

## How to identify the main idea.

1. Topic: What is being talked about?
2. Repeated information: Is there a word or phrase that is talked about more than once?
3. Who: Is there a person or group of people being discussed?
4. When: Is there a certain time period or time frame being discussed?
5. Where: Is there a certain place that is being discussed?
6. Why/Purpose: What is the purpose of the paragraph?
7. How: Is there an impact I need to be aware of, is there something people should be doing?

## Example:

"Water is essential for all living things. It helps plants grow, keeps animals hydrated, and is necessary for humans to stay healthy. Drinking enough water each day helps our bodies function properly, aids digestion, and keeps our skin looking good. In some parts of the world, access to clean water is limited, making it important to conserve and protect this precious resource."

1. Topic: Water
2. Repeated information: How water is good
3. Who: Plants, animals, humans
4. When: Everyday
5. Where: Everywhere
6. Why/Purpose: Water is good and needed by all living things and needs to be protected
7. How: It's needed for to be healthy and stay alive

Main idea:

Water is needed by all to maintain life and health so we need to take care of it.

Supporting details:

Is necessary to plants, animals, and humans.

Helps our body function.

Need to make sure clean water is available to everyone

\* Main ideas for all paragraphs can be found on the last page.

## Read the paragraphs and identify the main ideas.

**1:**

"Most people know that getting enough sleep is important, but many don't realize just how much it affects their health. Sleep helps our bodies recover and gives our brains a chance to rest. Without enough sleep, students can feel tired, have trouble concentrating, and may even get sick more often. Experts recommend that middle school students get 9 to 11 hours of sleep each night to stay healthy."

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**2:**

"Recycling is an easy way to help protect the environment. When we recycle, we keep materials like paper, plastic, and metal out of landfills, where they can take hundreds of years to break down. By reusing materials, we also save energy and reduce pollution. Simple actions, like recycling at home and school, can make a big difference in keeping the planet clean."

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**3:**

"Books are not just for reading—they can also open doors to new worlds and ideas. Through books, readers can learn about different cultures, explore new adventures, and discover things they never knew before. Whether it's fiction or non-fiction, books allow us to imagine, learn, and grow in ways that other media can't."

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**4:**

"Friendship is an important part of life, especially for young people. Good friends support each other through tough times, share fun moments, and help each other grow. Healthy friendships are built on trust, kindness, and respect. Having friends can make life more enjoyable and help people feel connected and cared for."

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**5:**

"Exercise is a great way to stay healthy and feel better. When you exercise, your body gets stronger, your heart works better, and you have more energy. Whether it's playing sports, riding a bike, or just going for a walk, moving your body is good for your physical and mental health."

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**6:**

"Many animals are endangered because of human activity, such as deforestation, hunting, and pollution. When animals lose their habitats or are hunted for sport or food, their populations decrease, and some species may even become extinct. Conservation efforts like wildlife reserves and anti-poaching laws are helping protect these animals and their habitats."

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**7:**

"Learning a second language can open up many opportunities in life. It allows you to communicate with people from different countries, understand other cultures, and even improves brain function. Studies show that bilingual people have better memory and problem-solving skills, making learning a new language a valuable skill."

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**8:**

"Gardening can be a fun and relaxing hobby. By growing your own plants or food, you get to see the results of your hard work and enjoy fresh produce. Gardening also helps the environment by improving air quality and supporting local wildlife like bees and butterflies."

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**9:**

"Social media can be a great way to connect with friends, share ideas, and stay informed about what's happening in the world. However, it's important to use it responsibly. Spending too much time on social media can lead to negative feelings like loneliness or jealousy, and it can sometimes lead to cyberbullying."

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**10:**

"Volunteering is a great way to help your community and gain valuable experience. Whether it's helping at a food bank, walking dogs at an animal shelter, or cleaning up a local park, volunteering makes a difference. It also allows you to meet new people and develop skills like teamwork and leadership."

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**11:**

"Music has been shown to have a positive effect on people's emotions. Listening to music can help reduce stress, improve mood, and even boost focus. Many people listen to music while studying or doing homework to help them concentrate better."

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**12:**

"Recycling helps save energy and reduce pollution. By recycling materials like paper, plastic, and glass, we can keep them out of landfills, which helps the environment. It's also an easy way for people to do their part in protecting the planet."

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**13:**

"Physical fitness is essential for maintaining good health. Activities like walking, running, swimming, or playing sports help keep the body strong, reduce the risk of diseases, and improve mental health. Regular exercise is key to leading a long and healthy life."

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**14:**

"Reading books can improve your vocabulary and help you become a better writer. By reading different types of books, you are exposed to new ideas, language, and writing styles. It also encourages imagination and critical thinking, which are important skills in school and in life."

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**15:**

"Recycling helps conserve natural resources. By reusing materials like paper and plastic, we reduce the need to cut down trees or extract new raw materials from the Earth. This helps preserve the environment for future generations."

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**16:**

"Learning how to manage money is an important life skill. Knowing how to save, budget, and spend wisely helps avoid debt and provides financial security. Whether it's saving up for a big purchase or managing weekly expenses, money management is something everyone should learn early."

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**17:**

"Technology is changing the way we live and work. Many jobs now require technology skills, and tools like computers and smartphones make tasks faster and easier. However, it's also important to balance technology use with other activities, like spending time outdoors or socializing face-to-face."

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**18:**

"Regular sleep is vital for students' success in school. Sleep helps improve memory, concentration, and overall health. When students don't get enough sleep, they can feel tired and struggle to keep up with their work."

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**19:**

"Teamwork is a key skill that helps people work together to achieve common goals. Whether it's in sports, school projects, or even in the workplace, good teamwork involves communication, trust, and collaboration. Teams that work well together are often more successful."

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**20:**

"Exercise is not only good for your body, but it also boosts your mood. Physical activity releases chemicals in the brain called endorphins, which make you feel happy. Whether it's a walk in the park or playing a sport, getting moving is an easy way to feel better."

Answers:

1. Getting enough sleep is important for health and helps students focus and stay strong.
2. Recycling helps protect the environment by reducing waste and saving energy.
3. Books help people learn new things, explore different ideas, and expand their imagination.
4. Friendships are important for support, fun, and helping each other grow.
5. Exercise is important for staying healthy and boosting energy.
6. Human activities threaten animal populations, but conservation efforts are working to protect them.
7. Learning a second language brings many benefits, including better communication and improved brain function.
8. Gardening is a rewarding hobby that benefits both individuals and the environment.
9. While social media can be useful, it's important to use it responsibly to avoid negative effects.
10. Volunteering benefits both the community and the individual by providing opportunities for growth and giving back.
11. Music can improve mood, reduce stress, and help with focus.
12. Recycling is an easy way to help the environment by saving energy and reducing pollution.
13. Physical fitness is important for both physical and mental health.
14. Reading improves vocabulary, writing, and critical thinking skills.
15. Recycling conserves natural resources and helps protect the environment.
16. Learning money management is a valuable skill that helps with saving and budgeting.
17. Technology is a powerful tool, but it's important to balance its use with other activities.
18. Getting enough sleep is crucial for academic success and good health.
19. Teamwork is important for achieving goals and being successful in various areas of life.
20. Exercise improves mood by releasing chemicals that make you feel happy.