**Is that a fact?**

A **fact** is something that you know is true. You can prove it.

An **opinion** is something you think or believe to be true. You can’t prove it.

- **It’s raining now.**
  - I can look outside and check this is true so it is a **fact**.
- **It’s going to rain later.**
  - I think it will rain, but I can’t be sure, so it is an **opinion**.
- **Smoking is bad for your health.**
  - There is a lot of medical evidence to prove this, so it is a **fact**.
- **Smoking is relaxing.**
  - I might think this, but other people might disagree, so it is an **opinion**.