**Mark or write down the main idea and supporting details. Then, decide what your thesis would be. Then, decide what you would reference from the article in your body paragraph(s).**

**Main idea:**

Music has a profound effect on your body and mind | music affects the body and mind in many powerful ways

**Supporting details:**

There’s a growing field of healthcare known as music therapy

Music stimulate brain waves

Brainwave activity continues after the music ends

Breathing and heartrate are affected

Music can prevent damaging effects

**Thesis ideas:**

I find it hard to believe that…

While I agree that A, I think B is going a little far, because…

I can completely understand these results because I have seen their effects in my friends. So many people are addicted to music, and now it’s clear to me why.

It was clear to me even before reading this article that music has a profound effect on our bodies and minds, because I’ve seen it in my life.

After reading this article, I understand completely music’s role in the health and wellbeing of people because I’ve seen it firsthand.

**Example partial paper:**

 Other than enjoying singing along, does music have any other benefit? According to “Is Music a Good Tool for Health” by Elizabeth Scott, research has shown music has great benefits for our mental and physical health. In fact, music therapy is a new form of healthcare that uses music to improve patients’ health. It’s been proven that music can stimulate brainwaves and that those effects continue even after the music is turned off. Music can also alter our breathing and heartrate and prevent damage to our bodies and minds when used properly. It was clear to me even before reading this article that music has a profound effect on our bodies and minds, because I’ve seen it in my life.

 It’s been clear to me for a long time that music can affect our minds. In fact, my friend, Bill, was suffering from depression for a long time. He said the only thing that could cheer him up, was his favorite song. After I read in the article that “music can be used to bring a more positive state of mind, helping to keep depression and anxiety under control,” I thought immediately of him, because it’s clear that music was working in this way on my friend Bill. Without music, he may not have been able to pull himself together as quickly as he did. This is why music’s positive effects have always been clear to me.

Body paragraph 2…

Conclusion…