Cheat Sheet for brainstorming strong topic sentences. First, list things that interest you, you want to know more about, or you want to teach people about. Then choose a quantifier and write your topic sentence.

Brainstormed Topics	Quantifiers and other Words	Topic + Controlling Ideas or Thesis statement
1. Travel	<i>Numbers:</i> two, three, etc.	 There are <u>two ways</u> to travel on a budget.
2. Cooking Thai food	Some, many, several, a lot, numerous, a few, etc.	2. There are <u>numerous ways</u> of
3. Learning English	The key(s), the benefit(s), the	cooking Thai food.
4. Achieving good grades	way(s), the idea(s), etc.	 Learning English is <u>easier</u> <u>than</u> learning Chinese.
5. Mindful eating	Superlatives: best, worst, most, least, greatest, etc.	4. Achieving good grades starts
6. Storytelling	Comparatives: more than,	with <u>three key</u> ideas.
7. Being present	less than, etc.	 There are <u>several benefits</u> to mindful eating.
	Has/have increased, has/have decreased	 Our <u>greatest</u> legacy is writing our life stories.
	Has/have improved Has/have changed	 People are learning the important <u>benefits of</u> being present in everyday life.

Brainstormed Topics	Quantifiers and other Words	Topic + Controlling Ideas
	Numbers: two, three, etc.	
	Some, many, several, a lot, numerous, a few, etc.	
	The key(s), the benefit(s), the way(s), the idea(s), etc.	
	<i>Superlatives:</i> best, worst, most, least, greatest, etc.	
	<i>Comparatives:</i> more than, less than, etc.	
	Has/have increased, has/have decreased	
	Has/have improved Has/have changed	