

Question Paper

3 Label each statement T for thesis statement, M for main idea, S for supporting point, or C for conclusion.

Title: The Benefits of Yoga

- a. Develops clear thinking
- b. Physical benefits
- c. Improves concentration
- d. Reduces fear, anger, and worry
- e. Mental benefits
- f. Improves blood circulation
- g. Improves digestion
- h. Helps you feel calm and peaceful
- i. Develops self-confidence
- j. Practicing yoga regularly can be good for your mind, your body, and your emotions.
- k. Makes you strong and flexible
- l. Therefore, to build mental, physical, and emotional health, consider practicing yoga.
- m. Emotional benefits

4 Arrange the ideas in exercise 3 above into an outline. Compare your finished outline with a partner.

- I.
- II.
 - A.
 - B.
- III.
 - A.
 - B.
 - C.
- IV.
 - A.
 - B.
 - C.
- V.



Outline

Title:- Benefits of Yoga

Introduction:-

- Hook statement
- Building sentences ✓
- Thesis statement:-

"practicing yoga ✓ regularly can be good for ✓ your mind ✓ your body, and your emotions."

1) Mental benefits:-

- a) Develops ✓ clear thinking
- b) Improves ✓ concentration

2) Physical benefit:-

- a) Improve ✓ blood circulation
- b) Improve ✓ digestion
- c) makes you ✓ strong and flexible.

3) Emotional benefit:-

- a) Reduce ✓ fear, anger, and worry.
- b) Helps you feel ✓ calm and peaceful
- c) develops ✓ self-confidence.

u can change these words for better expression please

Conclusion:-

- Restart thesis:-

Therefore, to build mental, and emotional health, consider ✓ practicing yoga.

- Summary of main idea:-

- Final thought ✓.
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Label each statement; T for thesis statement, M for main idea, S for supporting point, or C for conclusion.

- (a) "S" Develop clear thinking
- (b) "M" physical benefits
- (c) "S" improves concentration
- (d) "S" reduces fear, anger, and worry
- (e) "M" Mental benefits
- (f) "S" improves blood circulation
- (g) "S" improve digestion
- (h) "S" Helps you feel calm and peaceful
- (i) "S" Develops self-confidence
- (j) "T" practicing yoga regularly can be good for your mind, your body, and your emotions.
- (k) "S" makes you strong and flexible
- (l) "C" Therefore, to build mental, physical and emotional health consider practicing yoga.
- (m) "M" Emotional benefits.