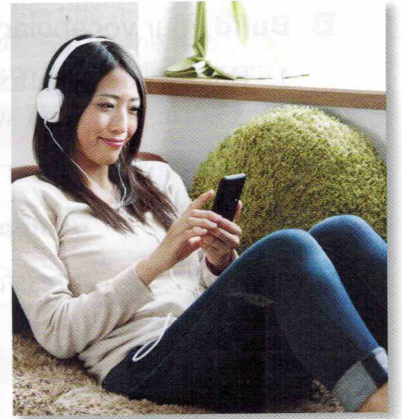


LESSON E Writing

1 Before you write

A Talk with a partner. Look at the pictures. Answer the questions.

1. How do the people in the pictures cope with stress?
2. What are some healthy ways of coping with stress?
3. What are some unhealthy ways of coping with stress?
4. What makes you feel stressed?



B Read the paragraph.

How I Cope with Stress

When I feel stressed, I like to curl up with my cat, listen to classical music, and read an interesting book. Stroking my cat's soft fur helps my body relax, and soon I feel less tense. The sound of classical music with piano and string instruments shuts out the noises around me and reduces my anxiety. I like to listen with my eyes closed until my muscles start to relax. Then I open my eyes and pick up a book. I usually choose stories about people and the difficult events in their lives because they help me forget about all the stressful things I have to do in my own life.

One way to organize details in a paragraph is to write about cause and effect.

I like to listen with my eyes closed (cause) until my muscles start to relax (effect).



C Work with a partner. Complete the outline of the model paragraph.

Topic sentence: When I feel stressed, _____

Ways of reducing stress:

cause: stroke my cat's fur → effect: body relaxes, feel less tense

cause: _____ → effect: _____

cause: _____ → effect: _____

D Plan a paragraph about how you cope with stress. Use the outline to make notes on your ideas.

Topic sentence: When I feel stressed, _____

Ways of reducing stress:

cause: _____ → effect: _____

cause: _____ → effect: _____

cause: _____ → effect: _____

2 Write

Write a paragraph about how you cope with stress. Write about at least three ways of reducing stress (causes) and the effect of each. Use details to describe each effect. Use the paragraph in Exercise 1B and the outlines in Exercises 1C and 1D to help you.

3 After you write

A Check your writing.

	Yes	No
1. My topic sentence identifies three ways of reducing stress.	<input type="checkbox"/>	<input type="checkbox"/>
2. For each cause, I described an effect.	<input type="checkbox"/>	<input type="checkbox"/>
3. I used details to describe each effect.	<input type="checkbox"/>	<input type="checkbox"/>

B Share your writing with a partner.

1. Take turns. Read your paragraph to a partner.
2. Comment on your partner's paragraph. Ask your partner a question about the paragraph. Tell your partner one thing you learned.