

# Paraphrasing (Intermediate/Advanced)



Name:

Date:



## Paraphrasing

**Paraphrasing 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.'

Basketball is an exhilarating and quick-moving sport to observe.

---

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

---

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

---

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

---

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

---

**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.'**

---

---

---