

THINKING ON MY OWN

Video: Floods of Fury

*Cause-Effect Relationships Nonfiction Text Structure
(single cause – multiple effects)*

Nena had the best time at her friend's sleepover. They ate junk food, watched movies, and laughed a lot! Her friend even told her that laughing is great for the body. Doubtful of her friend's comment, Nena decided to do a little research of her own. What she found was a fantastic example of Cause-Effect Nonfiction Text Structure and some very interesting information!

Now it's **Your Turn!** Read ***Got Laughter*** and create your own *Think Aloud* and Graphic Organizer.

Then compare your thinking with **Nena's Think Aloud and Graphic Organizer.**



Before You Read:

Think about what you may already know about laughter.
Think about what you've learned about cause-effect relationships.
Then, jot your ideas.

While You Read:

As you read this passage, ask yourself, "Am I making sense?" Look for signal words that can help you determine the cause and its effects. You may want to highlight signal words in blue. Highlight the causes in orange and the effect in green. (You may use any colors available to you – just remember your color scheme!)

After You Read:

- Now it's time to try Thinking Aloud on your own. Ask yourself this question, "Why is laughing beneficial to my body and mind?"
- Use the information you've learned from this passage and Cause-Effect Nonfiction Text Structure to explain how you determined why laughing is good for you.

Got Laughter?

Have you laughed hard at a friend's joke lately, or had a fit of uncontrollable giggles? Besides making you feel great, there is real evidence that laughter is your "best medicine." A



hearty laugh has surprising effects on your body and mind. Laughter leads to lowered stress hormones, which helps your immune system ward off viruses more effectively. Who knew that doubling over with laughter could assist your body in fighting the flu? Laughter also lowers your blood pressure, and gives your heart and even abdominal muscles a workout. Because of the hiccupping and coughing you may do when you laugh intensely, your respiratory system is cleared as well.

After your next session of knee slapping, you may notice others laughing, too. Experts believe that laughter has another amazing effect—it's contagious!



Create a Graphic Organizer:

After you have determined the single cause and the multiple effects for laughing, create a graphic organizer below to represent your thinking and to help you remember the author's main points.



Compare your Think Aloud with Nena's Think Aloud:

Nena's Think Aloud: "Got laughter? That reminds me of those ads for milk. In those ads they always shared the benefits of milk for the body, so I'm thinking that this text will share the benefits of laughter. When I read the sentence "a hearty laugh has surprising effects on your body and mind," I see the word "effects." I know that authors use the word "effects" to signal a cause-effect relationship, so I'm thinking that I'm reading a passage written with *cause-effect text structure*. Since "effects" is plural I bet there are several *effects* of laughter that will be discussed. I read on. Sure enough, in the very next sentence I see the signal words "leads to." This tells me that *laughter* is the *cause*. The author then tells me that one *result* of the laughter is "lowered stress hormones," an *effect*! As I continue to read, I see the word "also" which signals there is going to be another *effect* listed. It says laughter "lowers blood pressure" and "gives your heart and abdominal muscles a workout." Those are three more *effects*! As I read on, I notice the word "because," another signal word. As I continue to read, I can identify another *effect* of laughing. "Your respiratory system is cleared."

In the last sentence of the next paragraph, I read the word "effect." I'm thinking that the author is signaling one final *effect* of laughter. "It's contagious!" After reading this text, I realize that this is an example of *single cause-multiple effects text structure* because laughter is a single cause of so many benefits!"

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A hearty laugh has surprising **effects** on your body and mind. **Laughter leads to lowered stress hormones**, which helps your immune system ward off viruses more effectively. Who knew that doubling over with laughter could assist your body in fighting the flu? Laughter also **lowers your blood pressure**, and **gives your heart and even abdominal muscles a workout**. **Because** of the hiccupping and coughing you may do when you laugh intensely, **your respiratory system is cleared as well**.

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Compare your Graphic Organizers with Nena's Graphic Organizer:

Nena's Graphic Organizer: "Because there is a single cause that results in multiple effects, I use a single cause-multiple effects organizer."

Questions to Think About:

- How do *signal words* help Nena make sense of the text?
- How does the *Single Cause-Multiple Effects Graphic Organizer* help Nena determine important ideas?
- Why might this process help you make sense of text?
- When might this process be useful?

