

Title :- Benefits of Yoga

(TMSC)

- a) S Develops critical thinking
- b) M Physical Benefits
- c) S Improves Concentration
- d) S Reduces fear, anger and worry
- e) EM Mental Benefits.
- f) S Improves blood concentration
- g) S Improves digestion
- h) S helps you feel calm and peaceful
- i) S Develops self confidence
- j) I 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.

⇒ Arrange them into outline.

→ Hook

→ Background

→ Thesis:-

Practicing yoga regularly can be good for your mind, your body and your emotions.

→ Mental Benefits:-

- ① Develops clear thinking
- ② Improves concentration.

→ Physical Benefits..

- ① Improves blood circulation
- ② Improves digestion
- ③ Makes you strong and flexible

→ Emotional benefits:-

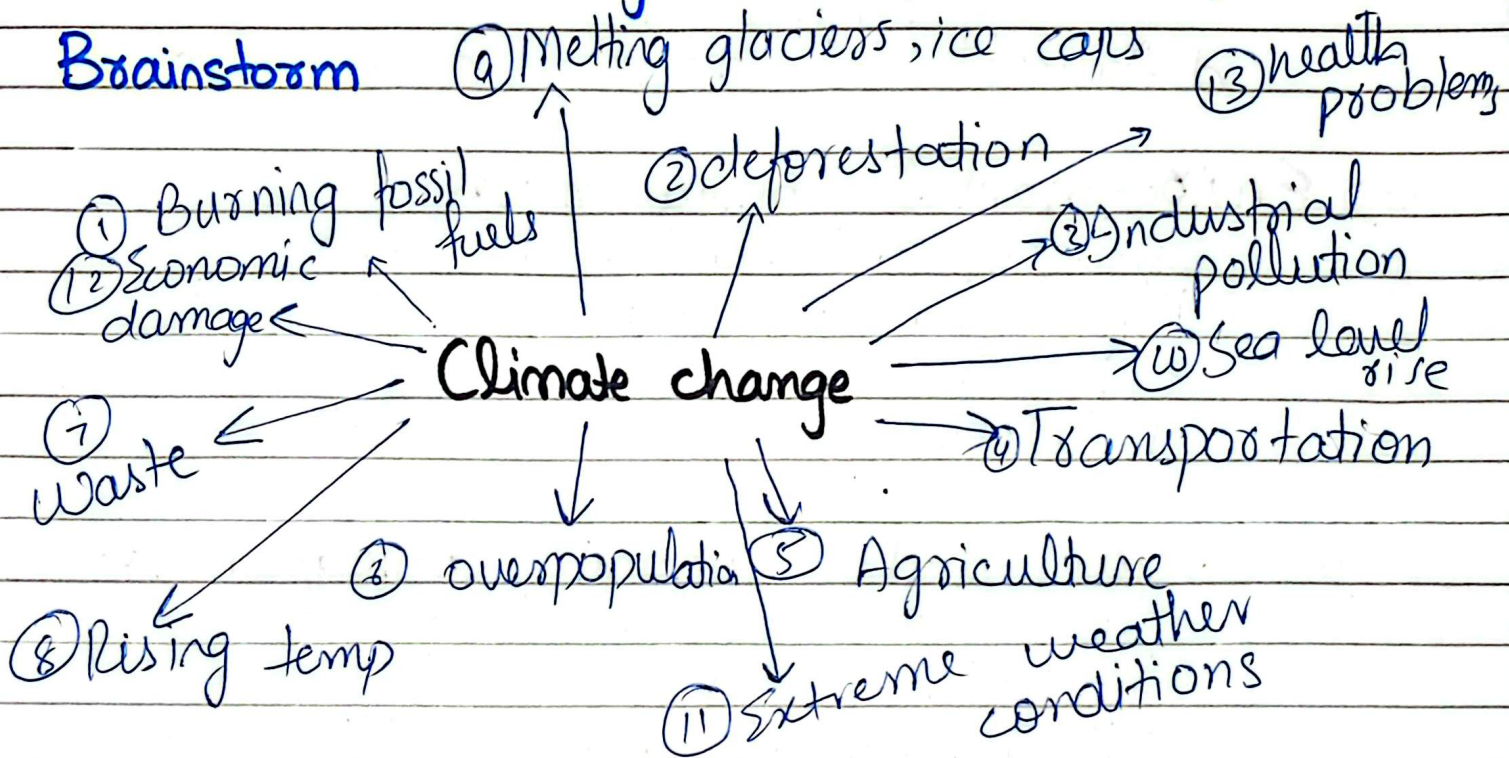
- ① Reduces fear, anger and worry
- ② Helps you feel calm and peaceful
- ③ Develops self-confidence.

→ Conclusion:-

For better mental, physical and emotional health, it is a good idea to practice yoga regularly.

Brainstorm and prepare an outline for (thesis) on :-

Climate change: Causes & Consequences.



Outlines :-

1- Introduction :-

- a) Hook
- b) Background



c) **Thesis Statement:** Climate change is a serious global problem caused by human activities, and it has harmful effects on the environment and human life.

⇒ Causes of Climate Change:-

- a) Burning of fossil fuels for energy
- b) Deforestation and loss of trees
- c) Industrial and transportation emissions.
- d) Agricultural activities and waste.

⇒ Environmental Consequences:-

- a) food and water shortages
- b) Melting ice caps and glaciers
- c) Rising sea levels
- d) Extreme weather conditions

⇒ Social and Economic Consequences:-

- a) food and water shortages
- b) Health risks and diseases
- c) Damage to homes, cities and economies
- d) loss of Biodiversity and ecosystems

⇒ Conclusion:-

To sum up, urgent steps are needed to control climate change and ensure a safe future for the earth.

