

# Main Idea

Read each passage and write the main idea and title.

1 Animals have always played a significant role in human life, whether as pets, workers, or food sources. Over the years, society has realized the importance of protecting animal rights. Many animals suffer in captivity, through poaching, and in factory farms. Activists around the world are working hard to raise awareness about these issues. They promote kindness toward animals and encourage laws that prevent cruelty. Respecting animals and their well-being ensures that they live healthy lives and can continue to benefit the planet and humanity. Supporting animal welfare programs and adopting cruelty-free practices in daily life can make a big difference.

**Main Idea:** \_\_\_\_\_

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**Title:** \_\_\_\_\_

2 Everyone experiences stress and anxiety at some point in their lives. The reason could be schoolwork, family problems, or social pressure. These feelings can become overwhelming. It is important to remember that coping with stress can be achieved through healthy habits. Deep breathing, physical activity, and taking time to relax can reduce anxiety and help you stay calm. Talking to friends or family about your worries can also provide relief. Understanding that it's okay to feel stressed sometimes and learning how to manage it is a key part of mental well-being. When you take care of your mental health, you can handle challenges more effectively.

**Main Idea:** \_\_\_\_\_

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**Title:** \_\_\_\_\_