

Noticing Modal Verbs Answers

Instructions: Read the following passages and underline all modal verbs that you can find.

What is the meaning of the modal verb?

Why Rituals Are Good for Your Health

Paragraph 1: I don't know if I could have survived seven years of my childhood without the soul-saving rituals of my Persian culture.

Paragraph 9: Whether we're chanting in Sanskrit or singing the national anthem, "our brains tend to resonate with those around us, so if everyone is doing the same dance, hymn, or prayer, all of those brains are working in the same way," Newberg explains. "This can engender a powerful feeling of connectedness. It also reduces stress and depression through a combination of effects on the autonomic nervous system, which is ultimately connected to the emotional areas of the brain—the limbic system."

Paragraph 16. In this age of isolation, we need nourishing and uplifting means of creating community by bringing together members of different generations as our ancestors did. From my experience in Iran, rituals can be particularly valuable during hard times. In the U.S., we don't have to worry about bombs and food rations, but we still have challenges to our security that affect our mental and physical health. Rituals can help us, though, by offering our communities opportunities for healing and support.

Could have + past participle expresses possibility in the past

Can expresses ability

Noticing Passive Voice Answers

Paragraph 1. Besides the horrors of the war, freedom of thought and expression **were** severely **restricted** in Iran after the Islamic revolution. Women bore the brunt of this as, in a matter of months, we **were forced** to ditch our previous lifestyle and observe a strict Islamic attire, which covered our bodies and hair.

Paragraph 3. According to research psychologist Nick Hobson, a habit's inherent goal is different from a ritual's. With habit, the actions and behaviors **are** causally **tied to** the desired outcome; for example, brushing our teeth to prevent cavities and gum disease and exercising to keep healthy. Rituals, on the other hand, **are "goal demoted,"** which means that their actions have no instrumental connection to the outcome. For example, we sing "Happy Birthday" to the same melody even though it **isn't tied to** a specific external result.

Paragraph 7. We live amid a loneliness epidemic where the lack of belonging and community **has been linked to** high suicide rates and an increased sense of despair. The United States has one of the worst work-life balance scores in the world, while more Americans have become disillusioned with organized religion, as a broad and rapidly rising demographic consider themselves spiritual but not religious.

Paragraph 8. In Iran during the war, we found uses for rituals when we **were faced with** food rations. We gathered family and friends, reciting the ancient story of the poor abused girl who had run away from home and had a vision of **being visited** by three celestial bibis (matrons).

Paragraph 9. Stories, such as those **told** during the Jewish ceremony of Passover Seder, **have become ritualized** because they are recited in the same way each time.

Paragraph 11. I moved to the U.S. when I was 14. After living here for two decades, I became a mother and **was confronted with** the phrase, "It takes a village to raise a child." But where was that mythical village and the rituals that made it sane? For example, a pregnant woman in Iran had a rotating menu of dishes **made** for her by friends and family. A new mother **was surrounded** by people who took turns assisting with daily tasks. But in the U.S., she **was expected** to fend for herself and her baby immediately after childbirth.

Paragraph 14. Candlelit dinners **were** no longer **saved** for a special occasion. Using a talking stick helped me listen more attentively and choose my words more carefully. Huddling together at the end of each family meeting provided me with a sense of accomplishment. Each ritual, no matter how small, anchored me in something bigger and provided a sense of belonging.