

A **main idea** is the important or main point that a writer makes in an article or a story. The writer often uses **details** to **support** their thinking or the main idea.

Many people are afraid of rattlesnakes, but the more you learn about them, the less scary they seem. Most rattlesnakes live in wilderness or desert areas away from humans. Even when people are near rattlesnakes, most rattlers would rather slip away unnoticed than attack. A rattlesnake shakes its tail when it feels that it is in danger, giving a warning to anyone who has stepped too close.

Supporting Detail

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Main Idea

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A Difficult Start

The first few hours in space can cause a great deal of suffering and extreme discomfort for astronauts in space. Many of the problems result from the absence of gravity. Without gravity many unusual things begin to happen to humans. For example, blood rushes upward which causes astronauts' faces to become puffy and flushed. Veins in the face and neck can start pulsating hard enough for others to see the blood pumping through them. Astronauts may experience nausea, too, a sick feeling in the stomach. This can happen if someone becomes disoriented where they feel like they've lost their sense of balance.

Some other effects of zero gravity are even more surprising. Gravity tends to compress and tighten us as it pulls us downward while we were on Earth. But, without gravity, people get a little taller, and their bodies are altered slightly. Most astronauts' legs will thin out and their waists will get smaller too. With all of these changes, it is no wonder that people feel distressed and anxious during the first few hours without gravity.

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