## Writing an Essay to Give Solutions to a Problem

**Introduction (describe the problem):** People are having emotional and psychological problems because they are spending too much time inside their house. They stay inside their house because they are afraid of the coronavirus.

## Solutions for the Problem with Reasons and Examples

**Solution 1:** 1) First of all, just get out of your house and see what happens.

Examples: 2) As an example, you can get out, explore, and discover new places around the city that you hadn't realized even existed. 3) In addition to this, you can explore the city or your neighborhood by walking, by skating, or by riding your bike. You can 4) even explore the city by jumping obstacles as in Parkour. 5) By doing so, you are doing exercise which will, 6) obviously, help you to feel better. You can 7) also take your pets with you, which will help you twice as much! You can go to any park 8) as well and learn something new like throwing a frisbee or juggling.

**Solution 2:** 9) Furthermore, If you want to have a more sensasional experience, going to natural places can 10) surely help people feel better and in harmony.

**Examples:** Some places you can go to is a river, a lake, a forest, a mountain, a canyon, the beach, or simply a park. Being surrounded by trees, rivers, water, and animals will 11) absolutely give you a sense of relaxation. When you are in nature, you only hear the sound of nature: the water flowing, the wind blowing through the trees, and the birds chirping. Walking through a trail in the forest, next to the beach or a lake will 12) clearly make you feel in peace. Star gazing during the night or watching the sun rise or set will 13) definitely make you have a feeling of serenity, calm and tranquility.

**Solutions 3:** 14) Alternatively, if you simply can't get out of your house, make sure you don't spend too much time in front of computer or TV screens.

**Examples:** Spending too much time in front of a computer or TV screen is not good. Find another fun way to spend your time. Practice any artistic expression like music, sculpting, pottery, or painting. Art creations will 15) certainly help you feel better. Practice some gardening. Play board games with your family. Read a book of your preference. Learn how to cook your favorite dishes. There are also a great variety of puzzles you can solve. You can destroy and rebuild your Legos or just use some of your favorite toys you haven't used in a long time. 16) Without a doubt, any of these fun activities will help you feel better.



Complete each transition word by writing the missing letters.