# How to Plan a Paragraph

## Paragraph Structure

<table>
<thead>
<tr>
<th>Topic Sentence</th>
<th>Controlling Idea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic</td>
<td></td>
</tr>
<tr>
<td>Body</td>
<td></td>
</tr>
<tr>
<td>Support</td>
<td>Details</td>
</tr>
<tr>
<td>Conclusion</td>
<td></td>
</tr>
<tr>
<td>Summarize Topic</td>
<td>Use Different Words</td>
</tr>
</tbody>
</table>

## Step One: Brainstorm

### Mental Health Treatment
- **Drugs**
  - Sleeping pills
  - Anti-psychotics
  - Extracts
- **Alternative med**
  - Yoga
  - Exercise
  - Acupuncture

### Talking
- **Dreams**
- **Childhood**
- **Hypnotism**

### Pets
- **Physical support**
- **Emotional support**
Step Two: Choose controlling idea and write topic sentence

Step Three: Ask questions to plan support and details

**Supporting Ideas and Details**

- **1. Make the Topic Sentence a Question**
  - TS – Pets are beneficial in the treatment of mental health patients.
  - *For example:*
    - How are they beneficial?
    - For which mental health patients are they beneficial?
- **2. Answer the questions**

Making the Body Stronger

Step Four: Make a plan with support and details

(Supporting ideas are in the pink boxes and details are in the orange.)

<table>
<thead>
<tr>
<th>S1: Physical</th>
<th>S2: Emotional</th>
<th>S3: Limited trouble</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercising</td>
<td>Love of pet</td>
<td>Cheap</td>
</tr>
<tr>
<td>Petting/Touch</td>
<td>Responsibility for pet</td>
<td>No side effects of pills</td>
</tr>
</tbody>
</table>
The Plan

Topic sentence: Pets are beneficial in the treatment of mental health patients.

Support 1: Firstly, pets have many physical advantages for those with mental problems.

- exercising
- petting / touch

Support 2: Furthermore, pets provide emotional healing for mental strugglers.

- love of pet
- responsibility for pet

Support 3: Finally, they enable people who suffer from mental issues to be treated without any negative aspects.

- cheap
- no side effects of pills

Concluding sentence: In short, it is advantageous to use animals to treat psychological problems.

** Be sure to use signal words to indicate supporting ideas and concluding sentence in the paragraph.