6th Grade Expository Essay Examples

Example 1: How to be happy

Happiness is often framed as an elusive condition. People may seek true happiness for their whole lives, and believe it is impossible to achieve. However, there are some scientifically-proven ways to become happy.

Exercise is one of the easiest ways to become happier. In fact, you may only need seven minutes a day to be happier (Inc). Not only is exercise a natural protection against depression, it aids you in your intellectual powers, in relaxing, and in improving your body image.

Another natural deterrent of unhappiness is sleep. Sleep makes you less susceptible to negative emotions and thoughts (Inc). Your mood will also be much improved with eight hours of sleep each night.

If you are feeling sad, it is common to want to spend more time with friends and family. Though it sounds everyday, it is scientifically proven that having close relationships with friends and family will convert into more happiness (Sparring Minds). In fact, it is recommended to have at least five people whom you feel close to in order to feel sufficiently happy.

Staying home too often can be a downer for your mood, as you might have noticed. Getting out more, doing activities with others, and seeing nature in its splendor will aid you in becoming happy. Spending 20 minutes outside in nature not only boosts one's mood, but also one's working memory and thinking capabilities (Inc).

Surprisingly, helping others increases our happiness as well. In fact, 100 hours of giving help per year (or two hours a week) can be the magic number to feeling better (Inc). In many studies, helping others has been found to boost happiness for reasons such as feeling more accomplished and feeling more self worth.

This might sound weird, but smiling, can help improve our mood. However, fake smiles, if not accompanied by positive thoughts, can make you more unhappy (Inc). Facial feedback is important, as when you genuinely smile, you are telling your brain you are not in distress.

Planning a trip away from your current vicinity can help in becoming more happy, even if you do not go on the trip (Inc). That sense of hope bleeds positive emotions into your consciousness. In fact, planning a trip can boost your happiness for eight solid weeks.

Meditation is one of the best ways to feel better. If the meditation focuses on the state of awareness without thought, you will get many benefits, including reduced stress, better focus, less restlessness, and more joy in one's life (Researching Meditation). It is a highly recommended daily practice, with only five to ten minutes needed in the morning and at night for a happy day and happy sleep.

There are many ways to become happy, or at least to become happier. However, these are the main ways, and the cheapest. It may be startling that the quickest ways to feel happier are also the most natural. This is because money, drugs, alcohol, and other external items cannot reproduce what happens within us in the most innate of ways.

References

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Example 2: April Fools' Day

Possibly the funniest day of the year is April Fools' Day. It happens on the first of April every year, and it comprises pranks and jokes on friends and family, and sometimes strangers. The phrase to use is "April Fools!" after you complete a prank or joke. But there is much more to this day than these common facts. There is a mysterious history of this celebration. There is no real consensus on when the holiday officially or unofficially began, but this essay will deal with all of the main theories.

The earliest possible mention of April Fools' Day is in Geoffrey Chaucer's The Canterbury Tales, written in 1392. In the story "Nun's Priest's Tale" it is mentioned that "Syn March bigan thritty dayes and two." This seems like a jokey way of saying the first of April. However, modern scholars believe there was a misprint, and that Chaucer meant another date—specifically the anniversary of the engagement of King Richard II of England to Anne of Bohemia on the 2nd of May ("The Origin of April Fool's Day").

The next piece of evidence about April Fools' Day comes from the French poet Eloy d'Amerval. He wrote about "poisson d'avril" which means "fish of April" (Amerval, Eliy d.). Some scholars say that April Fools' Day started in the Middle Ages in Europe, where the New Year was celebrated on April 1st. Those who had New Year's Day on January 1st made fun of those who partook in the celebration on April 1st by sending people fishes. In fact, January 1st was made the mark of the new year officially only in 1564 according to the Edict of Roussillon ("The Origin of April Fool's Day").

Speaking of another mention of April Fool's Day, in 1539, the Flemish poet Eduard de Dene wrote a poem about a nobleman who made his servants go on "foolish errands" ("The Origin of April Fool's Day"). In a similar region, in the Netherlands, the beginning of this day was initiated with

the Dutch victory at Brielle in 1572 over the Spanish. The fool, in this case, was the defeated Spanish Duke Álvarez de Toledo. Yet, scholars do not know how to explain this event becoming an international holiday (Brielle).

There are also two other theories that relate to more ancient times. According to History.com, "Historians have also linked April Fools' Day to festivals such as Hilaria, which was celebrated in ancient Rome at the end of March and involved people dressing up in disguises. There's also speculation that April Fools' Day was tied to the vernal equinox, or the first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather" ("April Fools' Day"). As you can see, more and more theories crop up the greater you investigate this holiday.

Lastly, we come back to Great Britain. In 1686, writer and philosopher John Aubrey wrote about a celebration called "Fooles Holy Day." Besides all the obscure references, it is certain that the celebration became popular through Great Britain in the 18th. According to History.com, "In Scotland, the tradition became a two-day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them" ("April Fools' Day"). As time went on, and the celebration became more widespread, it became a one-day holiday.

As you might have noticed, April Fools' Day has a confusing history. There are multiple theories about its origins. It variously started in Great Britain, the Netherlands, Italy, and many other places in Europe. It may or may not have been the mark of a new year, and it may or may not have been connected to the vernal equinox. One would have to be a fool to accept one theory.

Works Cited

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