T-shirt and if you are a girl color the dress:



T-shirt



dress

Lesson 2:



Letters and Sounds:

Look and say:

Dd

Dina



dress



donkey



Mm

Mazen



mug



mommy

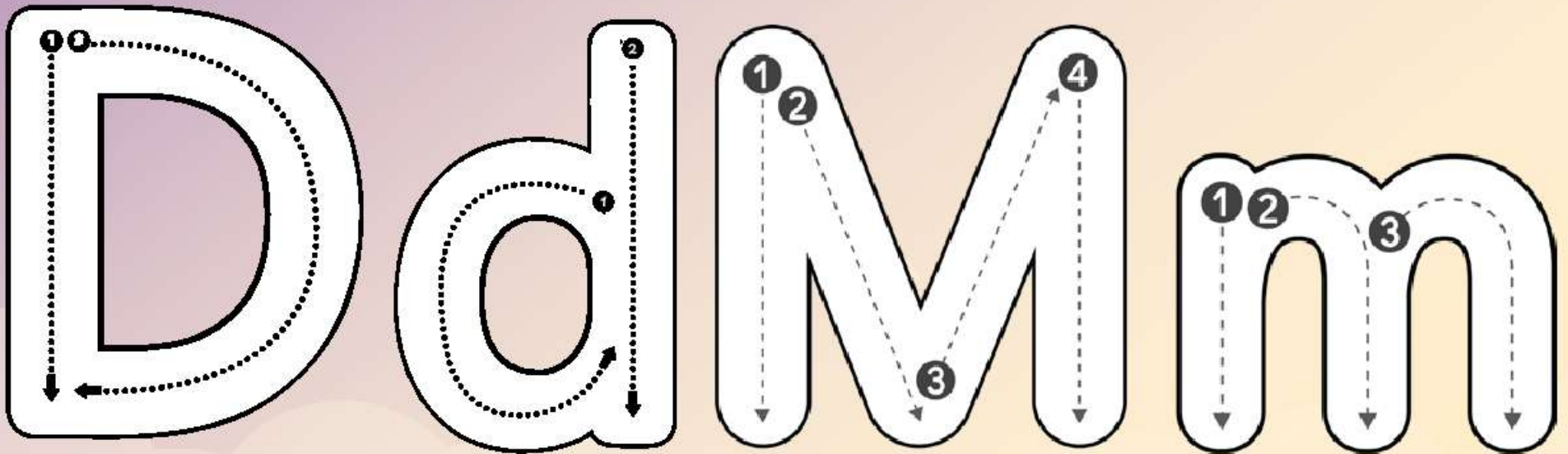




Letter Formation Directions

Follow the Arrows, Make the letters!

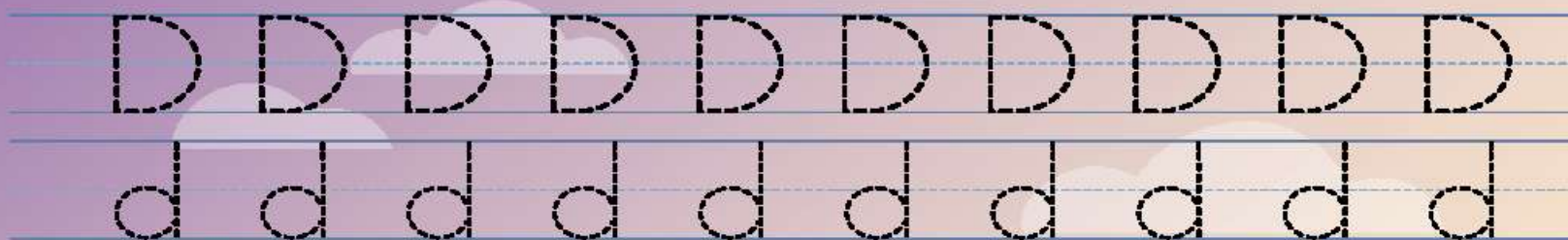
Listen to your teacher, start at the dot, and use your finger to follow the arrows:





It's Practice Time!

Trace letter **Dd** in its upper and lowercase forms:



Look and say, then circle the beginning letter.

d - m



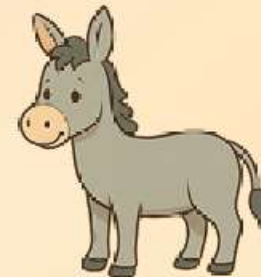
k - m



j - m



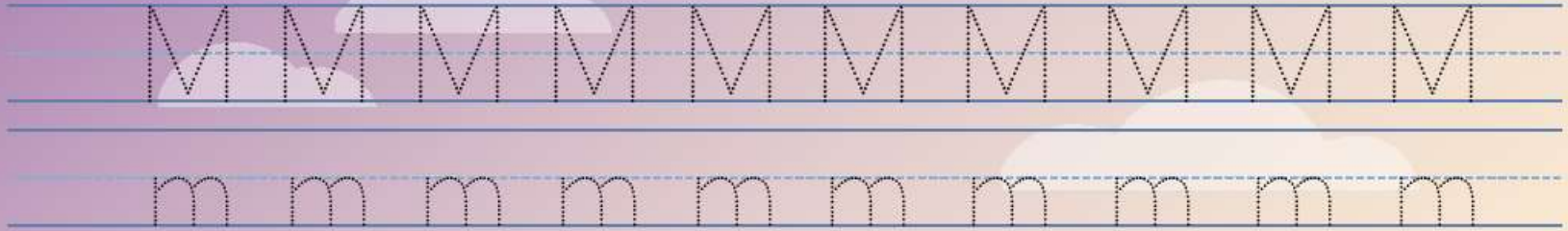
d - m





It's Practice Time!

Trace letter **Mm** in its upper and lowercase forms:



Match the pictures that begin with **Mm**:



Mm



Read and say.

I have
4 caps.

I have
3 dresses.





Numbers Are Fun

Look, count, and say:

3



4



5





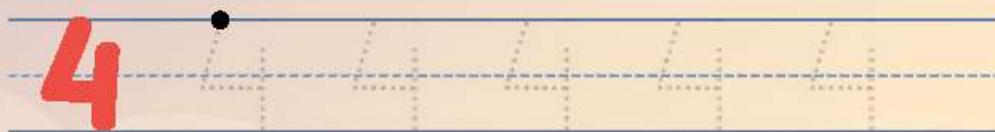
It's Practice Time!

Point, count, then trace:



Follow the Arrows, Make the numbers!

Listen to your teacher, start at the dot, and use your finger to follow the arrows:





It's Practice Time!

Count then circle the number:



2 / 4



5 / 1



4 / 3



It's Practice Time!

Color only 3 mugs:



Color only 4 mugs:





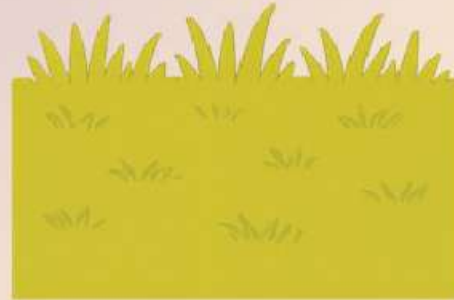
Letters and Sounds:

Look and say:

Gg



guitar



grass



Gamila

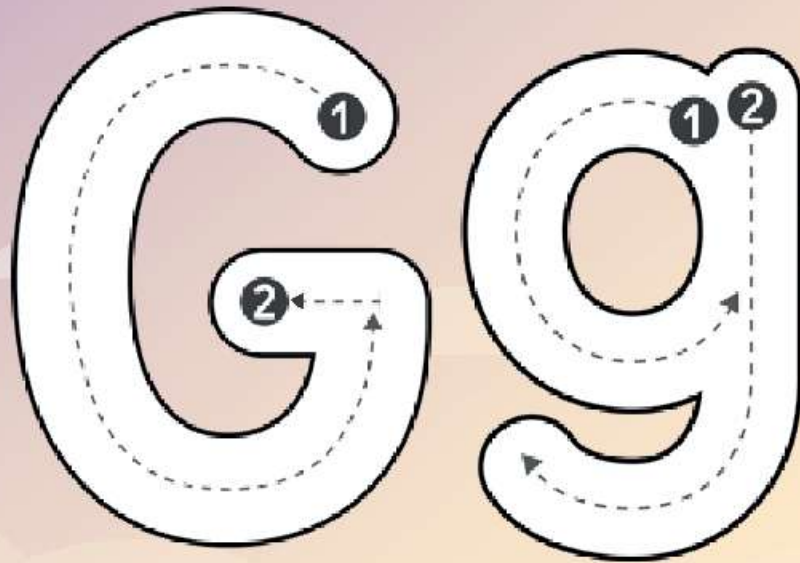




Letter Formation Directions

Follow the Arrows, Make the letters!

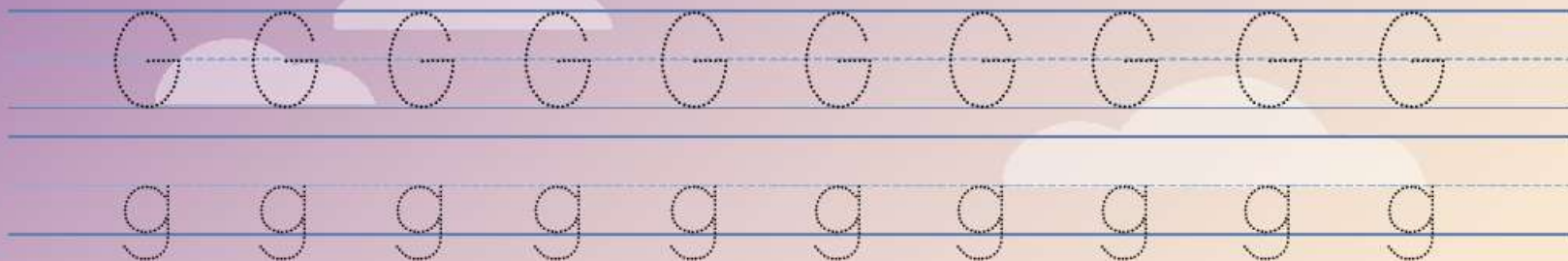
Listen to your teacher, start at the dot, and use your finger to follow the arrows:





It's Practice Time!

Trace letter **Gg** in its upper and lowercase forms:



Look at the picture, say the word, then put a ✓ for the correct beginning letter:



g

☐

m

☐

d

☐

m

☐

d

☐

m

☐

g

☐

j

☐



Letters and Pictures

Color the pictures that start with the letter:



Lesson 3:



Listen, Learn, and Sing!

Listen, repeat, and discuss with your teacher and peers:



Take care of your belongings.



Be clean and tidy.



Celebrate differences.
"It's okay to wear different things."

"I wear socks and shoes today,
You wear pants when we play.
We are different, that's okay,
Kind and happy every day."





It's Practice Time!

Circle the smiley face for the good actions:



Draw a picture of yourself wearing your favorite clothes, then color it:



Now, you deserve a medal!





Let's Learn With a Story!

Listen, count, and act out with a friend:





Let's Learn With a Story!

Think back to the story:

Listen and circle the correct answer:

Mazen's T-shirt is (red – blue)

Dina wants skirts. (2 – 3)

Mazen got caps. (4 – 5)

Dina is wearing a (T-shirt – dress)





Sing and Chant with Me!

Getting Dressed Song :
Act out the verbs as you sing!

I wear my cap when I play in the sun,
a T-shirt and shorts, that's so much fun!
pants for when the day is cool,
socks and shoes — now I'm ready for school!





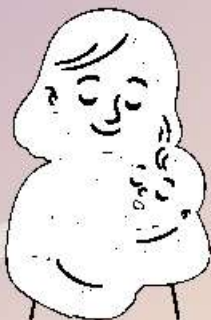
Unit 2 Review

Trace, match, and color:

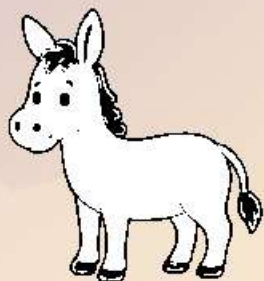
D d



M m



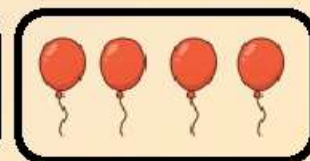
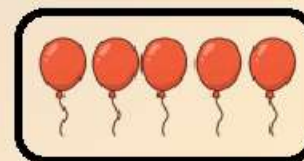
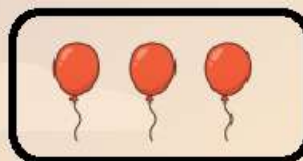
G g



Circle the clothing items:



Count, match, and trace:



4

3

5



Unit 3

My Week!

Look, listen, and point:

Today is Sunday.

What day is it today?



Lesson 1:

What day is it?

Listen and repeat:



Listen and repeat:



Look, listen, and repeat:

Friday



Monday

What day is it today?

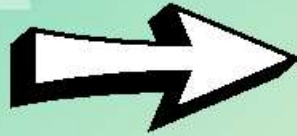




It's Practice Time!

Listen and circle what day comes tomorrow:

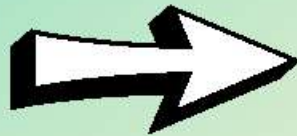
Monday



Tuesday

Friday

Wednesday



Sunday

Thursday

Circle the correct picture:

I go to the park on **Friday**.





It's Practice Time!

Listen and circle what day was yesterday:

Monday

Sunday

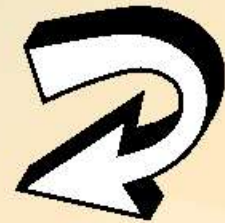
Friday



Friday

Thursday

Wednesday

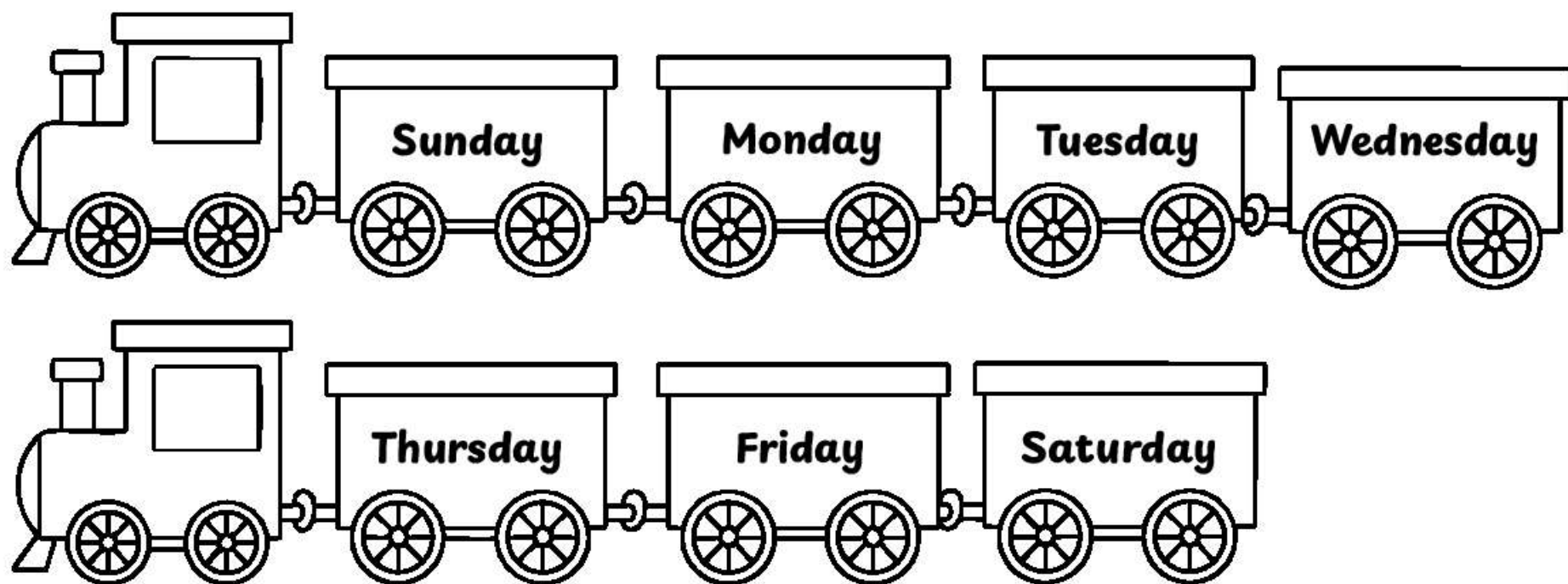




My Colorful Week!

Now it's your turn to express:

Color each day with a different color, circle your favorite day, and talk about it:



Lesson 2:

Letters and Sounds:

Look and say:

Oo

Omneya

orange

on



Bb

Bassem

bag

bus

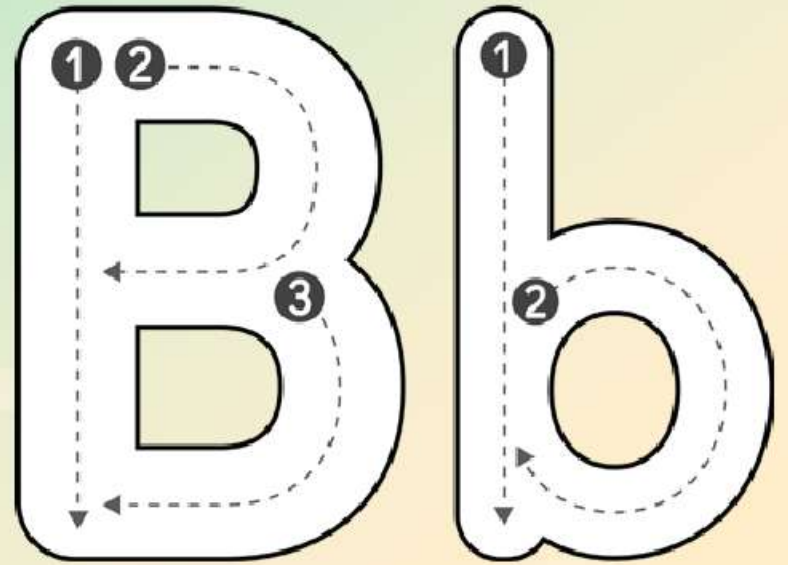
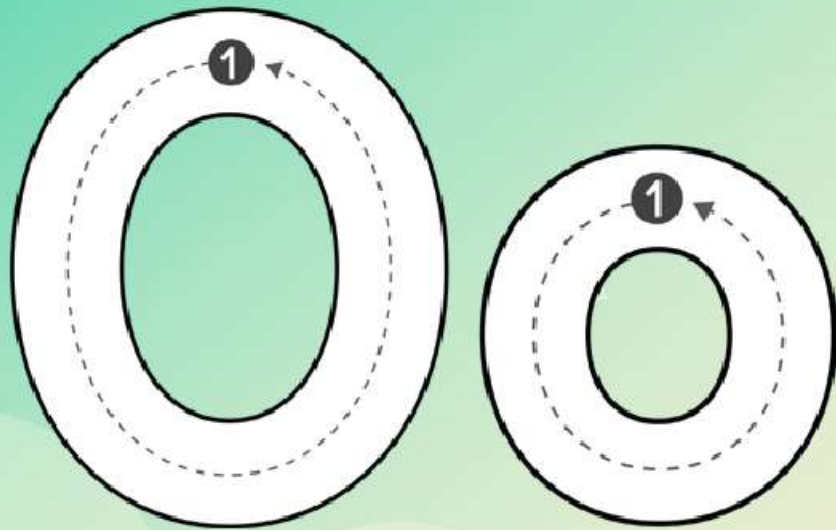




Letter Formation Directions

Follow the Arrows, Make the letters!

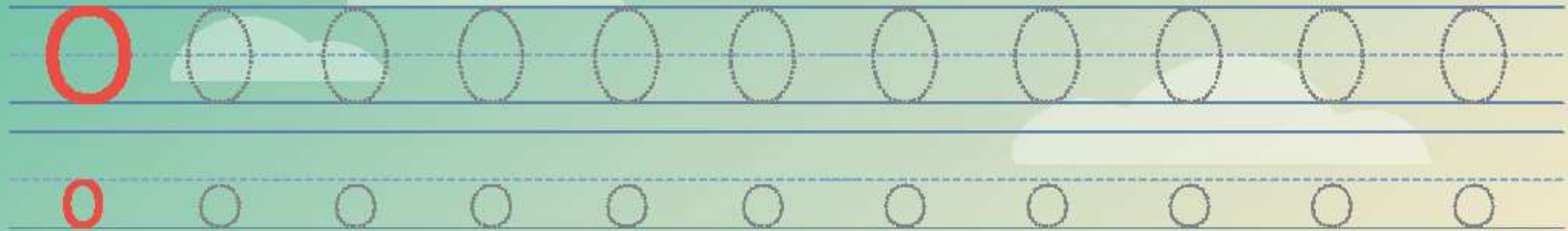
Listen to your teacher, start at the dot, and use your finger to follow the arrows:





It's Practice Time!

Trace letter **Oo** in its upper and lowercase forms:



Look and say, then circle the beginning letter.



o - b



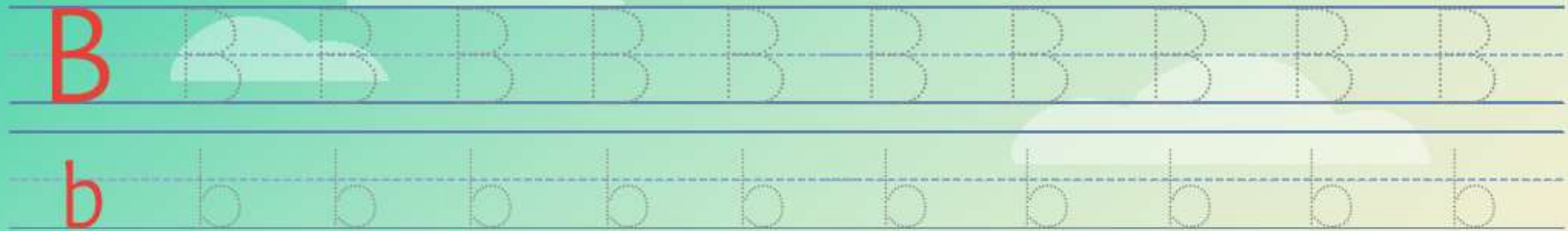
m - o



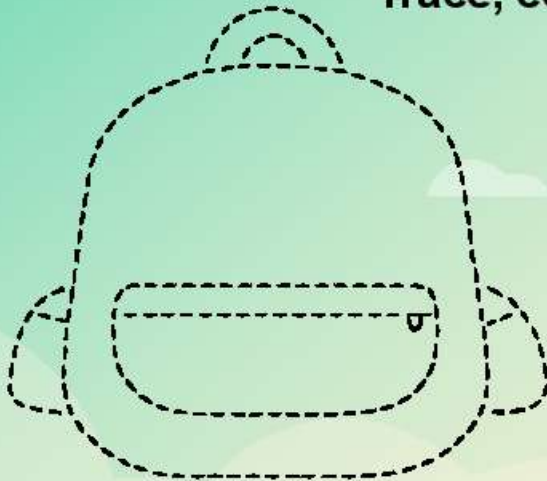


It's Practice Time!

Trace letter **Bb** in its upper and lowercase forms:

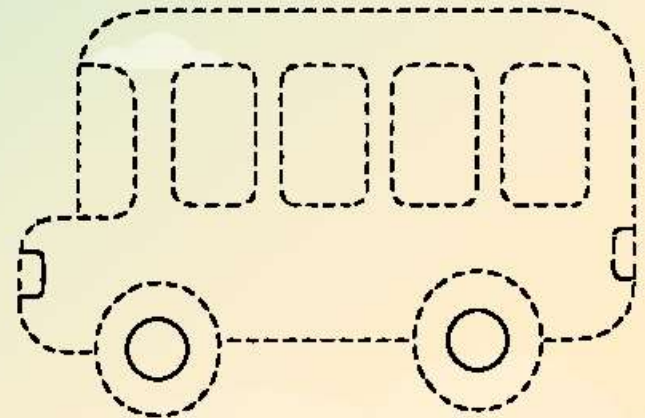


Trace, color, and match the beginning letter:



Bb

Oo



Look, listen, and repeat:

How many days
are there in
a week?

Trace:



There are **7**
days in a week.

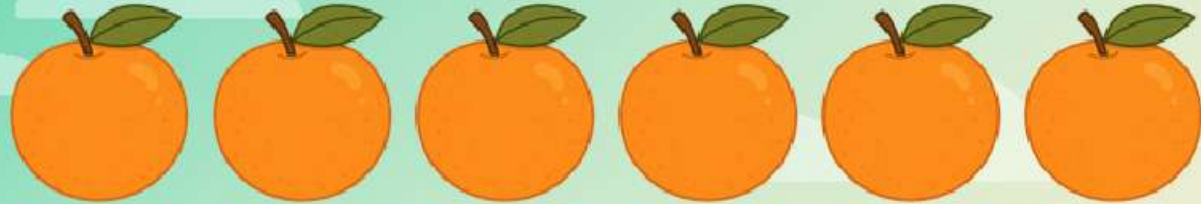




Numbers Are Fun!

Look, count, and say:

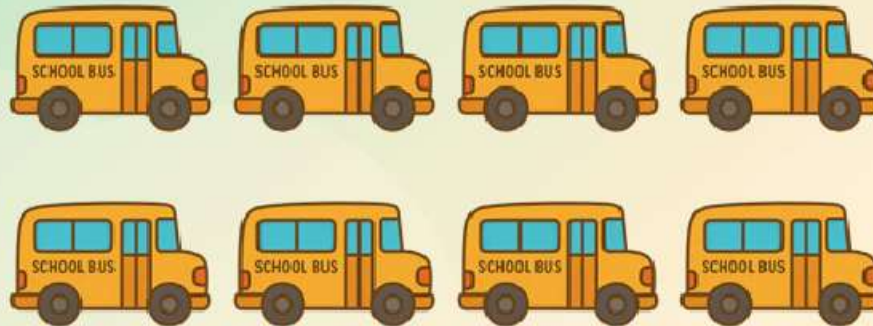
6



7



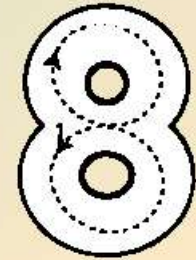
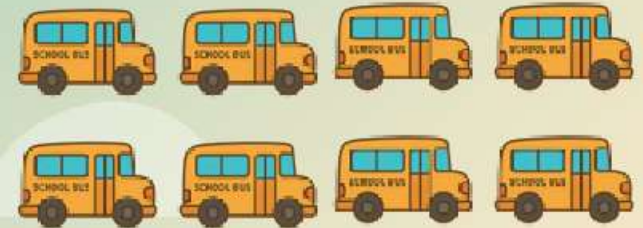
8





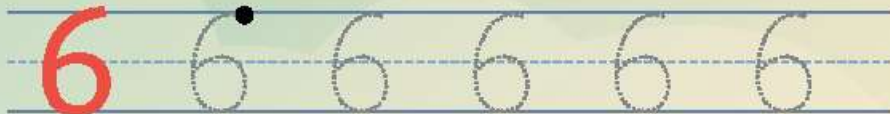
It's Practice Time!

Count and trace:



Follow the Arrows, Make the numbers!

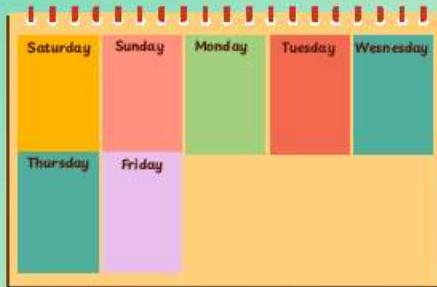
Listen to your teacher, start at the dot, and use your finger to follow the arrows:





It's Practice Time!

Count and match:



6

8

7





Letters and Sounds:

Look and say:

Ff

flag



flower



Farida



Ll

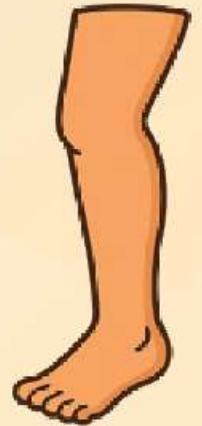
lamp



leaf



leg

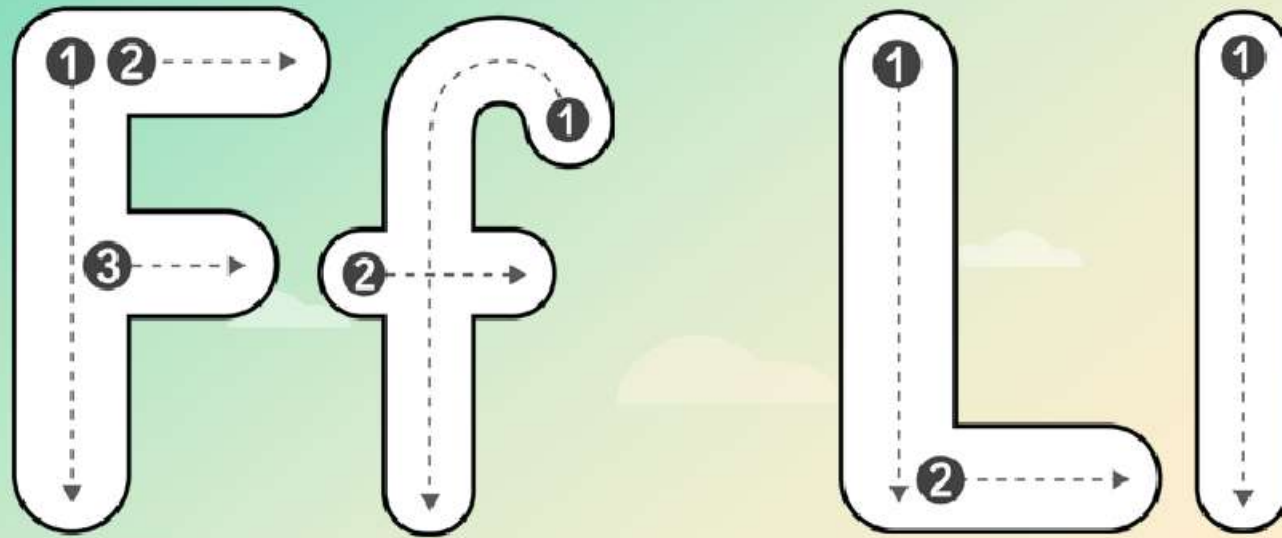




Letter Formation Directions

Follow the Arrows, Make the letters!

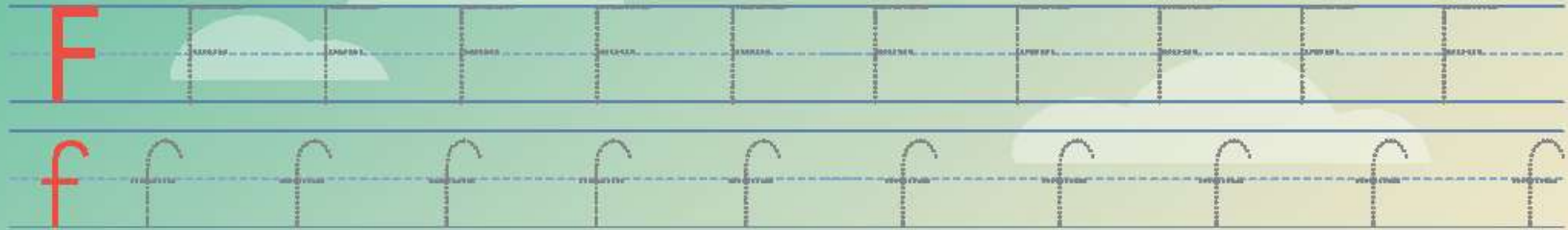
Listen to your teacher, start at the dot, and use your finger to follow the arrows:





It's Practice Time!

Trace letter **Ff** in its upper and lowercase forms:



Look and say, then circle the beginning letter.



f - b



l - b



o - l



o - f

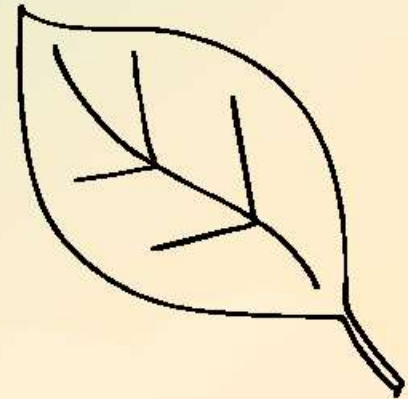
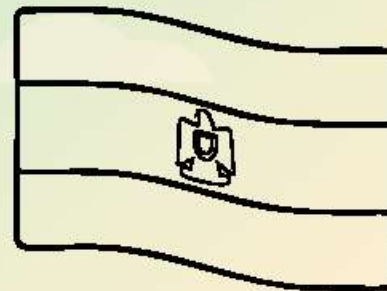
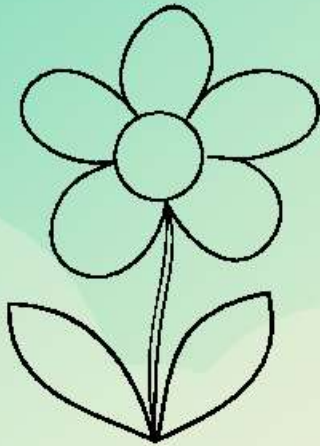




It's Practice Time!

Trace letter **Ll** in its upper and lowercase forms:

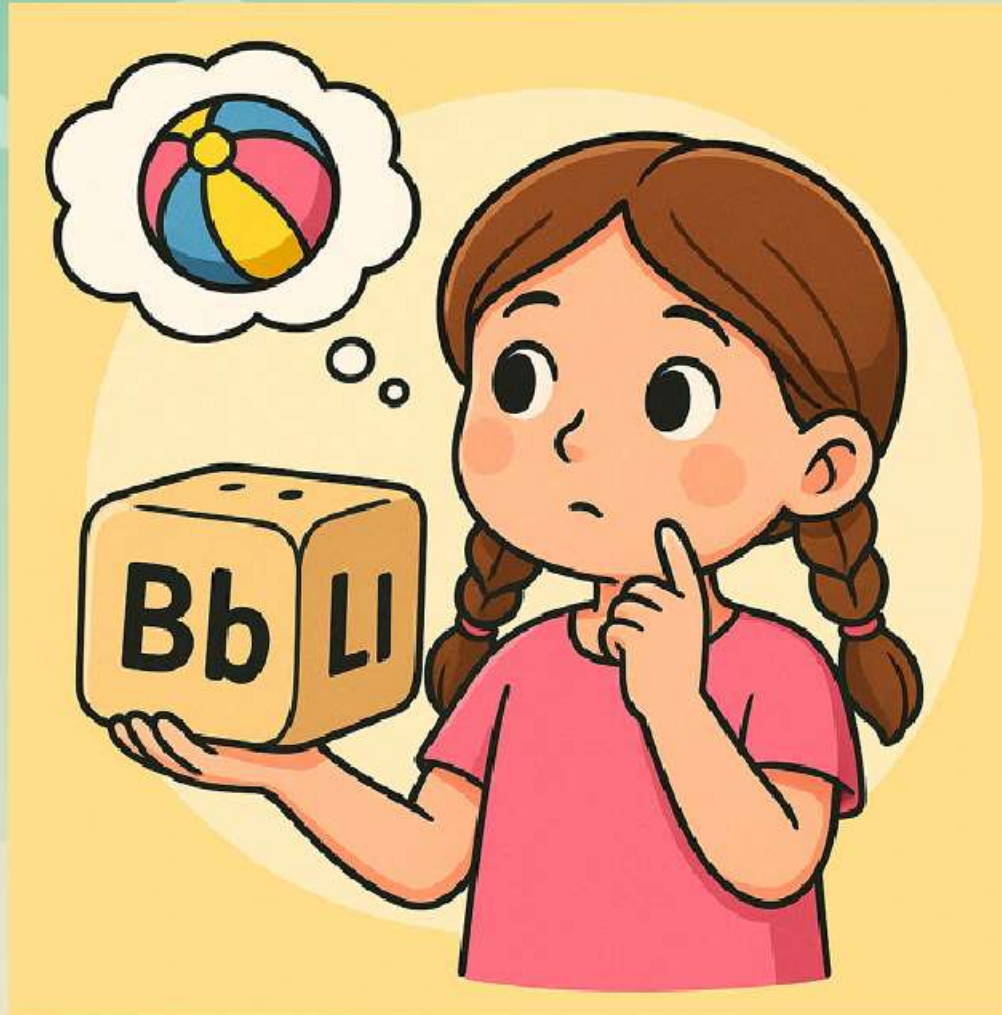
Look, find, and color the pictures that start with letter **Ll**:





What words can you think of?

Roll the dice, look at the letter, and say two words that begin with that letter:





Lesson 3:

Listen, Learn, and Sing!

Be responsible.
Each day has a job.



Use time wisely.



Follow your weekly
routine.



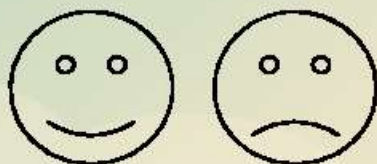
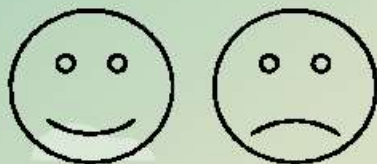
**"Sunday's school, I learn and write,
Friday's fun, I play just right!
Every day, I know what to do,
I use my time and follow through."**





It's Practice Time!

Circle the smiley face for the good actions:



Color the smiley faces if you did the following:

Did you go to school on time?



Did you do your homework before playing?



Did you do what you need to do today?



If you colored all 3 smiley faces, you deserve the Daily Task Hero Medal, color it.





Let's Learn With a Story!

Listen and act out the dialog with a friend:

Farida: Hi, Bassem! What day is it?

Bassem: Today is Monday!

Farida: Oh! Yesterday was Sunday?

Bassem: Yes! Tomorrow is Tuesday.

Bassem: Let's count the days!

Farida: Sunday, Monday, Tuesday,
Wednesday, Thursday, Friday, Saturday!

Bassem: There are 7 days in the
week. We did it!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3		
		8	9	10		
		15	16	17		
		22	23			





Let's Learn With a Story!

Think back to the dialog:
Listen and put (✓) or (×):

1-Today is Monday, yesterday was Sunday. ()

2-Today is Monday, tomorrow is Wednesday. ()

3-Bassem goes to the park on Friday. ()

4-There are 8 days in the week. ()





Sing and Chant with Me!

Days of the Week Song :
Count 7 days as you sing!

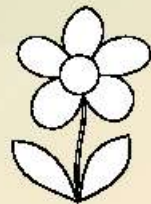
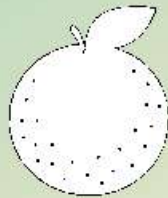
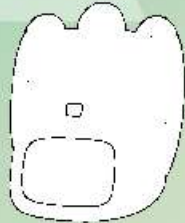
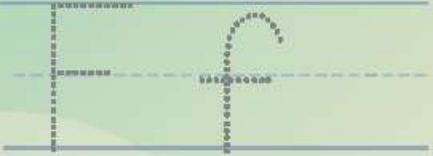
Sunday, Monday — here we go!
Tuesday, Wednesday — say them slow!
Thursday, Friday — almost done!
Saturday is the day for fun!
Seven days are in the week. Let's say
them again — and stomp our feet!



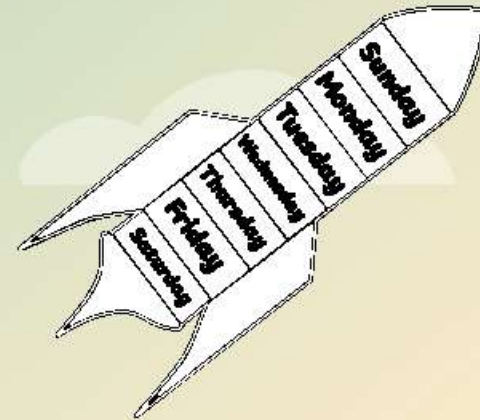


Unit 3 Review

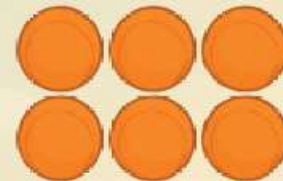
Trace, match, and color:



Color the days of the week rocket:



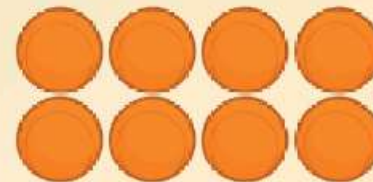
Count and circle the correct number:



6-7-8



6-7-8



6-7-8



Unit 4



My Busy Day!

Look, say, and point:



Look, listen, and point:

I have breakfast
in the morning.



I have lunch
at noon.



I have dinner
at night.



Lesson 1:



My Daily Routine.

Listen, point, and say:



morning



noon



night



breakfast



lunch



dinner



It's Practice Time

Listen, point, and circle:



night - morning



night - morning

Point and match:





My Day in Pictures

Now it's your turn to express:

Show your day by drawing what you do in the morning, at noon, and at night.



morning



noon



night





Letters and Sounds:

Look and say:

Ww

wolf



water



watch



88



Cc

camel



cat



color

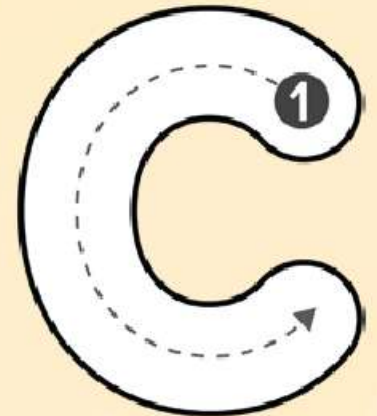
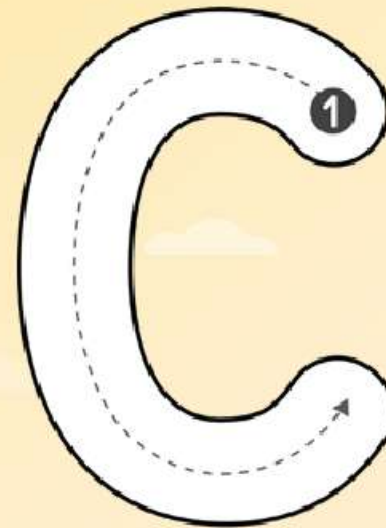
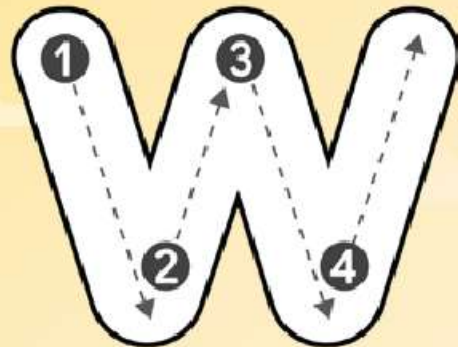
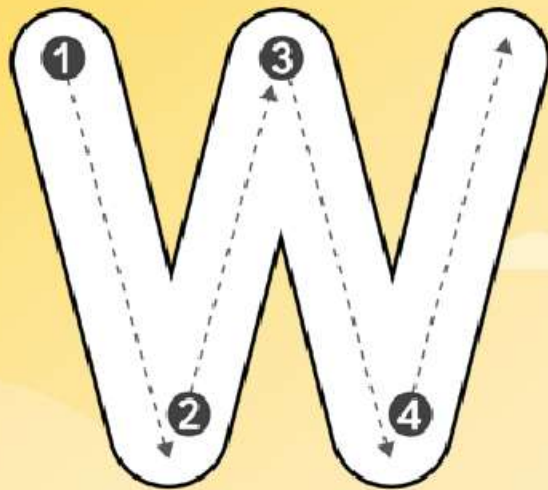




Letter Formation Directions

Follow the Arrows, Make the letters!

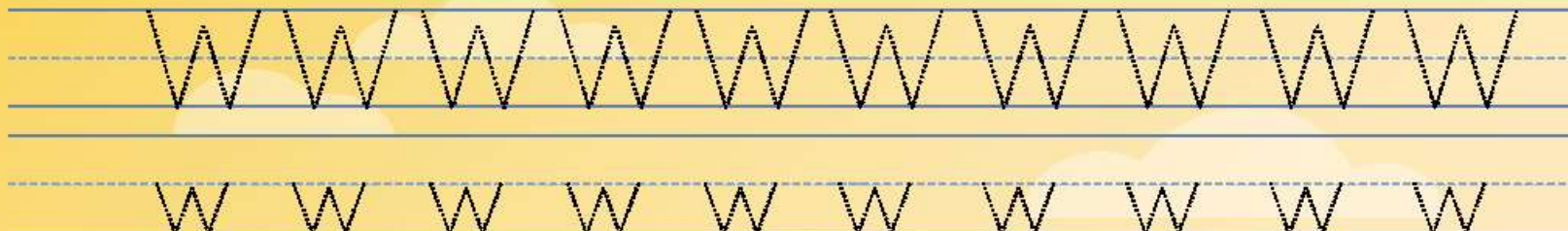
Listen to your teacher, start at the dot, and use your finger to follow the arrows:





It's Practice Time!

Trace letter **Ww** in its upper and lowercase forms:



Match the pictures that begin with **Ww**:



Ww



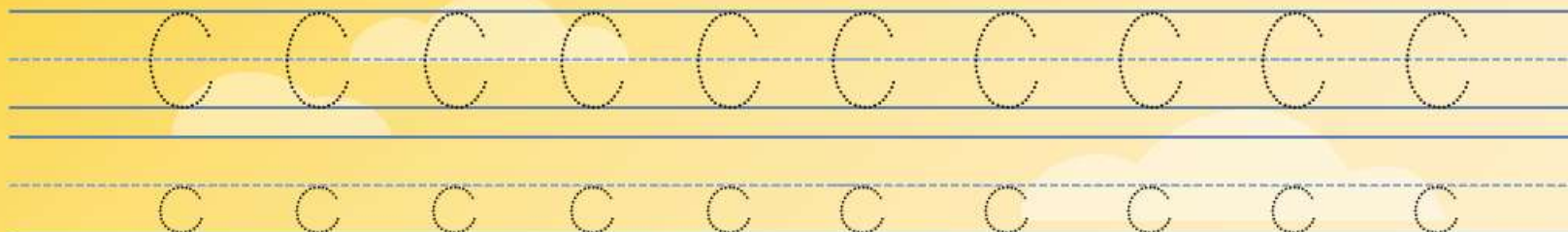
90





It's Practice Time!

Trace letter **Cc** in its upper and lowercase forms:



Color the beginning letter:



Ll

Cc



Ff

Ww



Dd

Cc



Cc

Jj

Refer to page 116 to make your own poster.



Listen, point, and repeat:

**I have 9 grapes.
I will eat them in the morning.**



**I have 7 apples.
I will share them with my family
at dinner.**





Numbers Are Fun

Look, count, and say:

9



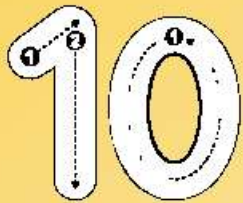
10





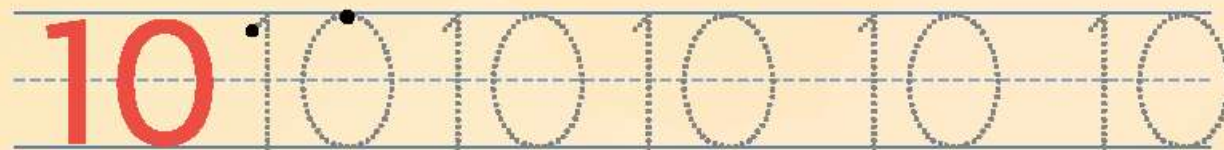
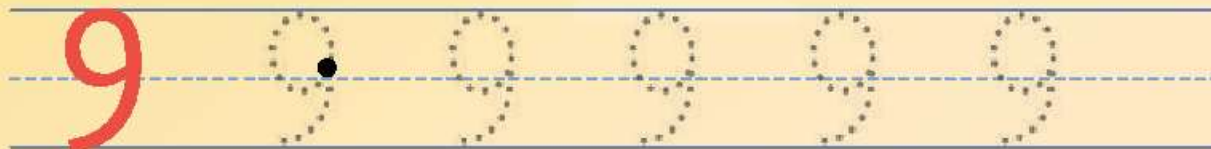
It's Practice Time!

Point, count, then trace:



Follow the Arrows, Make the numbers!

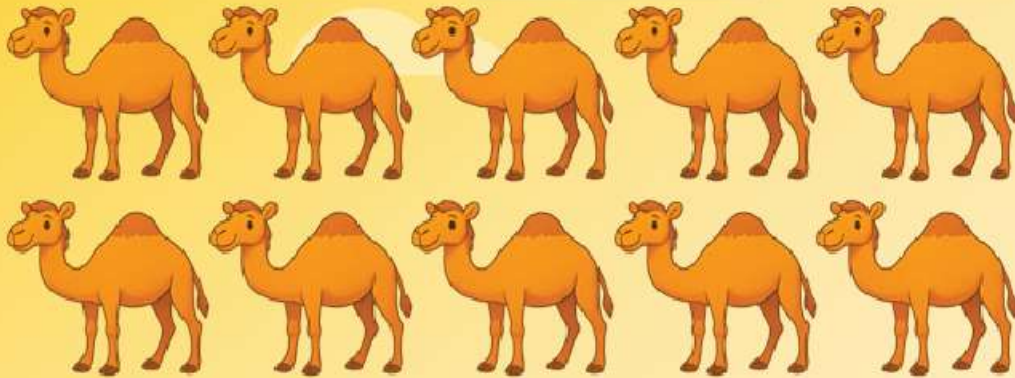
Listen to your teacher, start at the dot, and use your finger to follow the arrows:





It's Practice Time!

Point, count, and match:



9



10



Letters and Sounds:

Look and say:

Rr

rice



rabbit



ruler



96



Uu

under



umbrella

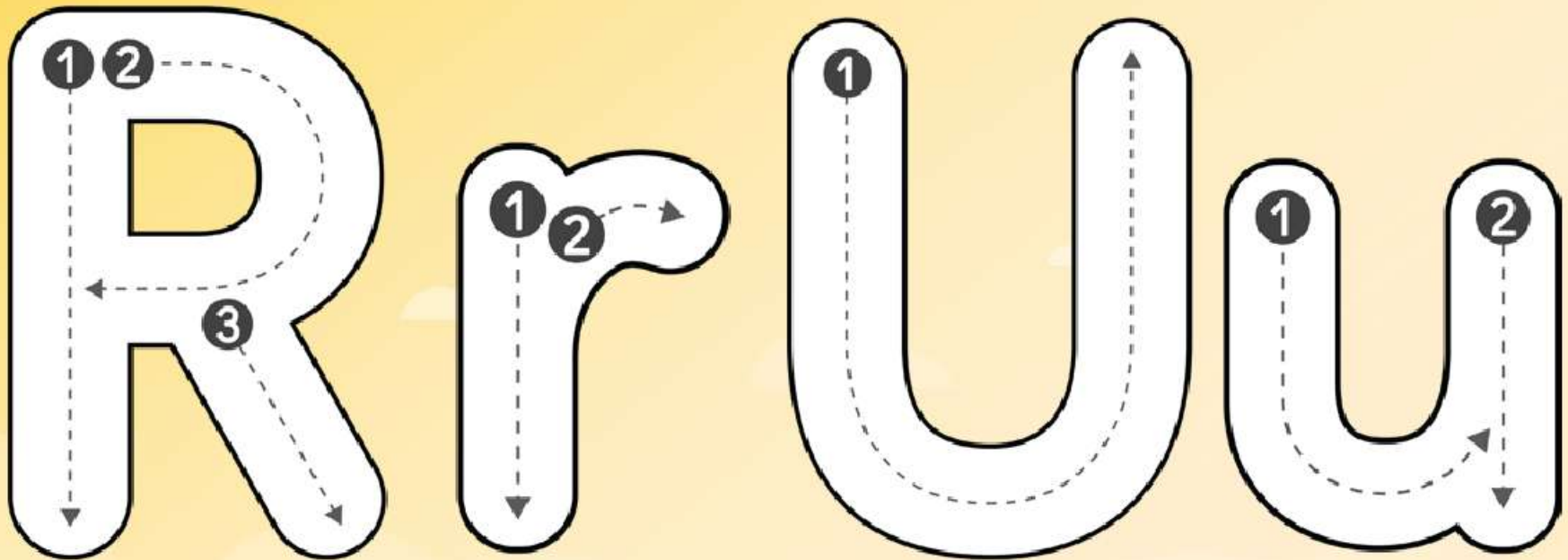




Letter Formation Directions

Follow the Arrows, Make the letters!

Listen to your teacher, start at the dot, and use your finger to follow the arrows:



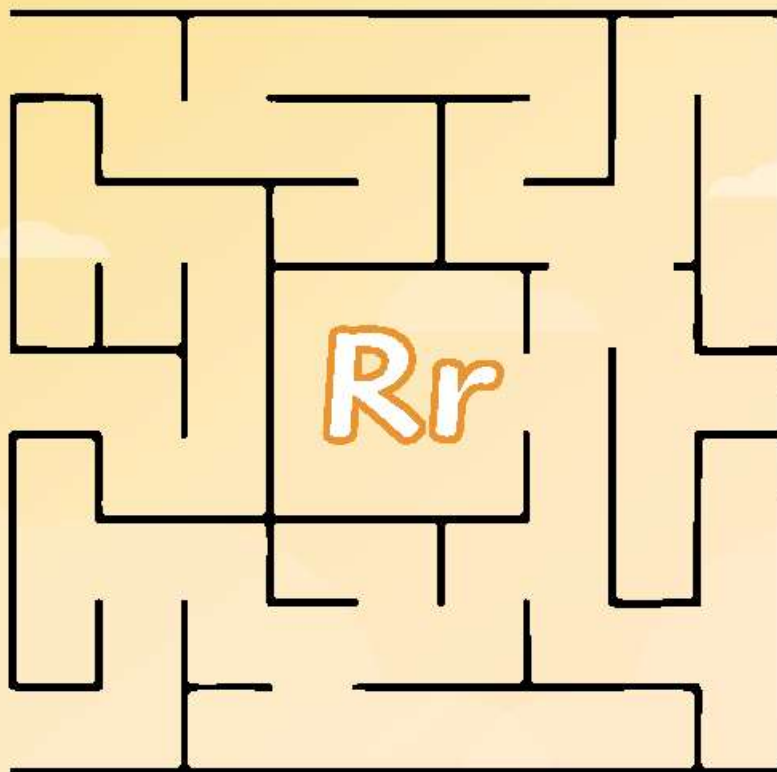


It's Practice Time!

Trace letter **Rr** in its upper and lowercase forms:



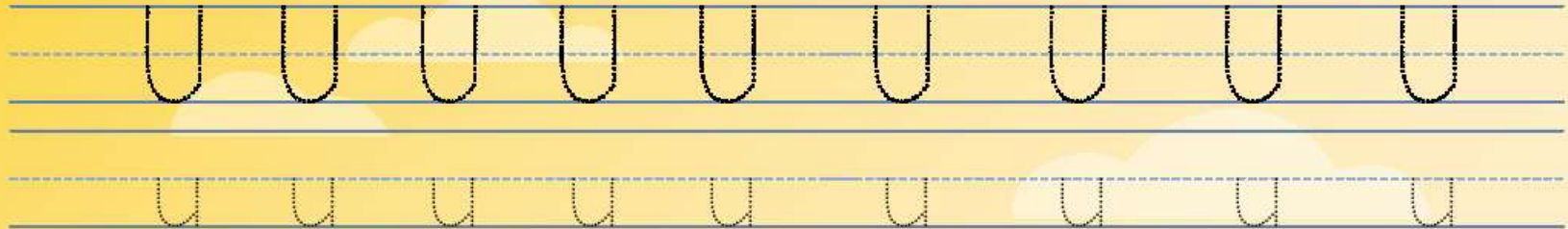
Help the pictures find their letter:





It's Practice Time!

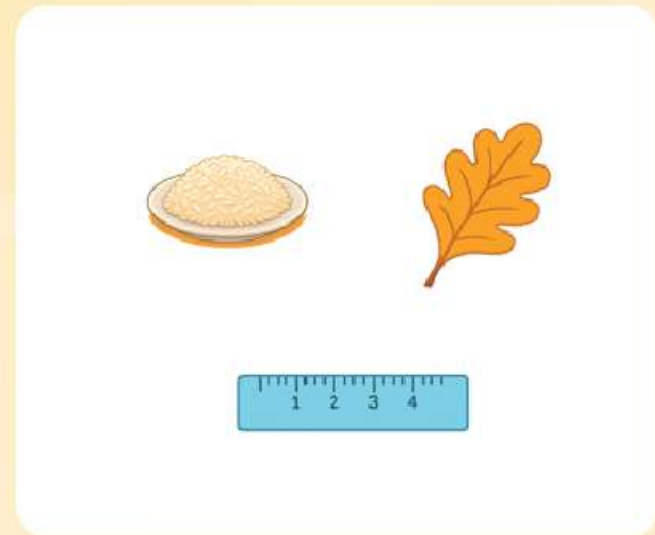
Trace letter **Uu** in its upper and lowercase forms:



Circle the pictures that start with the same letter:



Uu

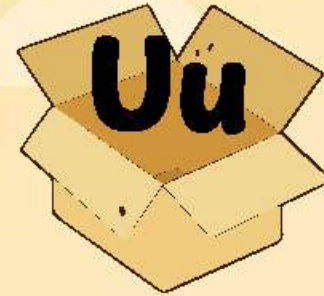
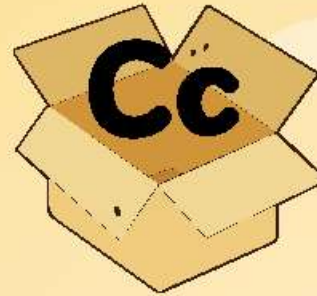


Rr



My Day in Pictures

Take a picture out, say its name, then put it in the box of the beginning letter.



Go to page 117, cut out the pictures on the dotted lines, and use them for this activity.

Lesson 3:



Listen, Learn, and Sing!

Take care of your personal hygiene.



Be neat.



Eat healthy food.



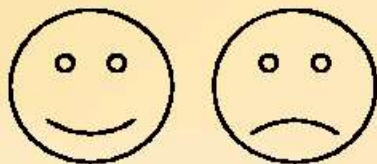
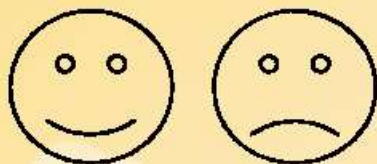
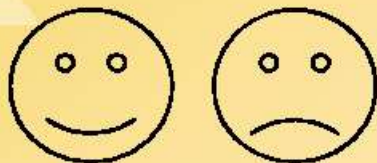
"I wake up early, I'm on the go,
brush my teeth, then clean my
room so!
Healthy food is what I choose,
Routine Champion, I never lose."





It's Practice Time!

Circle the smiley face for the good actions:



Color the smiley faces if you did the following:

Did you brush your teeth?



Did you eat healthy?



Did you clean your room?



If you colored all 3 smiley faces, you deserve the Routine Champion Medal, color it.





Let's Learn With a Story!

Listen and talk about your daily routine:

Gamila: Good morning, Omneya!

Omneya: Good morning, Gamila!

Gamila: Tell me about your daily routine.

Omneya: I get up in the morning.

Gamila: Me too! I have breakfast.

Omneya: Then, I go to school.

Gamila: I go to school too!

Omneya: At noon, I have lunch.

Gamila: At night, I have dinner.

Omneya: What do you do after dinner?

Gamila: I go to bed.





Let's Learn With a Story!

Think back to the story:

Listen and circle the correct answer:

1-We have breakfast in the

(morning - night)

2-We have lunch at

(morning - noon)

3-We have dinner at

(night - noon)

4-In the morning, we go to

(bed - school)





Unit 4 Review

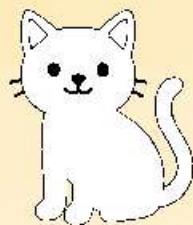
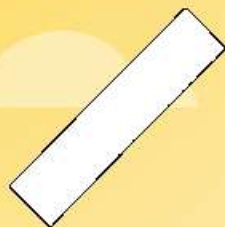
Trace, match, and color:

Ww

Rr

Cc

Uu



Arrange the daily routine actions by matching:



1



2



3

Count, match, and trace:



10



9





Sing and Chant with Me!

My Day Song :

Act out the actions as you sing!

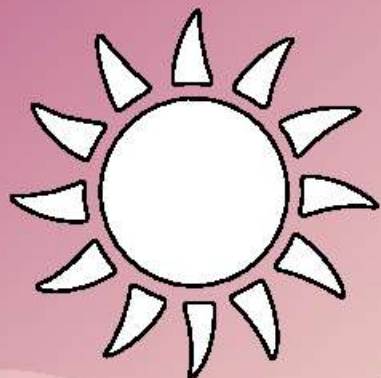
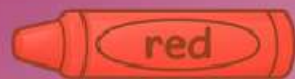
**In the morning, I get up,
Have my breakfast, drink from my cup.
I go to school, I learn and play,
Then have lunch in the middle of the
day.
Night is when I have my dinner,
Then go to bed — I'm a winner!**





Review

Use the right color for each picture:



Match the meal to the time:



breakfast



lunch



dinner



noon



night



morning





Review

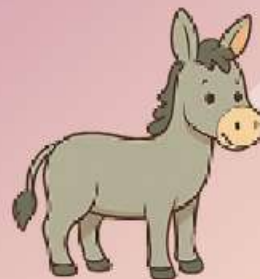
Circle the correct beginning letter:



(j - k)



(d - j)



(m - d)



(g - m)



(f - g)



(l - o)



(b - f)





Review

Match each picture
to its beginning letter:



f

w

l

Circle the picture that
matches the letter:

c

r

u





Review

**Count and circle
the correct number:**



(3 - 2)



(1 - 4)



(5 - 2)

Draw 2 circles:

Draw 4 circles:





Review

Count and match:



10



6



8

Color 7 clouds:



Color 10 clouds:





Review

Look at the picture and circle:



The boy can kick the ball.



The girl can skip.



The boy can jump.



Match the clothing item to the body part:





Cut, Paste, and Create!

Make Your Donkey Poster!

- 1-Cut out all the donkey parts carefully - the head, tail, ears, body, and hair.
- 2-Place the pieces on your poster paper to see where they should go.
- 3-Glue each part in the correct place to build your donkey.
- 4-Press gently to make sure all the pieces stick well.
- 5-Add details like grass, a sun, or a name for your donkey if you like!

Cut and Glue DONKEY CRAFT





Cut, Paste, and Create!

Make your own kite!

1-Cut out all the kite parts carefully.

2-Place the parts where they should be.

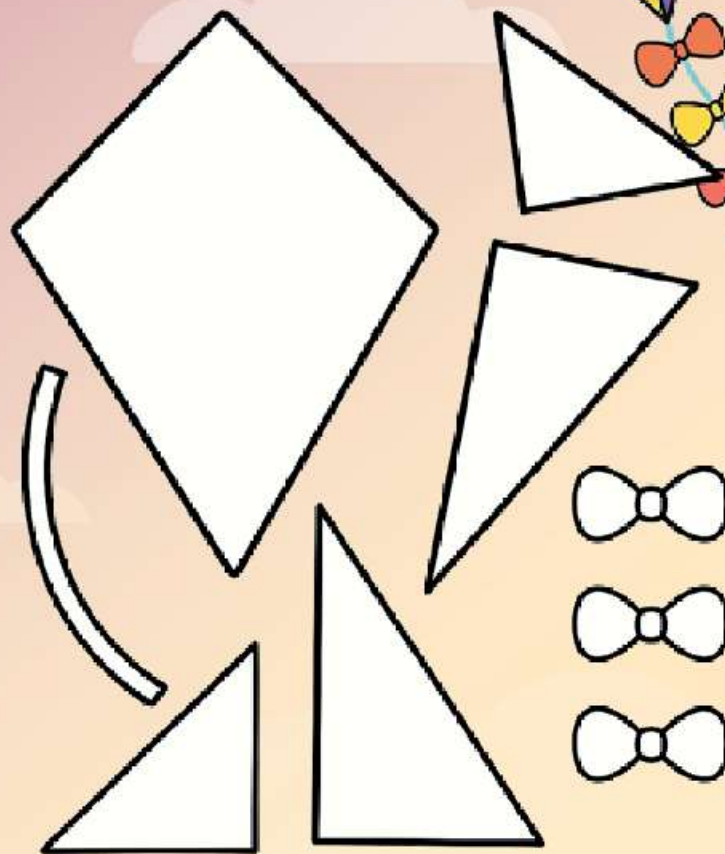
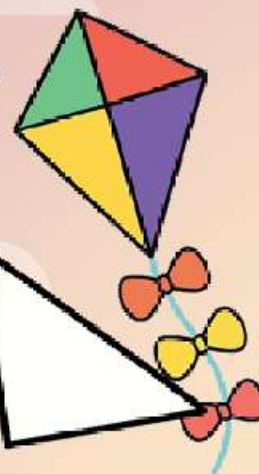
3-Stick the parts together to build your kite.

4-Press gently to make sure all the parts stick well.

**5-Color and decorate your kite.
Play and have fun!**

KITE CRAFT

CUT AND PASTE





Cut, Paste, and Create!

Make your own flower poster!

1-Cut out all the flower parts carefully.

2-Place the parts on your poster paper to see where they should be.

3-Glue each part in the correct place to build your flower.

4-Press gently to make sure all the parts stick well.

5-Color your flower.

FLOWERCRAFT CUT AND PASTE





Cut, Paste, and Create!

Make your own cat poster!

1-Cut out all the cat parts carefully.

2-Place the parts where they should be.

3-Glue each part in the correct place to build your cat.

4-Press gently to make sure all the parts stick well.

5-Play and have fun!

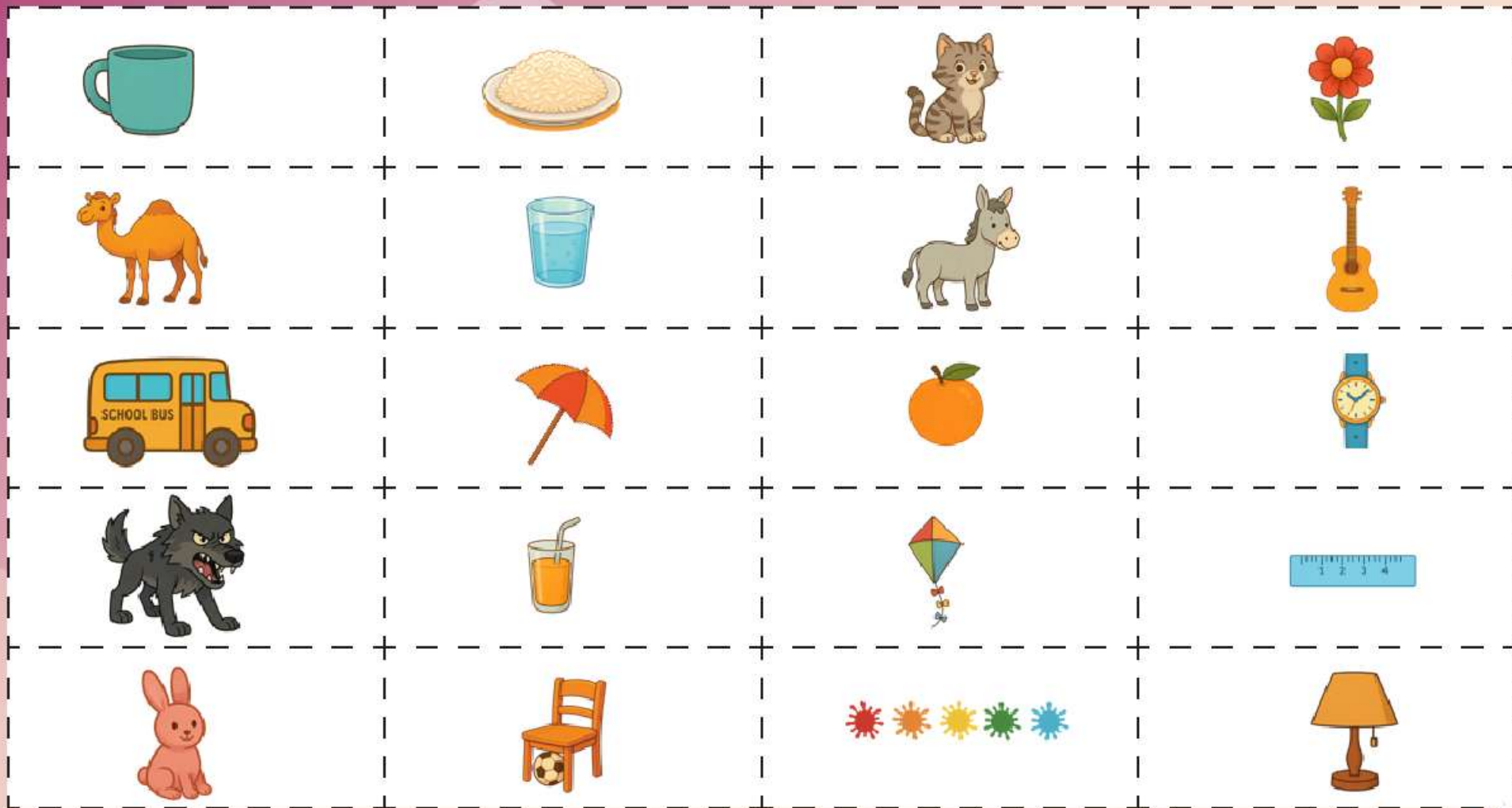
Build a Cat



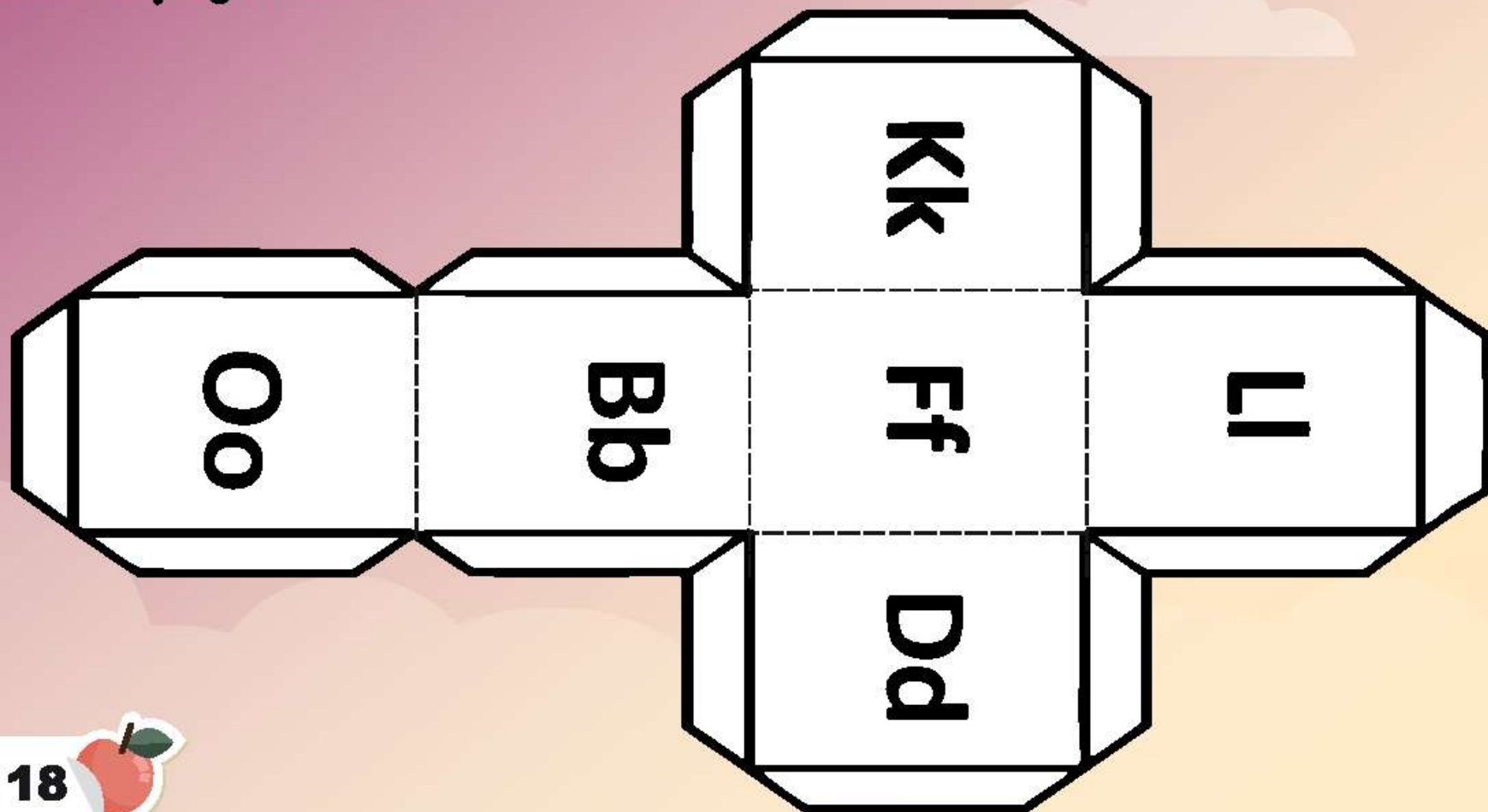


Cut the Pictures!

Cut the pictures on the dotted lines, and use them for the activity on page 100:



- Carefully cut out the dice template along the solid outer lines.
- Fold along the dotted lines to shape the dice into a cube.
- Apply a little glue to the white tabs.
- Press the tabs under the matching sides to hold the cube shape.
- Let it dry for a minute — then you're ready to roll and play!
- Refer to page 76:





English

KG-2 Term 1
2025 - 2026

Academic Year: 2025/2026

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Editorial Note

This work was made through the contributions of a diverse team of professionals with various academic and institutional backgrounds (including, but not limited to, university professors, teachers, subject matter experts, and specialized international organizations). Their contributions spanned multiple phases of the project, including consultation, content development, and quality enhancement.

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Supervisor of the Central Administration for Curriculum Development

رقم الكتاب	عدد الصفحات	ألوان الكتاب	ورق الغلاف	ورق المتن	مقاس الكتاب
٢٠/٢/١١/٢٥/٢٧/١٠٠٦	١٢٨	٤ ألوان	١٨٠ جراماً	٧٠ جراماً	٢٧ × ١٩ سم



الشروط
الحديثة للطباعة والتغليف



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If you see someone in need of help, offer them a helping hand—kindness can change the world.

We are all different, and that's what makes us special. Respect the differences among your classmates.



Don't forget that words like "Thank you," "Please," and "Sorry" are kind words that bring joy to you and others.

Eat fruits and vegetables daily. They strengthen your body and help prevent illnesses.



Exercise every day to keep your bones and muscles healthy.



In collaboration with

