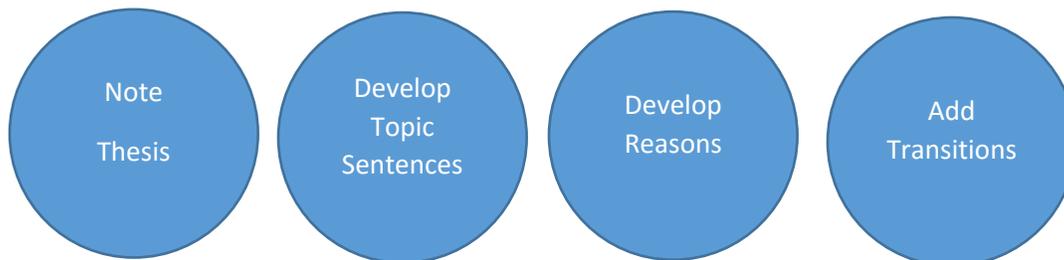


# 4 Easy Steps

## For Developing Body Paragraphs



Body paragraphs prove your thesis so you need to develop the thesis of an essay first.

1. **Note thesis:** Also note points to be proven. Each body paragraph should only focus on one point.

For example, if your thesis statement is:

Students should be required to participate in organized sports because sports activities will make **students healthier, build social skills, and students will develop teamwork abilities.**

The bolded phrases are the points. Each one should become its own body paragraph.

2. **Develop topic sentences:** Each body paragraph usually begins with a topic sentence. A topic sentence announces the main point of the paragraph. Use each point in thesis statement and develop topic sentences.

For example three topic sentences from the above thesis:

If students are required to participate in sports at school, they will **be healthier.**

Students who exercise in school **build social skills.**

**Teamwork abilities will be developed** in children if they are required to play in groups.

3. **Develop reasons and examples:** Each topic sentence guides the information that is in each body paragraph; however, reasons and examples must be developed, too.

For example:

**If students are required to participate in sports at school, they will be healthier.**

Many know that persons who exercise are healthier than individuals who don't. Exercise increases metabolism by burning calories and increasing heart rate. When my sister began an exercise program, she lost ten pounds and her blood pressure went down. Participating in sports will also reduce the risk of heart attacks because activity strengthens the heart. Also, with increase in metabolism, many will benefit because obesity may be reduced.

4. **Add a transition sentence:** Transition sentences lead your reader to the next paragraph. For example:

**Also, when students are required to participate in sports at school they may build social skills.**

# 4 Easy Steps

## For Developing Body Paragraphs

**PRACTICE:** Use the practice topic paragraph (prompt) below to work through the “4 Easy Steps” and complete body paragraphs, then have the CSN Writing Center check your work.

Topic Paragraph (prompt):

Many believe our society puts entirely too much focus on the Internet. Some individuals spend far too many hours browsing nonsensical websites, playing games and using social networking when they could be reading literature, talking to people and facing the realities of their lives. Moreover, these activities don't help anyone succeed in “real” life. Conversely, some believe that the Internet has positively changed the world with access to an abundance of information, instantaneous facts and social connections. Is the Internet a valuable source, or is it an invention that is changing society in negative ways?