

MAIN IDEA

NONFICTION PASSAGES



SPORTS

Playing sports involves participating in physical activities that involve structured rules and competition. It can be done individually or as part of a team. Sports offer numerous benefits for individuals, both physically and mentally. Engaging in sports helps improve physical fitness, strength, coordination, and agility. It promotes cardiovascular health and can contribute to weight management. Additionally, sports provide opportunities for social interaction, teamwork, and building friendships. They teach valuable life skills such as discipline, dedication, and perseverance. Playing sports also encourages mental well-being by reducing stress and promoting a positive mindset. It is a great way to stay active, develop skills, and foster a healthy lifestyle.

Thorns

Protecting thorns is vital because they are endangered and face extinction. Thorns are harvested and used for many purposes, including their medicinal properties and as a source of food. However, the overharvesting of thorns has led to a significant decline in their populations, threatening their survival. Conserving thorns is crucial for their ecological and economic value. Implementing sustainable harvesting practices, protecting thorn habitats, and raising awareness about their importance are essential for ensuring their survival for generations to come.

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Joanne Mattern



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