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| ParaphrasingParaphrasing helps you express someone else's idea in your own words.
Paraphrasing helps you understand and communicate ideas effectively while avoiding plagiarism.
Keep in mind
 -Read the original text carefully to make sure you identify and understand its main ideas, key points and concepts.
 -Replace words and phrases with synonyms wherever possible.
 -Rearrange the order of words within sentences to create new ones.
 -Remember that some words (like names, dates, or titles) cannot be changed |

### What is a good way of paraphrasing the sentences?

###### **Which of the following is the best paraphrase of the sentence: 'Actions speak louder than words'?**

 Loud actions are better than spoken words Deeds are more significant than words

###### **Which of the following is the best paraphrase of the sentence: 'Don't judge a book by its cover'?**

 Don't make assumptions based solely on appearance Don't evaluate a book just by its exterior

###### **Which of the following is the best paraphrase of the sentence: 'The grass is always greener on the other side of the fence'?**

 People tend to desire what they don't have The lawn is more vibrant on the opposite side of the barrier

###### **Which of the following is the best paraphrase of the sentence: 'You can't have your cake and eat it too'?**

 It's not possible to keep your dessert and also consume it You cannot simultaneously retain and consume something

###### **Which of the following is the best paraphrase of the sentence: 'When in Rome, do as the Romans do'?**

 While in Rome, behave like the Roman inhabitants Adapt to the customs of the places you visit

###### **Which of the following is the best paraphrase of the sentence: 'A stitch in time saves nine'?**

 A single stitch made promptly prevents the need for nine later Taking timely action can prevent further problems

###### **Which of the following is the best paraphrase of the sentence: 'Beggars can't be choosers'?**

 Those in need can't afford to be selective People who beg are unable to make choices

###### **Which of the following is the best paraphrase of the sentence: 'Curiosity killed the cat'?**

 Inquisitiveness can lead to dangerous situations A cat's nosiness can be fatal

### Paraphrase the sentences

Can you rephrase this sentence: 'Basketball is a fast-paced and exciting sport to watch.'

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How would you say this differently: 'Soccer is the most popular sport in the world.'

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Can you put this in your own words: 'Swimming is a great way to stay in shape.'

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What's another way to say: 'Running marathons requires a lot of endurance and training.'

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How would you summarize this: 'Playing sports can teach valuable life skills like teamwork and discipline.'

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### Paraphrase the following paragraph: 'The benefits of regular exercise extend beyond physical health. It can also improve mental well-being by reducing stress, anxiety, and depression. Engaging in physical activity releases endorphins, which are natural mood lifters. Additionally, setting and achieving fitness goals can boost self-confidence and self-esteem.'

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