



PARAGRAPHING EXERCISE:

Divide the class into 5 groups. Then **CUT UP** the sentences and then give all of the sentences from one paragraph (6 sentences) to one group and ask learners to put them in the correct order.

NOTE: ONE of the sentences in each paragraph does ***NOT belong.***

TURN it UPSIDE DOWN!!

Actually, it might be surprising to learn that thirty percent of rural Canadians are illiterate, while in urban centres, Canada has one of the world's highest percentages of post-secondary graduates.

It has people of every race, creed, and colour.

For one, it is the second biggest country in the world, but most of it is uninhabited, with geography ranging from rainforests to deserts.

Canada is a country of surprising contrasts.

Despite being a country of contrasts, Canada's citizens are united by their shared values of tolerance and multiculturalism.

Secondly, while much of the country is rural, its cities are bustling metropolises.

It is true that traditional meditative techniques have come to us from a variety of religions such as Buddhism and Hinduism.

Meditation doesn't have to be either religious or complicated.

However, for many people, the purpose of meditation is simply to quiet the mind and relax the body.

Gardening, walking in nature, and sketching are three activities that can soothe the mind and reduce stress.

Some monks in Tibet spend their whole lives in meditation.

Therefore, any quiet activity that focuses the mind away from worry is actually a form of meditation, even if it isn't part of a religious ritual.

Because the grown-up world is very competitive, participating in sports is a good way to prepare for adulthood.

Children who play on a team experience the triumphs and sorrows of competition, but they also learn to cooperate, and also learn that when their team succeeds, they succeed.

Most importantly, though, children learn that winning is temporary, and losing doesn't kill them.

For example, adults compete for admission to university, for jobs, and even for spouses.

Competitive team sports are an important part of every child's education.

The Olympics are an example of world-wide competitive sports.

In the end, I realized I had learned a lot more from the old man than plant care: I also learned to respect his knowledge, drink tea like a lady, and stop being afraid of old age.

He made me re-pot his plants, pinch off dead leaves, cut back leggy stems, and water and fertilize all of the plants in his small greenhouse.

When I was thirteen, my mother forced me to volunteer as an apprentice to an elderly British neighbour who was an avid gardener.

I hated the work, but eventually, I saw that repotting plants helped them grow bigger, pinching dead leaves kept them healthy, and cutting stems back forced more blooms.

I also worked in my mother's garden, pulling weeds and watering the tomatoes and flowers.

I learned a lot more than just gardening from my years of indentured labour with one of our ageing neighbours.

Opinions are like clothes: it's good to change them from time to time.

Some people have an opinion on every subject, from A to Z.

If a wise man like Gandhi thinks it's good to change opinions, we can surely overcome our own resistance to change.

However, if you are open minded, you may eventually reevaluate your own opinions and even change them.

When a reporter once challenged Gandhi that what he was saying was the opposite of what he had said in the past, he responded, “Well, I hope I’ve learned something since then.”

When you first meet people with different opinions, though, it can be a bit frightening.