

Use strong **VERBS**. Make them **PRECISE**!

movement		emotions	thoughts	senses	voice	objects
bounce: leap, jump carry: transport, lug, cart climb collapse crawl: skulk, scuttle, creep, slink, sneak, edge crept dance dart dash: sprint, rush dawdle drive hit hike - hiked hop - hopped hurry: haste, dash jump jolted leap - leaped marched pull: jerk, tug, yank, wrench push: shove, thrust roll: trundle rotate: spin run: sprint, trot shake: jiggle, wobble	skip: bounce, prance, gambol sneak: creep spin: rotate split: divide, fragment stroll: amble, saunter, promenade stumble: stagger, trip tap: pat, rap throw: toss, lob, fling, heave trudge: slog, trek, hike, march, haul, trail, tramp, traipse, turn twirled wait: pause, postpone wander: stroll, meander, mosey, ramble, roam, amble, mooch wave wind zoom: rocket	admire: respect, regard, appreciate bawl: cry, howl, wail, roar, sob, blub, weep, blubber despair: misery, hopelessness, anguish, gloom, depression, despondent, dejected frown: scowl, glare, glower, grimace, mope, sulk grin: beam, smile laugh: chortle, chuckle sigh: moan, exhale, groan smile: grin, smirk tremble: shake, shiver, shudder, quake, quiver, tremor wince: flince, shudder worry: anxious, fear	comprehend <i>understand, know, realise, grasp, conceive</i> contemplate <i>plan, consider</i> daydream: muse, fantasise evaluate: assess, appraise lament: cry, weep, howl mediate: referee, umpire, interfere meditate: think, ponder, consider, reflect appreciate think: reflect, contemplate, visualise: see, imagine, picture, envisage, wonder: marvel, speculate	caress eat feel - felt hear lick listen observe smell sniff taste touch	answered argued bragged chattered cried declared described discussed explained expressed giggle hum - hummed laugh rap scream shout sigh sing - sang sob talk whisper yawn yelled	bend break - broke burn control - controlled fold melt mend mould open repair smash snap - snapped stretch throw - threw twist