

Read each statement carefully. Decide whether it is **TRUE** or **FALSE** based on the role of each paragraph layer.

Question 1:

The sentence *“Writing in a daily journal is an excellent strategy for students to release hidden academic frustrations”* is the **Top Bun (Key Idea)** because it introduces the main idea.

Question 2:

The sentence *“Every night before bed, I take out my notebook and write down three things that bothered me that day”* belongs in the **Protein (WHY?)** layer.

Question 3:

The sentence *“When studying becomes too overwhelming, writing provides a safe, private space to vent my emotions”* acts as the **Protein (WHY?)** because it explains why journaling can help students manage stress.

Question 4:

The sentence *“Consequently, putting my thoughts on paper allows me to sleep peacefully and wake up ready for school”* should be placed in the **Greens (WHAT?)** layer.

Question 5:

The sentence *“The physical act of writing slows down my racing heartbeat and organizes my chaotic thoughts”* is the **Greens (WHAT?)** layer because it explains what journaling does to the body and mind.