



# Developing Coherent Paragraphs

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# Sample Paragraph: Weak Example

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- Weak Paragraph Example:
  - "Exercise is good for people. It can make you feel better and help you live longer. Some people like to go to the gym, while others like to walk outside. Exercise can help you in a lot of ways."
- This paragraph lacks focus and specificity.
  - It contains general statements without strong supporting details or examples.
  - There is no clear topic sentence or concluding sentence, resulting in a lack of coherence.



# Sample Paragraph: Strong Example

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- Strong Paragraph Example:
  - "Engaging in regular exercise offers numerous benefits for both physical and mental health. Studies show that physical activity releases endorphins, chemicals in the brain that act as natural mood lifters, which helps reduce stress and anxiety. Exercise also improves cardiovascular health by lowering blood pressure and boosting stamina, which can increase life expectancy. Therefore, by making exercise a regular part of your routine, you can enhance both your physical fitness and overall well-being."
- This paragraph has a clear topic sentence, focused supporting details, and a concluding sentence.
- Each sentence builds on the topic, providing specific and relevant examples.

# Elements of a Coherent Paragraph

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A coherent paragraph should include:

- A Topic Sentence: Expresses the main idea clearly.
- Supporting Details: Provides relevant facts, examples, and explanations to develop the topic.
- Concluding Sentence: Summarizes or concludes the paragraph (optional in short paragraphs).
- Transitions: Words or phrases that help ideas flow logically.



# Topic Sentences

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- The topic sentence is the first sentence of a paragraph and presents the main idea.
- It should be clear, specific, and directly related to the rest of the paragraph.
- Example of a Strong Topic Sentence:  
'Regular exercise has numerous physical and mental health benefits.'

# Weak vs. Strong Topic Sentence

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- Weak Topic Sentence:

'Exercise is good.'

- - Lacks detail and specificity.

- Strong Topic Sentence:

'Regular exercise can significantly improve both physical and mental health.'

- - Provides a clear, specific idea about the benefits of exercise.



# Supporting Details

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- - Supporting details develop the topic sentence by providing examples, facts, and explanations.
- - Ensure all details are relevant and stay focused on the topic.
- - Example of Supporting Details:
- 'Exercise increases energy levels, reduces stress, and improves sleep quality.'

# Weak vs. Strong Supporting Details

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- Weak Supporting Details:

'Exercise helps you feel better and is good for health.'

- Strong Supporting Details:

'Studies show that exercise releases endorphins, which reduce stress and improve mood. Additionally, it enhances cardiovascular health by lowering blood pressure and increasing stamina.'



# Concluding Sentence

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- The concluding sentence wraps up the paragraph and reinforces the main idea.
- Not always necessary, but helpful in longer or complex paragraphs.

Example of a Concluding Sentence:

'Therefore, regular exercise is essential for maintaining a healthy lifestyle.'

# Weak vs. Strong Concluding Sentence

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- Weak Concluding Sentence:
  - 'Exercise is something everyone should do.'
- Strong Concluding Sentence:
  - 'Given its physical and mental health benefits, regular exercise is an essential part of a balanced and healthy lifestyle.'



# Transitions and Coherence

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- Transitions are words or phrases that help sentences flow smoothly from one idea to the next.
- They enhance coherence by connecting thoughts and providing a logical progression.

Examples of Transitional Words:

- Addition: 'Furthermore,' 'In addition,' 'Moreover'
- Contrast: 'However,' 'On the other hand,' 'Conversely'
- Cause and Effect: 'Because,' 'Therefore,' 'As a result'
- Example: 'For example,' 'For instance,' 'To illustrate'

# Writing Practice Prompt

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Prompt: The Benefits of a Balanced Diet

- Write a paragraph that includes:
  - - A clear topic sentence.
  - - 2-3 supporting details.
  - - A concluding sentence (optional).
- -Focus on creating a coherent paragraph with smooth transitions.



# Peer Review Checklist

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- When reviewing a classmate's paragraph, check for:
  1. A clear and relevant topic sentence.
  2. Focused and relevant supporting details.
  3. Effective use of transitions.
  4. Coherence and clarity throughout the paragraph.
  5. A concluding sentence (if appropriate).

# Paragraph Writing Task Instructions

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Writing Task Instructions:

Write a paragraph on one of the following topics:

1. The Importance of Time Management
2. Why Reading is Essential for Personal Growth

Requirements:

- Begin with a clear topic sentence that introduces the main idea.
- Include 2-3 supporting details with specific examples or explanations.
- Use transitions to ensure coherence between ideas.
- Conclude with a sentence that summarizes or reinforces the main point.

Tips:

- Stay focused on one main idea to maintain clarity.
- Choose specific examples that illustrate your points well.
- Review for coherence to ensure each sentence flows logically to the next.