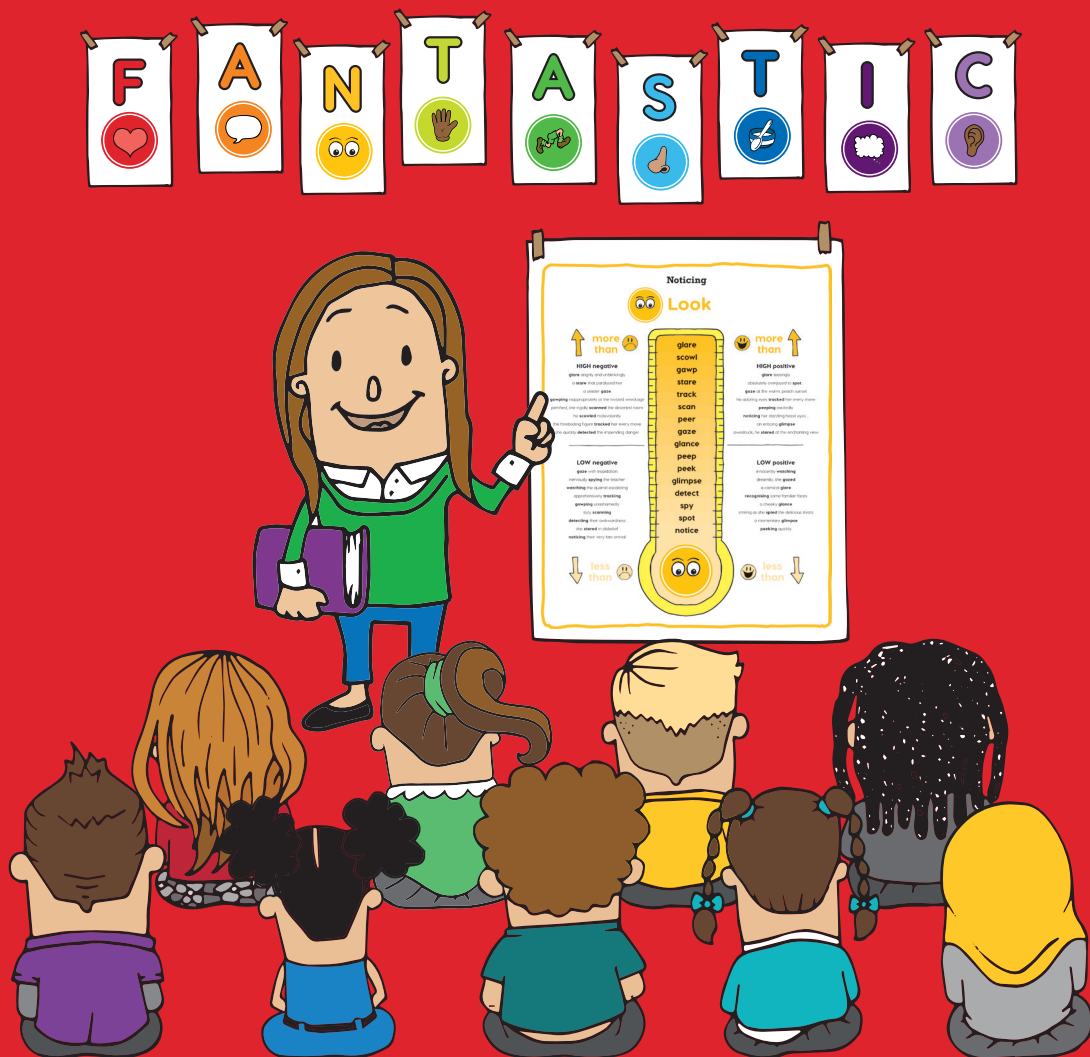


# Shades of Meaning Scale

A **FANTASTIC** approach to enhancing writing in primary schools.



Helping pupils scale language for precision and effect.

# Introduction

**Shades of Meaning Scale** is a resource and tool to support the teaching of writing in schools. It allows the systematic teaching of writing, alongside developing language and ideas.

## FANTASTIC

Underpinning the resource is the guiding principle of **FANTASTIC**, which offers nine key content lenses to write through. **FANTASTIC** is an acronym representing these aspects:

**F** = Feeling

**A** = Asking/saying

**N** = Noticing

**T** = Touching

**A** = Action

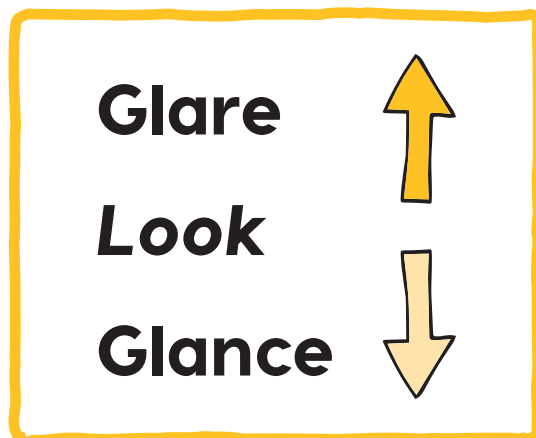
**S** = Smelling

**T** = Tasting

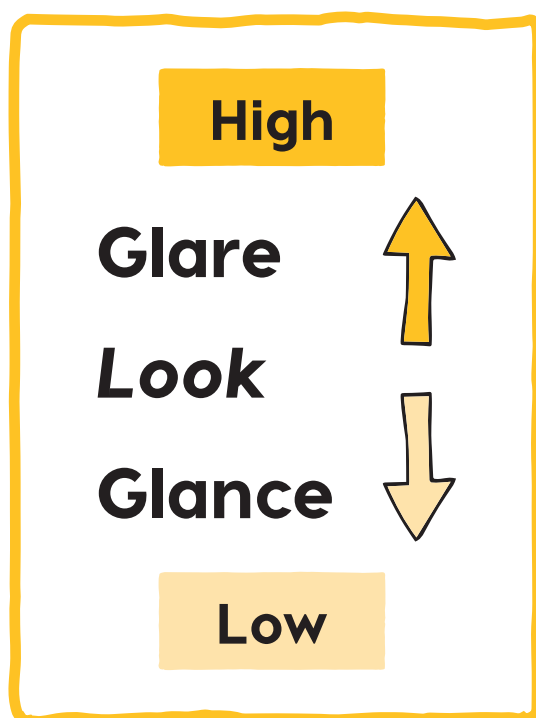
**I** = Imagining

**C** = Checking

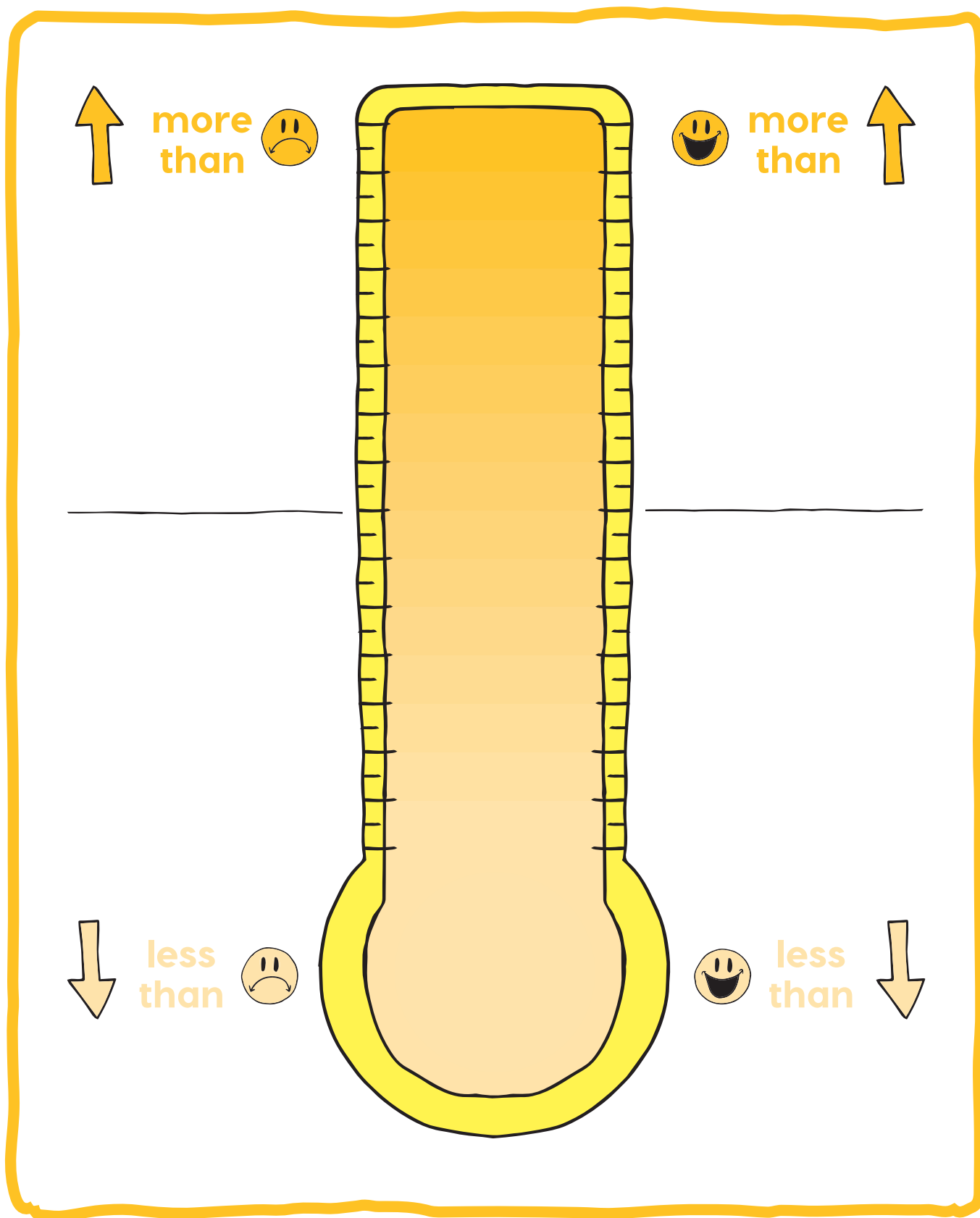
For each of these aspects, **Shades of Meaning Scales** can be built to represent the importance of choosing language deliberately and carefully for specific effects. These word banks assemble vocabulary from lower through to higher levels of intensity. For example:



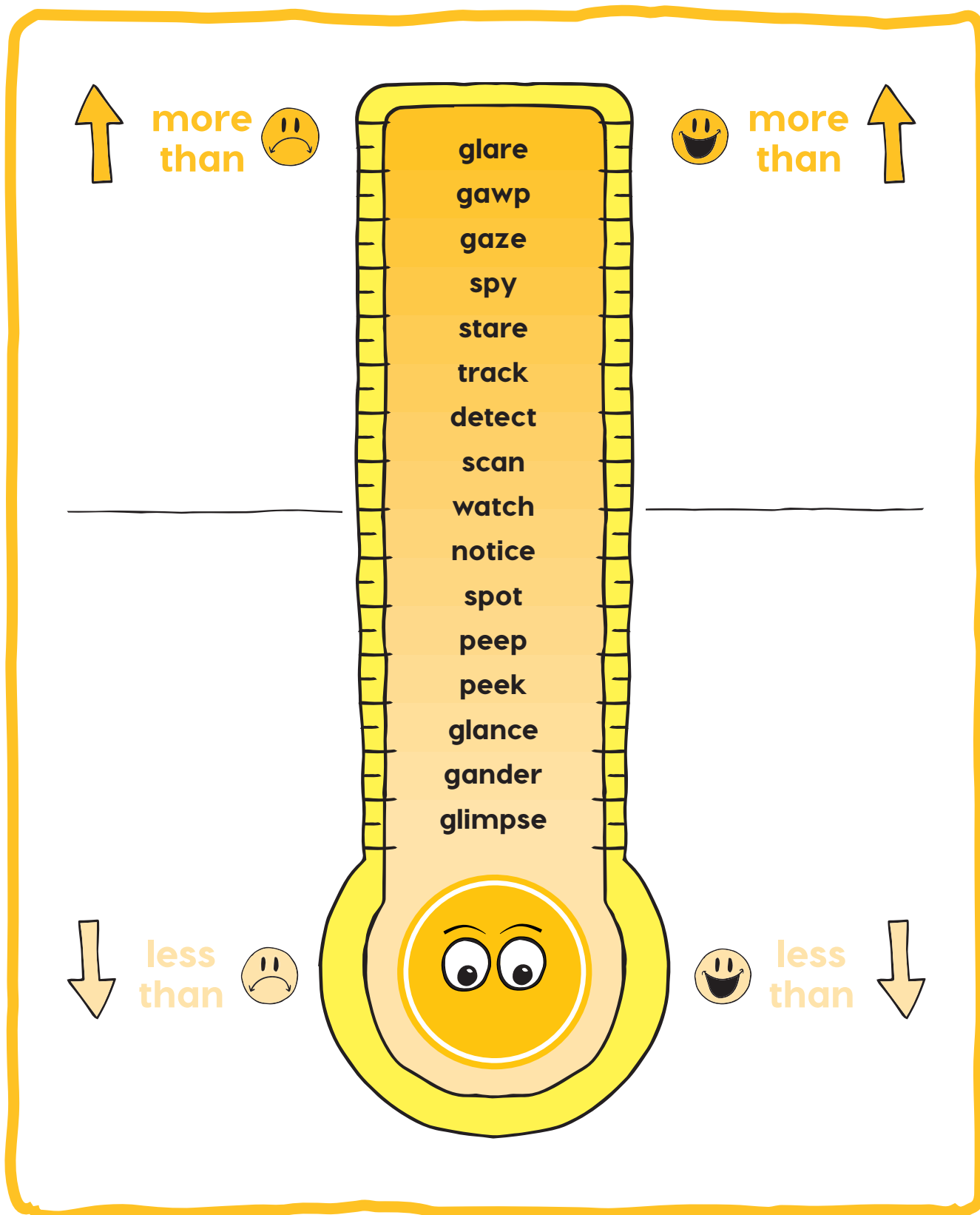
For each **Shades of Meaning**, 16 words have been grouped around a core idea and then organised according to their strength of impact on the reader.



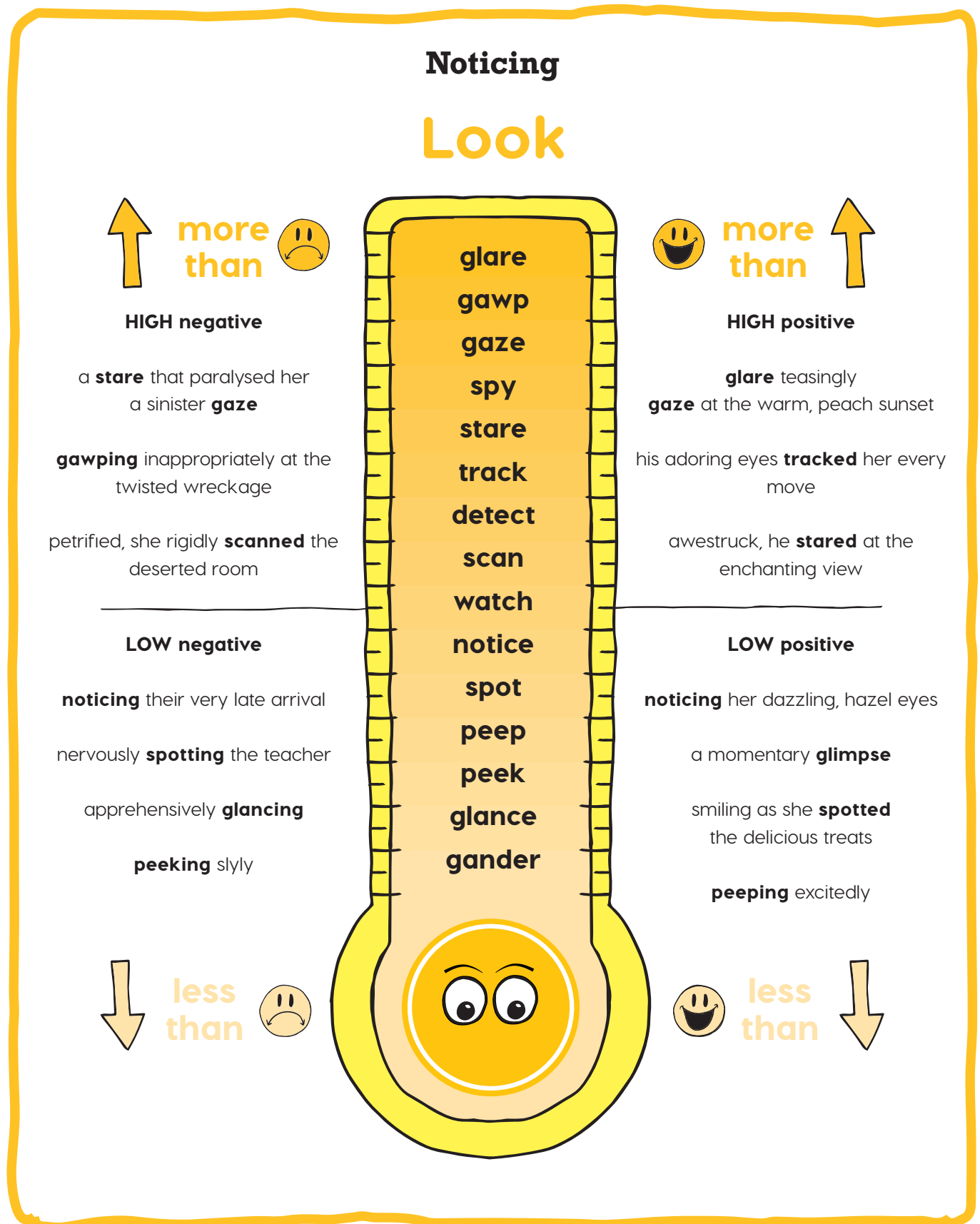
This resource assists pupils in understanding the systematic nature of language. In essence, we can teach English more like maths. It's easiest to understand this on a quadrant model:



This is the **Shades of Meaning Scale Quadrant** with 16 words grouped for NOTICING (LOOK). Arranging vocabulary in this way empowers young writers to pinpoint the precise words needed to express their ideas.



This illustration shows how the quadrant promotes the exploration and development of language:



# Contents Page

# F



## Feelings From Fantastic



### **HAPPY scale**

**Positive** word bank



### **ANGRY scale**

**Negative** word bank



### **SAD scale**

**Negative** word bank



### **SCARED scale**

**Negative** word bank



### **DETERMINED scale**

**Positive** word bank



### **SHY scale**

**Negative** word bank

# A



## Asking From Fantastic

### SHOUT scale



Positive word bank



Negative word bank

### REQUEST scale



Positive word bank



Negative word bank

### LAUGH scale



Positive word bank



Negative word bank

# N



## Noticing From Fantastic

### LOOK scale



Positive word bank



Negative word bank

# T



## Touching From Fantastic

### COLLIDE scale



Positive word bank



Negative word bank

# A



## Action From Fantastic

### WALK scale



**Positive** word bank



**Negative** word bank

### RUN scale



**Positive** word bank



**Negative** word bank

### JUMP scale



**Positive** word bank



**Negative** word bank

### EAT scale



**Positive** word bank



**Negative** word bank

### FIGHT scale



**Positive** word bank



**Negative** word bank

### DANCE scale



**Positive** word bank



**Negative** word bank

# S



## Smelling From Fantastic



### SMELL scale

**Positive** word bank



**Negative** word bank

# T



## Tasting From Fantastic



### PLEASANT FLAVOURS scale

**Positive** word bank



### UNPLEASANT FLAVOURS scale

**Negative** word bank

# I



## Imagining From Fantastic



### THOUGHTS scale

**Positive** word bank



**Negative** word bank

# C



## Checking Sounds/ Hearing From Fantastic

### **LOUD SOUNDS scale**



**Positive** word bank



**Negative** word bank

### **QUIET SOUNDS scale**



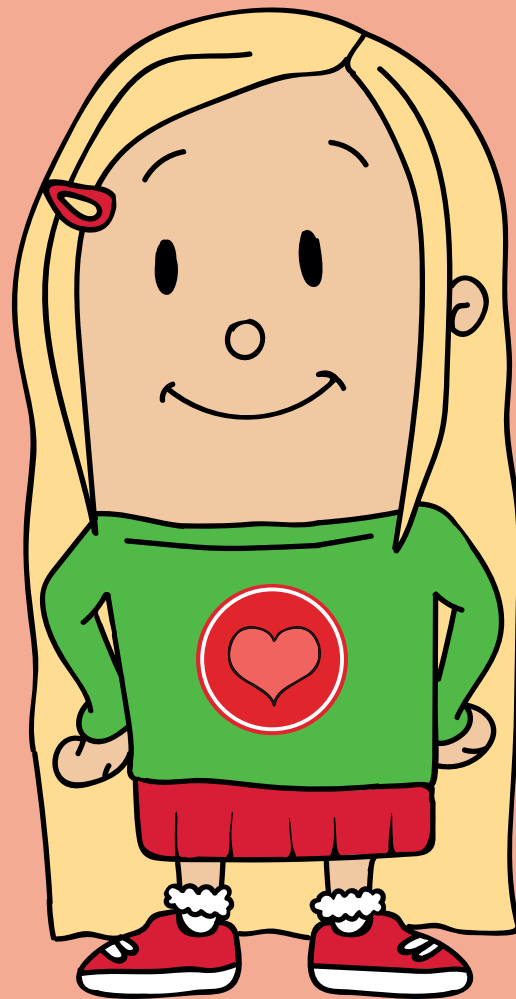
**Positive** word bank



**Negative** word bank



# Feeling





# Feeling

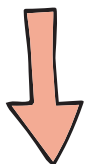
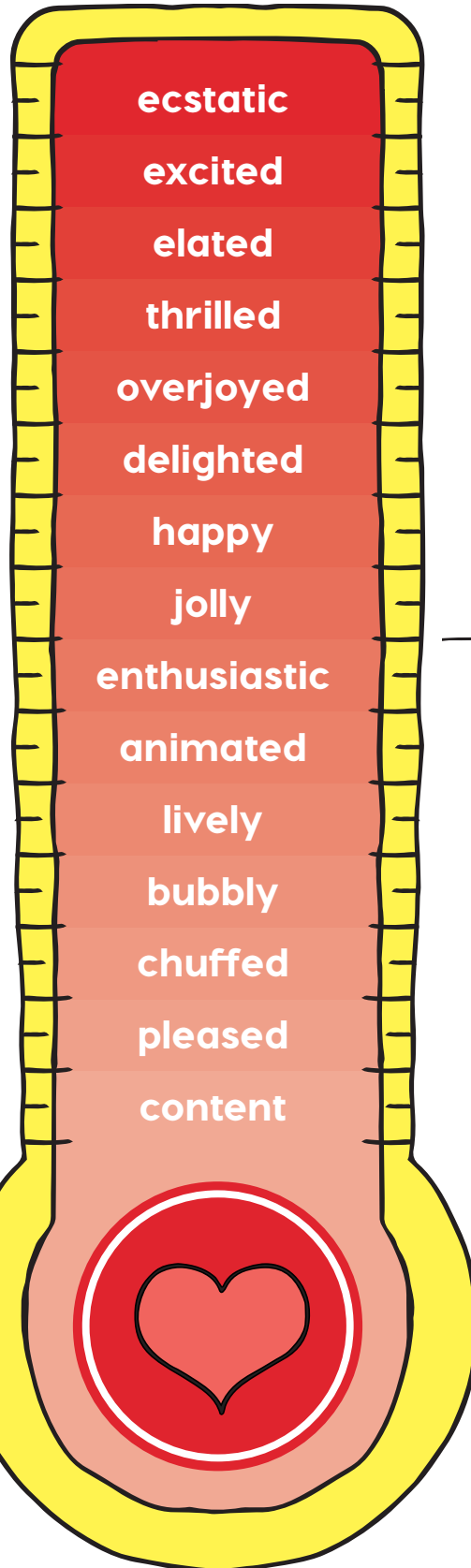
## Happy



more than



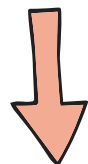
more than



less than



less than





## Feeling - Happy



### Positive adjectives ↑

bubbly, buzzing, cheery, eager, favourable, fizzy, jolly, jubilant, merry, radiant, sunny.



### Positive adverbs ↑

blissfully, brightly, cheerfully, chirpily, eagerly, ecstatically, elatedly, enthusiastically, euphorically, excitedly, exuberantly, gleefully, jauntily, jovially, joyfully, joyously, jubilantly, merrily, radiantly.



### Positive phrases ↑

a surge of **elation** buzzed through his body...

with a **gleeful** skip down the corridor...

with a fizz of **excitement**...

as **enthusiastic** as a child in a sweet shop...

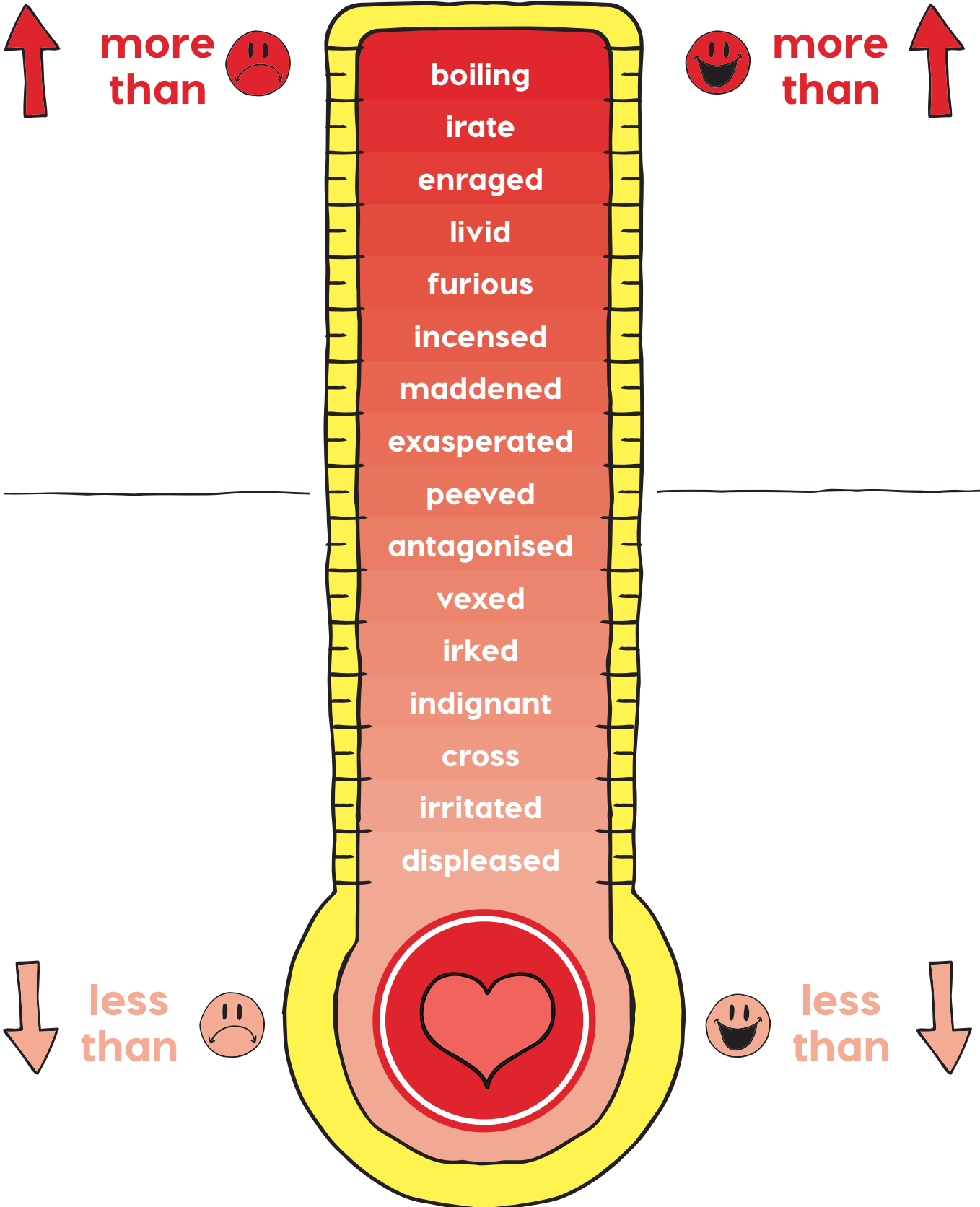
gripped by an overwhelming feeling of **joy**...

scooped up by the **ecstatic** crowds...



# Feeling

## Angry





## Feeling - Angry



### Negative adjectives



acidic, astringent, bitter, disturbed, hot, impatient, outraged, perturbed, petulant, rattled, restless, riled, sour, stern, stormy, wild.



### Negative adverbs



aggressively, antagonistically, brutally, crossly, defiantly, derisively, ferociously, fiercely, forcefully, furiously, indignantly, insultingly, irritably, madly, obnoxiously, offensively, roughly, rudely, sternly, tensely, thunderously, viciously, violently, wildly.



### Negative phrases



with a **furious** outburst that stunned everyone...

**exasperated** by the poor progress...

hitting **boiling** point, she barked out commands...

**irritation** crept over him like a rash...

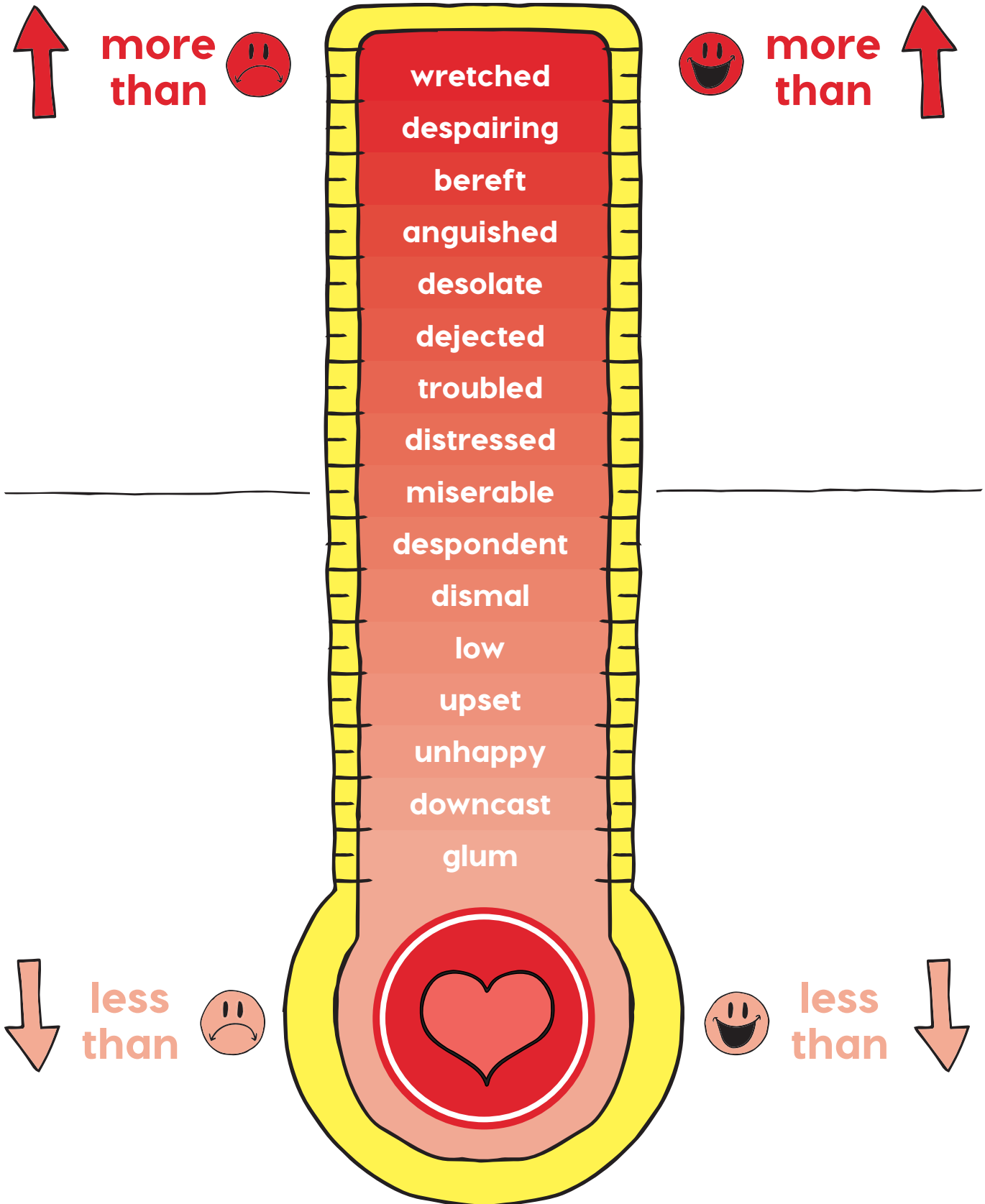
**incensed** by the mocking laughter, Jack...

glowing scarlet, his **vexed** face...



# Feeling

## Sad





## Feeling - Sad



### Negative adjectives



broken, crestfallen, devastated, dispirited, empty, forlorn, grief-stricken, hollow, hopeless, inconsolable, pained, raw, sorrowful, sullen, wistful.



### Negative adverbs



bleakly, dejectedly, desperately, despondently, despairingly, gloomily, glumly, hopelessly, miserably, morbidly, morosely, soberly, sombrely, tearfully, woefully.



### Negative phrases



a hollow chasm of **despair** shadowed her...

**misery** was a dagger being twisted in his heart...

feeling **bereft**, a solitary tear...

**glumly**, he peered through a heavy fringe...

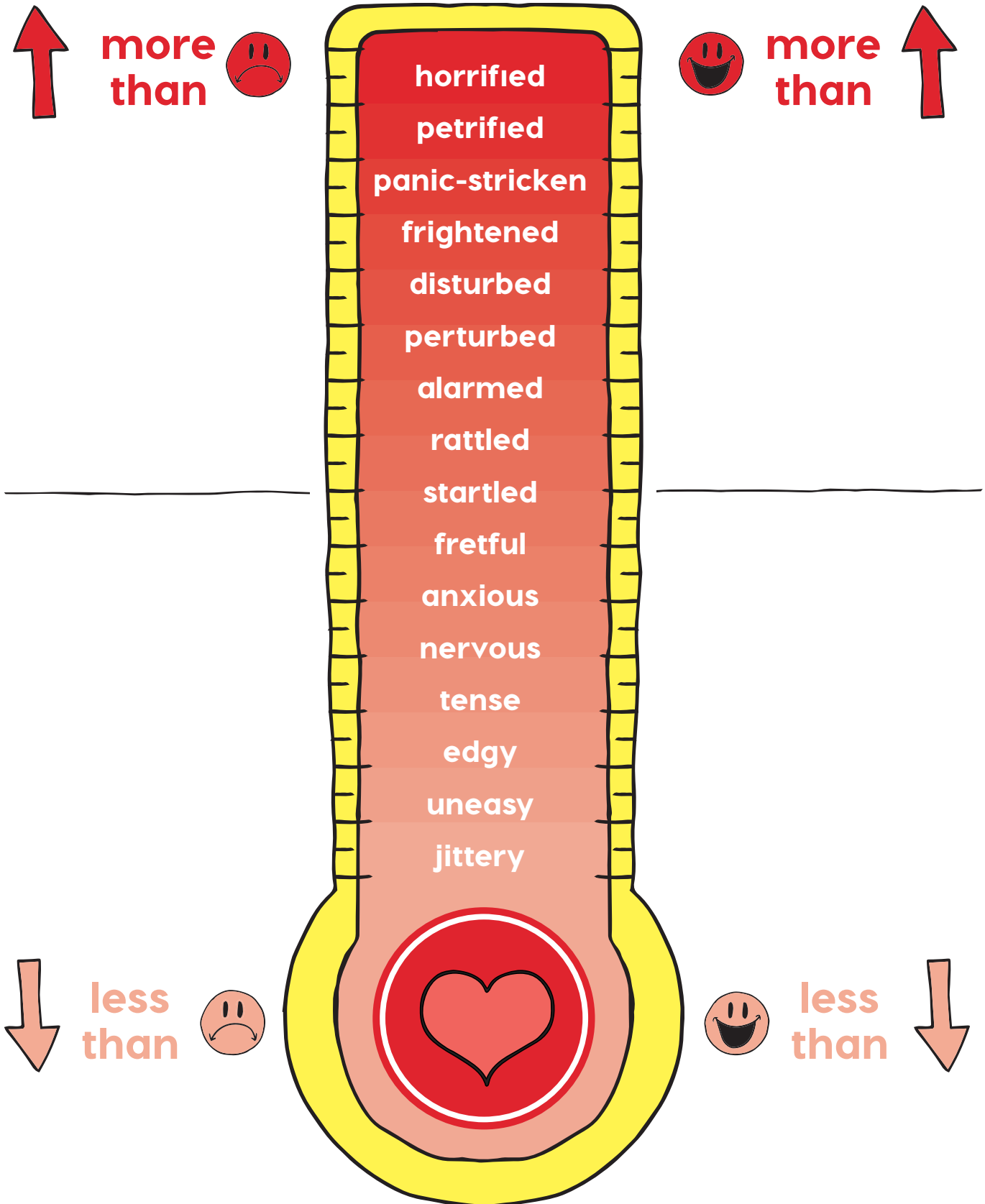
the sombre mood only **troubled** her more...

a unshakeable sense of **wretchedness**...



# Feeling

## Scared





## Feeling - Scared



### Negative adjectives



agitated, breathless, dizzy, faint, frightened, intimidated, nauseous, numb, panicky, paralysed, quaking, rasping, shallow, shuddering, sweaty, tight, tingling, unnerved, unsteady.



### Negative adverbs



briskly, frantically, frenetically, hastily, hesitantly, hysterically, limply, quickly, rapidly, reluctantly, shakily, speedily, swiftly, tensely, uneasily, urgently, weakly, worriedly.



### Negative phrases



**panic-stricken**, Tom watched...

a rising feeling of **alarm**...

hesitantly, the **jittery** duo...

**startled** by the sudden clatter, she...

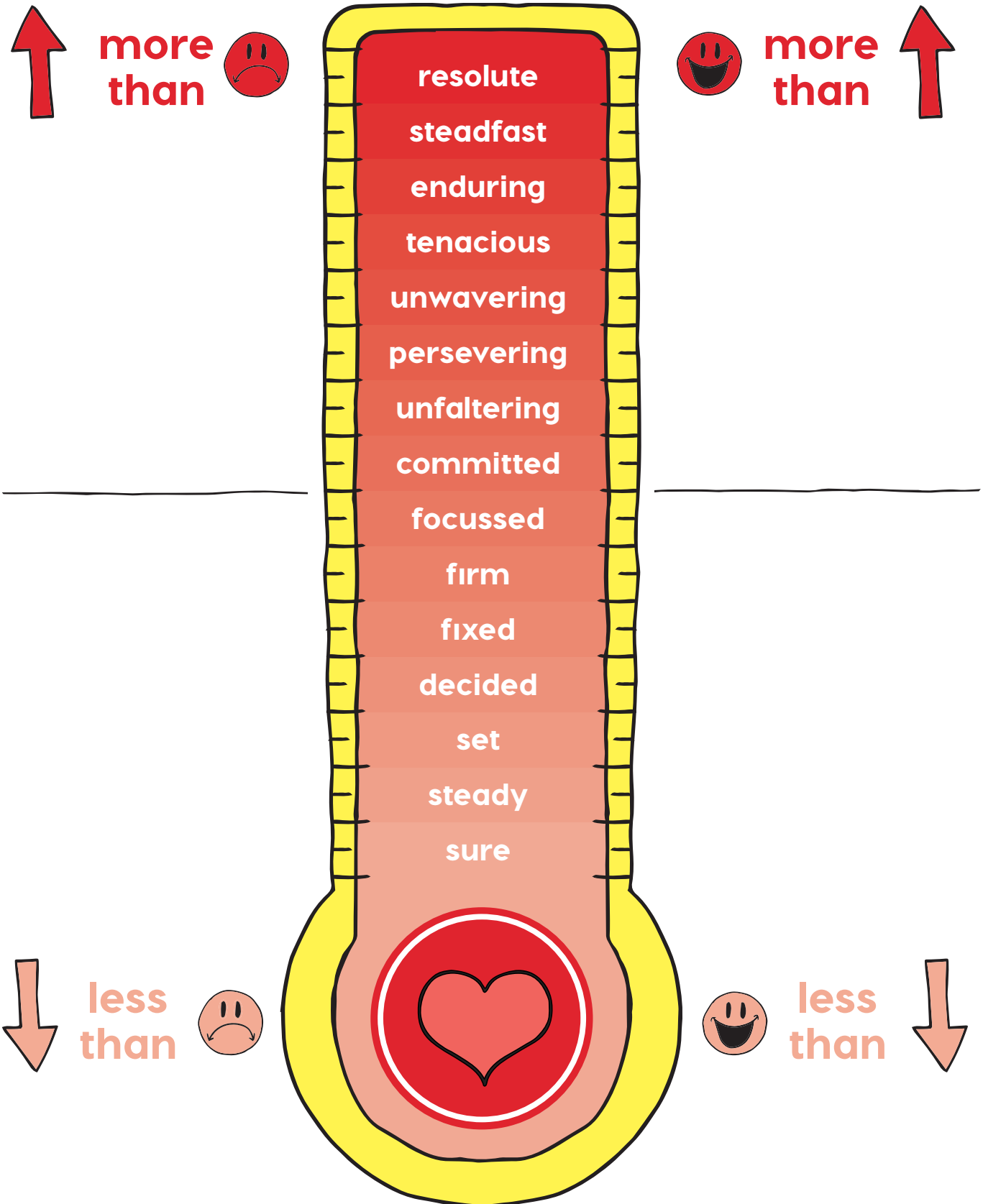
as **petrified** as cornered prey...

shallow breaths betrayed her **uneasiness**...



# Feeling

## Determined





## Feeling - Determined



### Positive adjectives ↑

adamant, dogged, forceful, gritty, insistent, purposeful, resilient, robust, secure,  
solid, stable, steely, unswerving.



### Positive adverbs ↑

determinedly, diligently, intently, persistently, relentlessly, resolutely, single-mindedly,  
unswervingly, unwaveringly.



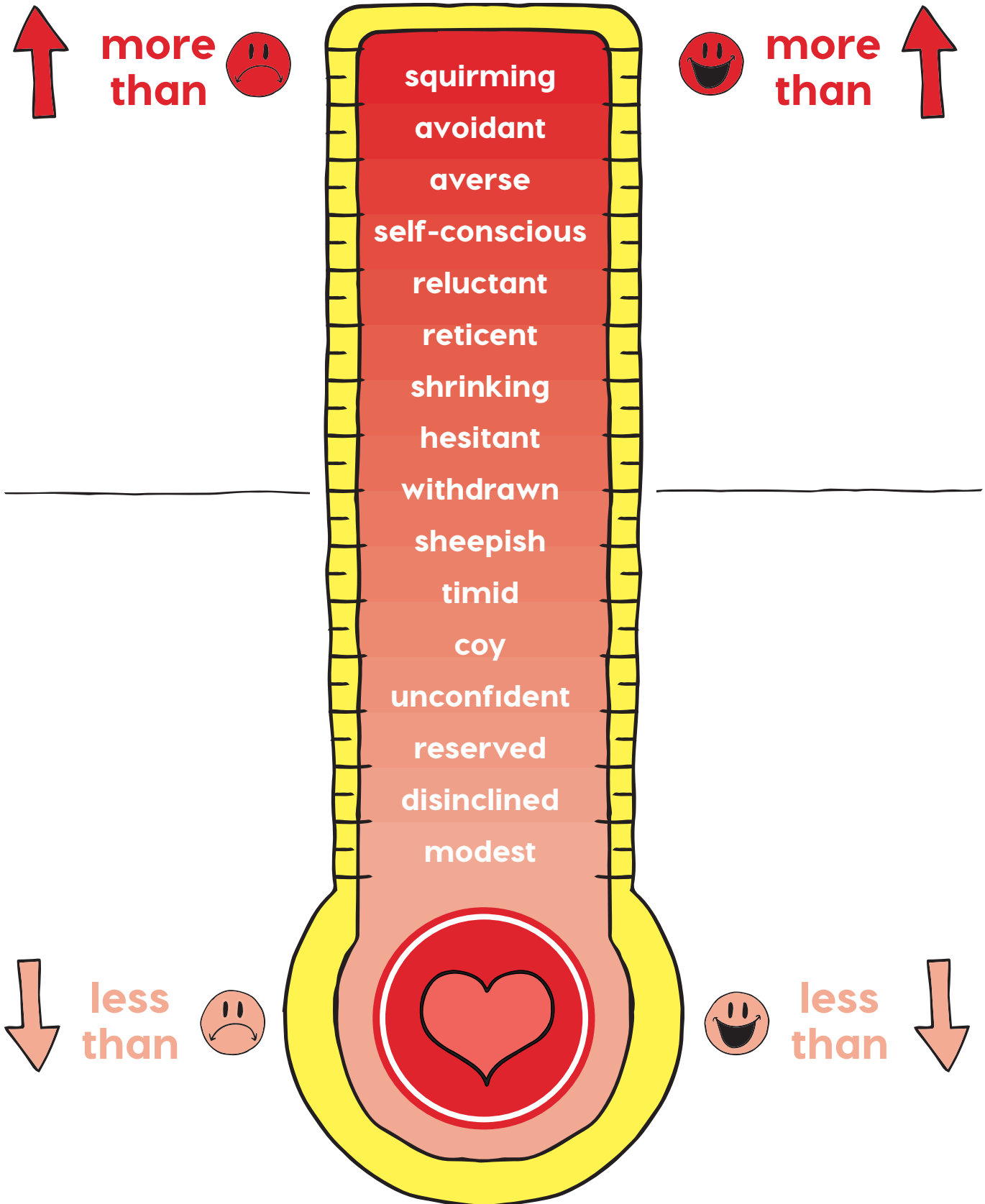
### Positive phrases ↑

marching **steadfastly** towards...  
with **unwavering** focus and grit...  
she raced **relentlessly** to the finish line...  
with the **endurance** of an ox...  
steely and **resolute**, he powered onwards...  
with fearless **tenacity**, Tom...



# Feeling

## Shy





## Feeling - Shy



### Negative adjectives ↓

awkward, edgy, embarrassed, jerky, mute, small, stiff, tense,  
twitchy, uneasy, wooden.



### Negative adverbs ↓

anxiously, apprehensively, carefully, cautiously, gingerly, helplessly, limply, nervously,  
queasily, reluctantly, self-consciously, shakily, tentatively, uncertainly, warily, weakly.



### Negative phrases ↓

trembling **timidly** in the corner...

**squirming**, her cheeks flushed and her stomach fluttered...

stammering over the smallest of words, she **cooly**...

**shrinking** back from the baying crowd...

making a **modest**, discreet entrance...

**sheepishly**, she watched a thousand eyes staring...



# Asking

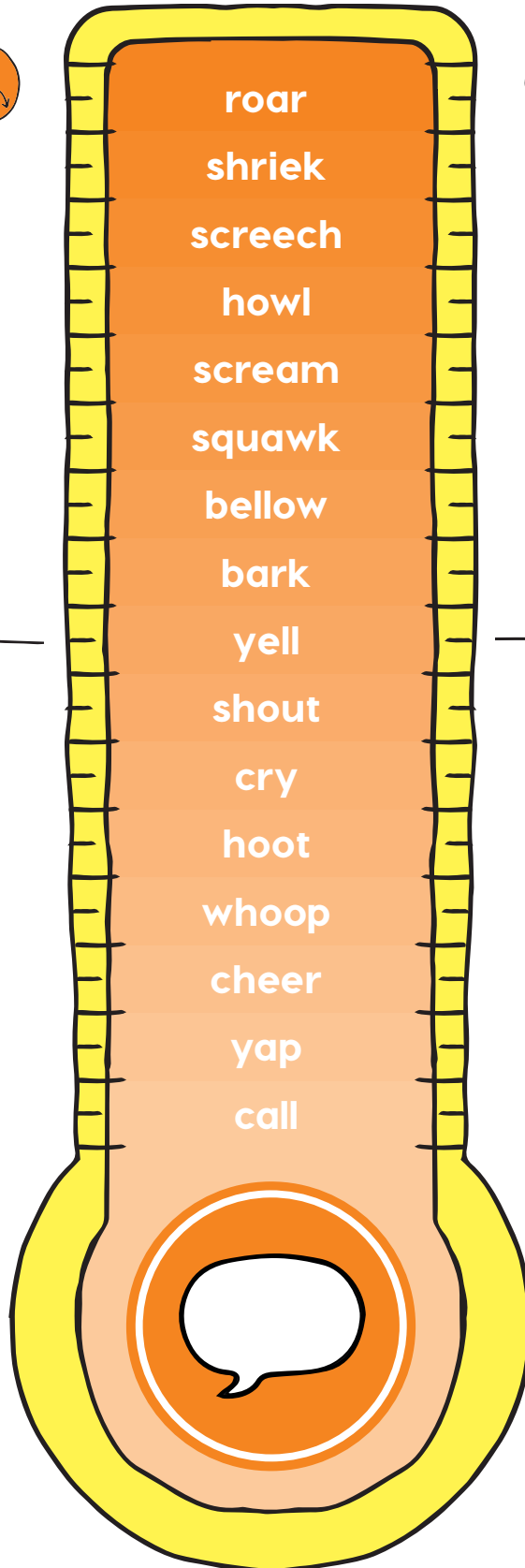




# Asking Shout

↑ more than ☹️

😊 more than ↑



↓ less than ☹️

😊 less than ↓



# Asking - Shout



## Positive adjectives



animated, bubbly, chirpy, electrifying, exhilarating, exuberant, fizzy, harmonious, heart-warming, jolly, joyous, jubilant, lively, melodic, musical, perky, playful, rousing, spirited, symphonic, uplifting, unifying, vigorous, vital.



## Positive adverbs



cheerfully, cheerily, chirpily, confidently, dramatically, dynamically, eagerly, energetically, enthusiastically, excitedly, gleefully, heartily, jauntily, jovially, jubilantly, magnificently, merrily, rapturously, vivaciously, warmly.



## Positive phrases



the crowd **cheered** in unadulterated delight...  
dramatically **shrieking** in unison...  
their harmonious howls of laughter...  
he **roared** out his approval...  
wildly **whooping**...  
full of joy, Sophie's exaggerated **squealing**...



## Negative adjectives



alarming, boisterous, cacophonous, disconcerting, forceful, grating, indecipherable, loutish, odd, ominous, rambunctious, raucous, rebellious, rowdy, rude, shrill, sinister, strange, thunderous, unruly, urgent, weird, wild, worrying.



## Negative adverbs



boorishly, crassly, gracelessly, ear-splittingly, menacingly, piercingly, obtrusively, raucously, rudely, tactlessly.



## Negative phrases



**screaming** into the abyss...  
her ear-shattering **squeals** of terror...  
breaking the silence, she let out a grating **screech**...  
hellish **howling** bellowed into the night...  
a cacophony of unwelcome **squawking**...  
thunderously **roaring**...

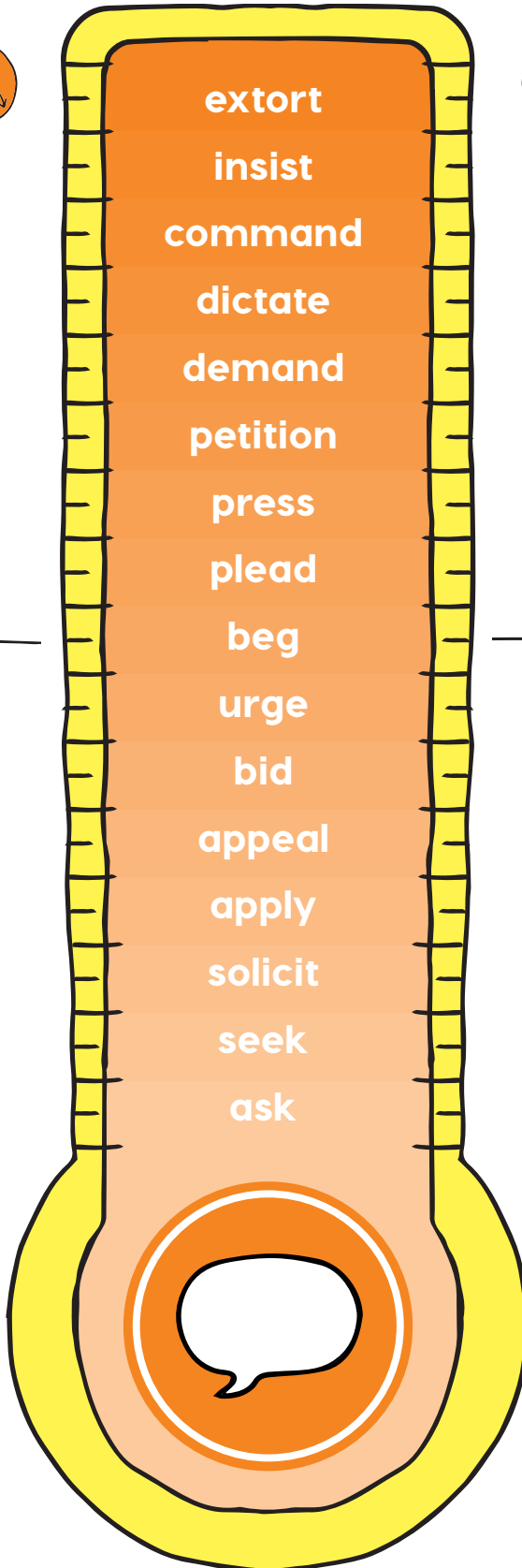


# Asking

## Request

↑ more than ☹️

☺️ more than ↑



↓ less than ☹️

☺️ less than ↓



# Asking - Request



## Positive adjectives ↑

civil, composed, courteous, diplomatic, genteel, gracious, meek, modest, patient, pleasant, polite, respectful, unassuming, unobtrusive, well-mannered.



## Positive adverbs ↑

amiably, cool-headedly, deferentially, empathetically, gently, kindly, patiently, respectfully, reverently, sympathetically, tactfully, thoughtfully, warmly.



## Positive phrases ↑

with **appealing** eyes, he...  
tentatively raising one hand, she **asked**...  
the children **pleaded** politely...  
a respectful **bid** for...  
the teacher gently **urged** them...  
diplomatically, he **sought**...



## Negative adjectives ↓

blunt, candid, demanding, frank, grandiose, entitled, forthright, hostile, pretentious, rude, obnoxious, self-important, superior.



## Negative adverbs ↓

arrogantly, brusquely, curtly, egotistically, haughtily, impatiently, pompously, selfishly, stubbornly, tersely, unsympathetically, urgently.



## Negative phrases ↓

he haughtily **dictated**...  
tapping impatiently, she **demanded**...  
stubbornly **pressing** for answers...  
her clipped commands...  
murmuring animus threats, Tom **insisted**...  
so self-important, he could effortlessly **extort**...



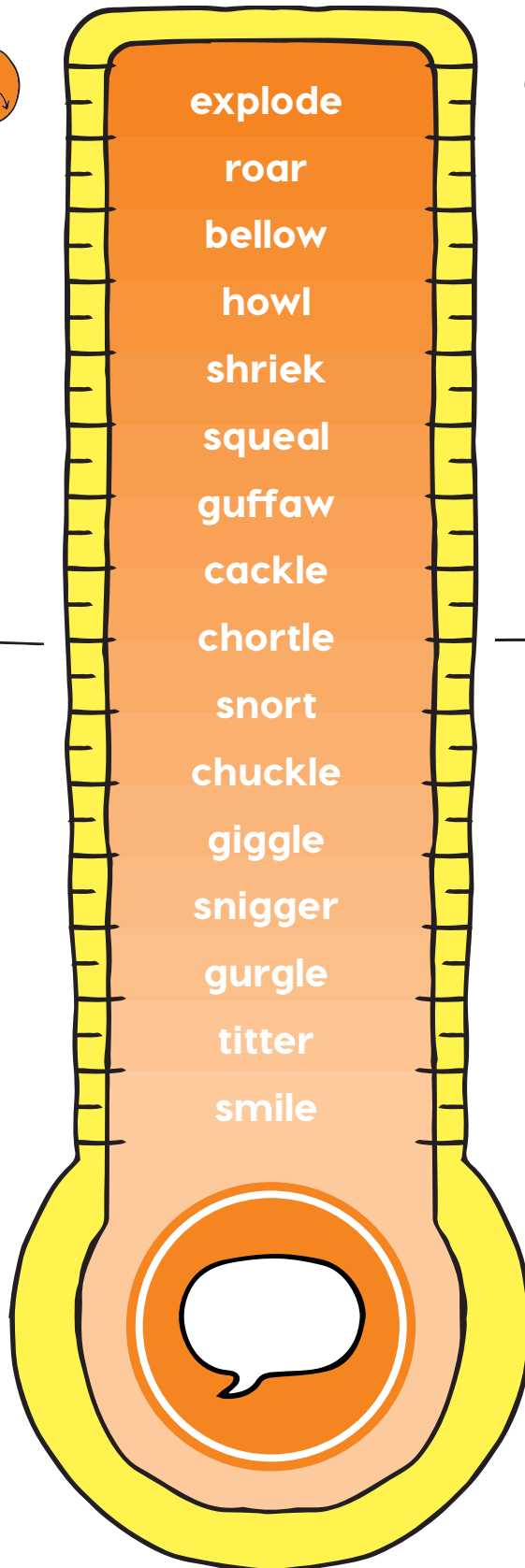


# Asking

## Laugh

↑ more than ☹️

☺️ more than ↑



↓ less than ☹️

☺️ less than ↓



# Asking - Laugh



## Positive adjectives ↑

adorable, angelic, beguiling, buoyant, captivating, charming, contagious, distinct, enchanting, endearing, harmonious, heartening, heart-warming, infectious, stirring, uplifting, rousing, unbridled, unfettered, uninhibited.



## Positive adverbs ↑

alluringly, avidly, earnestly, excitedly, forcefully, freely, frivolously, passionately, seductively, self-consciously, shyly, sweetly, teasingly, tenderly, uncontrollably, vibrantly, vigorously, zealously.



## Positive phrases ↑

his infectious **chortle**...  
a heartening symphony of **chuckles**...  
**howling** uproariously, the crowd...  
a gurgle of **giggles**...  
a subtle **smile**...  
their unfettered **shrieks** filled the night sky...



## Negative adjectives ↓

almighty, booming, deafening, frenzied, goading, ill-judged, inappropriate, insincere, insolent, irritating, malevolent, mocking, nonchalant, thunderous, tumultuous, vicious.



## Negative adverbs ↓

antagonistically, boorishly, confrontationally, cruelly, dishonourably, hatefully, inhospitably, judgementally, mockingly, odiously, ruthlessly, sarcastically, sickeningly, spitefully, tyrannically, unfairly, ungraciously, unpredictably, unsympathetically.

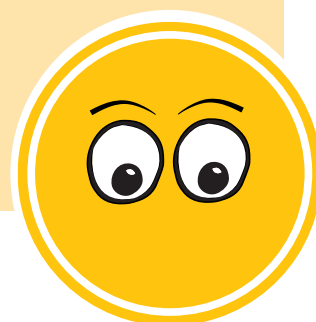


## Negative phrases ↓

a spiteful **snigger**...  
with a thunderous **roar**, the angry crowd...  
the cruel chorus of **cackles**...  
his **smile** was malevolent and insincere...  
mocking them, she **tittered** under her breath...  
a boorish explosion of **laughter**...



# Noticing





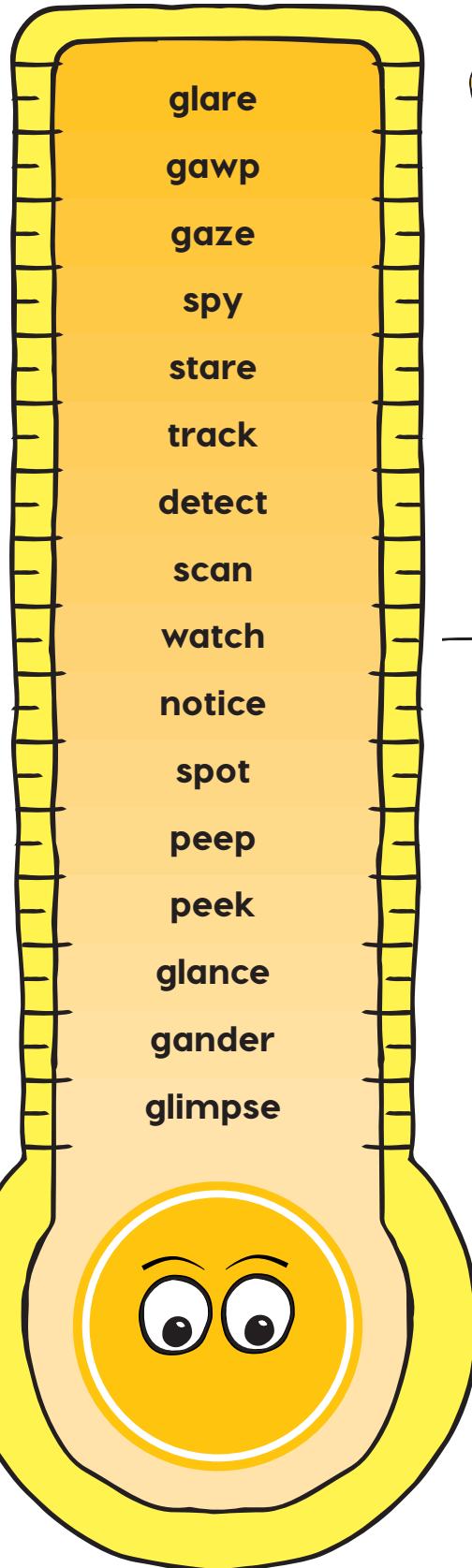
# Noticing Look



more  
than



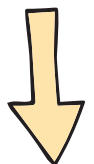
more  
than



less  
than



less  
than





# Noticing - Look



## Positive adjectives ↑

bewitching, compelling, dazzling, distracting, engrossing, enthralling, fascinating, glittering, hypnotising, intriguing, mesmerising, radiant, riveting, soft, spellbinding, stunning.



## Positive adverbs ↑

admiringly, curiously, eagerly, enthusiastically, excitedly, inquisitively, knowingly, optimistically, transfixed, unflinchingly.



## Positive phrases ↑

inquisitively, he **peered** at the mysterious woman...  
a spellbinding **glimpse**...  
enthralled, she **tracked** his every move...  
Tom **spied** an enormous, dazzling diamond...  
she quickly **noticed**...  
**spotting** the treasure, his eyes flashed with triumph...



## Negative adjectives ↓

angry, blank, cold, dangerous, dead, disconcerting, disparaging, evil, frosty, frozen, glaring, icy, menacing, narrow, patronising, piercing, wild.



## Negative adverbs ↓

arrogantly, bleakly, cold-heartedly, cruelly, deceitfully, frostily, intently, jeeringly, miserably, sinisterly, sneakily, sneeringly, spitefully, stonily, terrifyingly.



## Negative phrases ↓

sinisterly, his dead eyes **stalked** Sophie...  
she sneeringly **watched** their frantic efforts...  
with an icy, menacing **stare**...  
a disconcerting **glimpse**...  
she **noticed** his narrow eyes: as black as the depths of the sea  
desperate to escape, she anxiously **tracked** the rattled beast...



# Touching





# Touching Collide

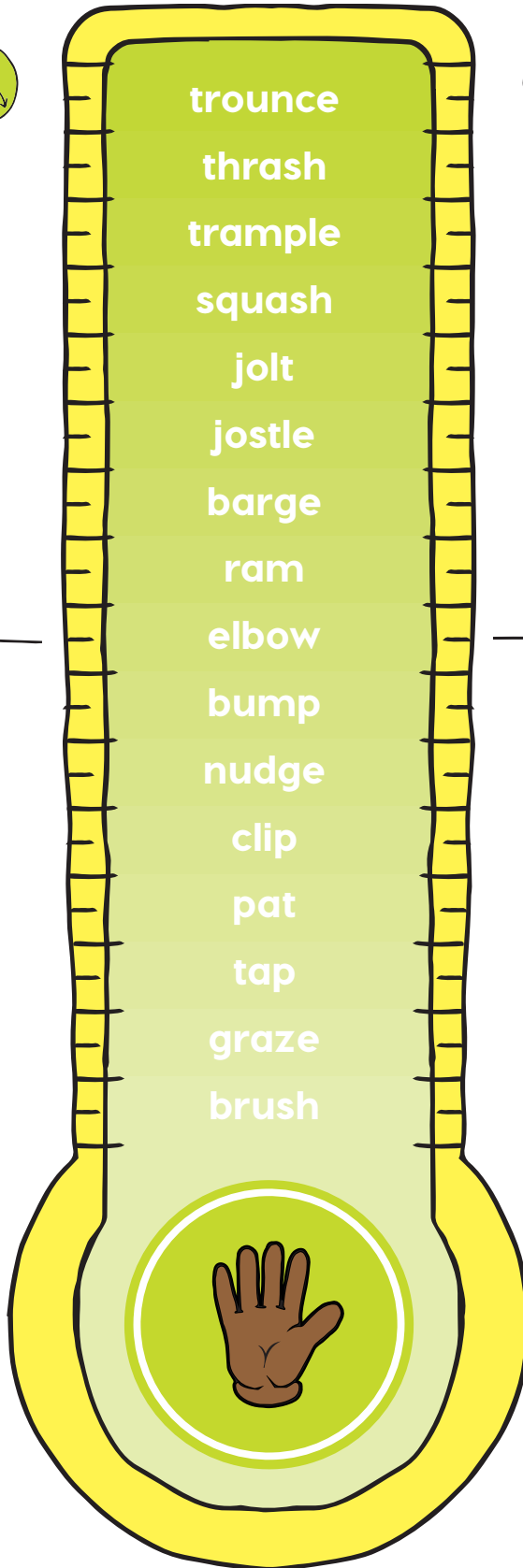
↑ more than ☹️

☺️ more than ↑

trounce  
 thrash  
 trample  
 squash  
 jolt  
 jostle  
 barge  
 ram  
 elbow  
 bump  
 nudge  
 clip  
 pat  
 tap  
 graze  
 brush

↓ less than ☹️

☺️ less than ↓





# Touching - Collide

## Positive adjectives ↑

benevolent, friendly, gentle, kindly, mild, maternal, paternal, reassuring, smooth, soft, tender, well-meaning, warm.

## Positive adverbs ↑

adoringly, calmly, comfortingly, compassionately, encouragingly, fondly, gently, honestly, kind-heartedly, kindly, lovingly, reassuringly, sensitively, softly, soothingly, supportively, sympathetically, tenderly, warmly.

## Positive phrases ↑

a reassuring **pat**...  
her soft skin **brushed** against him...  
a friendly **nudge**...  
it was reassuring to **bump** shoulders with...  
delicately, she **tapped** him on the back...  
he playfully **elbowed** her in the ribs...

## Negative adjectives ↓

awkward, brutish, clunky, coarse, cumbersome, graceless, inconsiderate, jagged, oafish, prickly, rough, sharp, thorny, uncouth, ungainly, unrefined, unwieldy.

## Negative adverbs ↓

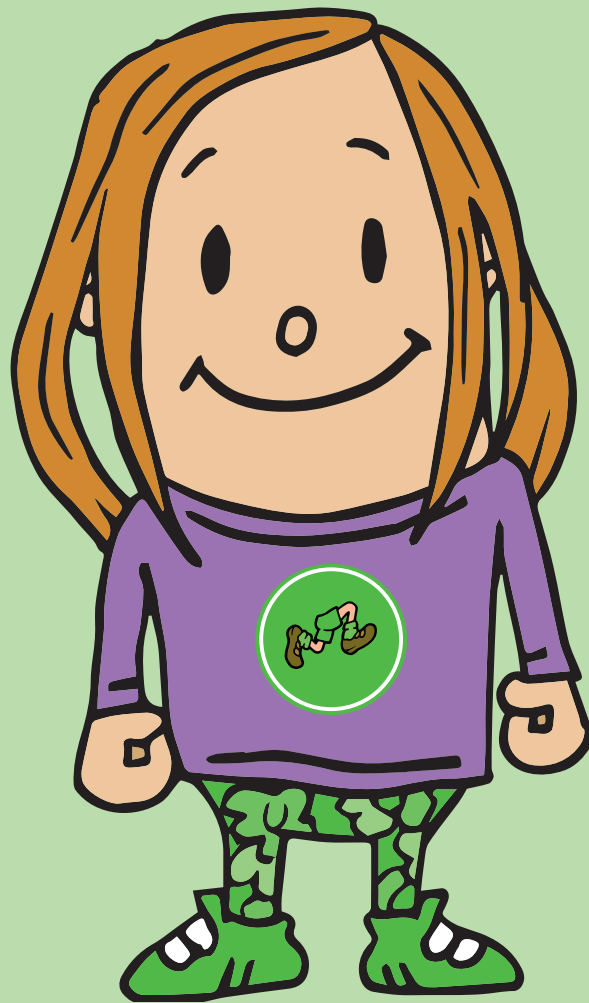
belligerently, brashly, brusquely, churlishly, clumsily, curtly, destructively, heedlessly, impetuously, irresponsibly, negligently, recklessly, riotously, roughly, rudely, ruinously, selfishly, thoughtlessly, thuggishly, thunderously, uncompromisingly.

## Negative phrases ↓

oafishly, he **barged** into the unsuspecting group...  
**elbowed** sharply in the back...  
**ramming** him like a ten tonne truck...  
selfishly **jostling** for position...  
**trampling** everyone in their way, the thuggish men...  
a sharp **jolt** knocked her sideways...



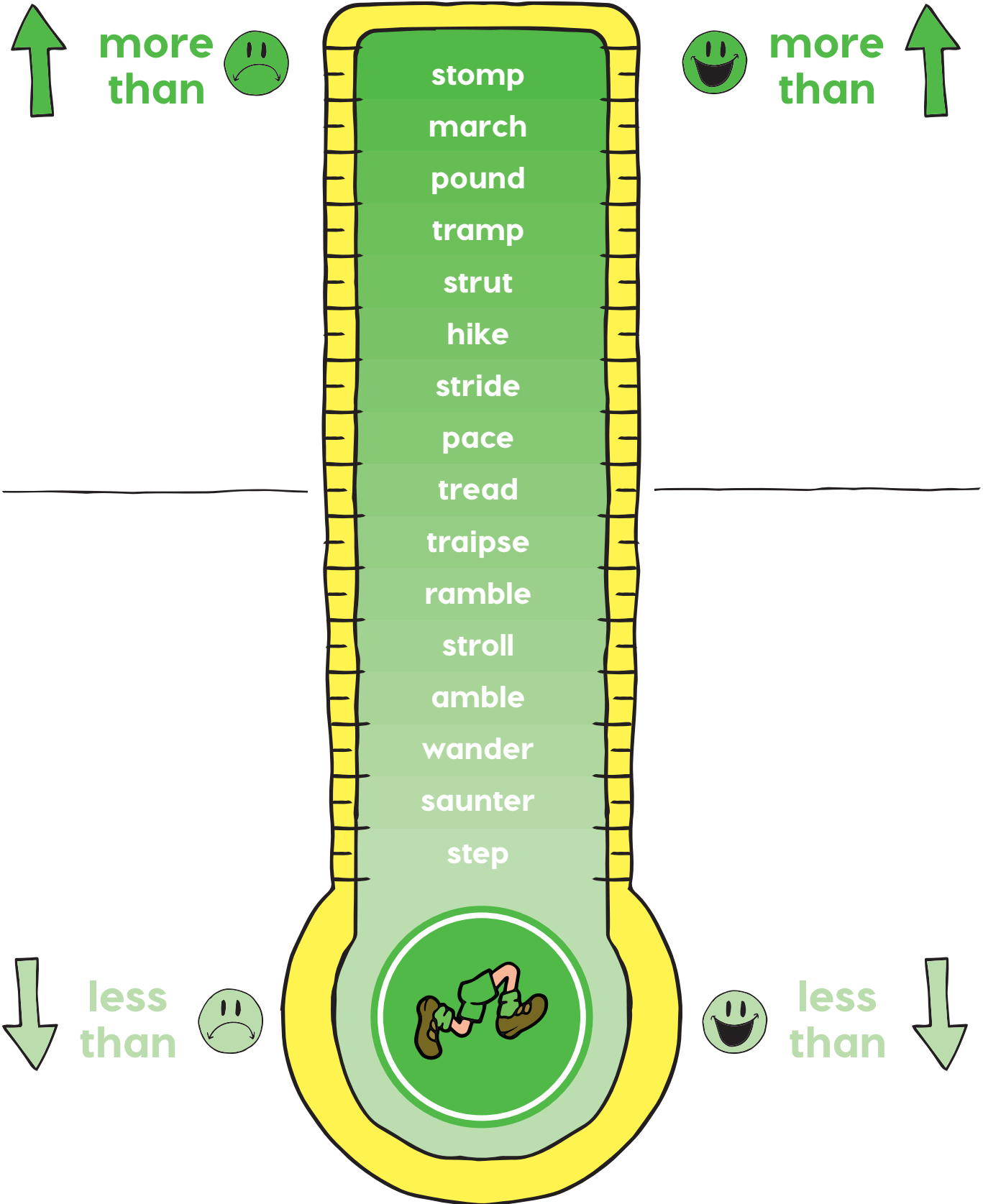
# Action





# Action

## Walk





# Action - Walk



## Positive adjectives ↑

agile, athletic, bouncy, bright, bustling, carefree, effervescent, energetic, lively, nimble, perky, rapid, sprightly, relaxed, vivacious.



## Positive adverbs ↑

briskly, calmly, ceremoniously, cheerily, decisively, determinedly, emphatically, enthusiastically, gently, majestically, purposefully, regally, rhythmically, serenely.



## Positive phrases ↑

a brisk, bright **march**...  
they **traipsed** cheerfully...  
**ambling** along, she was relaxed and carefree...  
**pacing** rhythmically...  
**sauntering** serenely...  
nimble, the hikers **tramped** onwards...



## Negative adjectives ↓

apathetic, clumsy, dispirited, lackadaisical, lazy, lethargic, listless, maddened, reluctant, sleepy, slow, sluggish, sulky.



## Negative adverbs ↓

awkwardly, aggressively, casually, half-heartedly, idly, indignantly, lazily, miserably, nonchalantly, obstinately, oddly, resentfully, rigidly, slackly, stiffly, stubbornly, sulkily, sullenly.



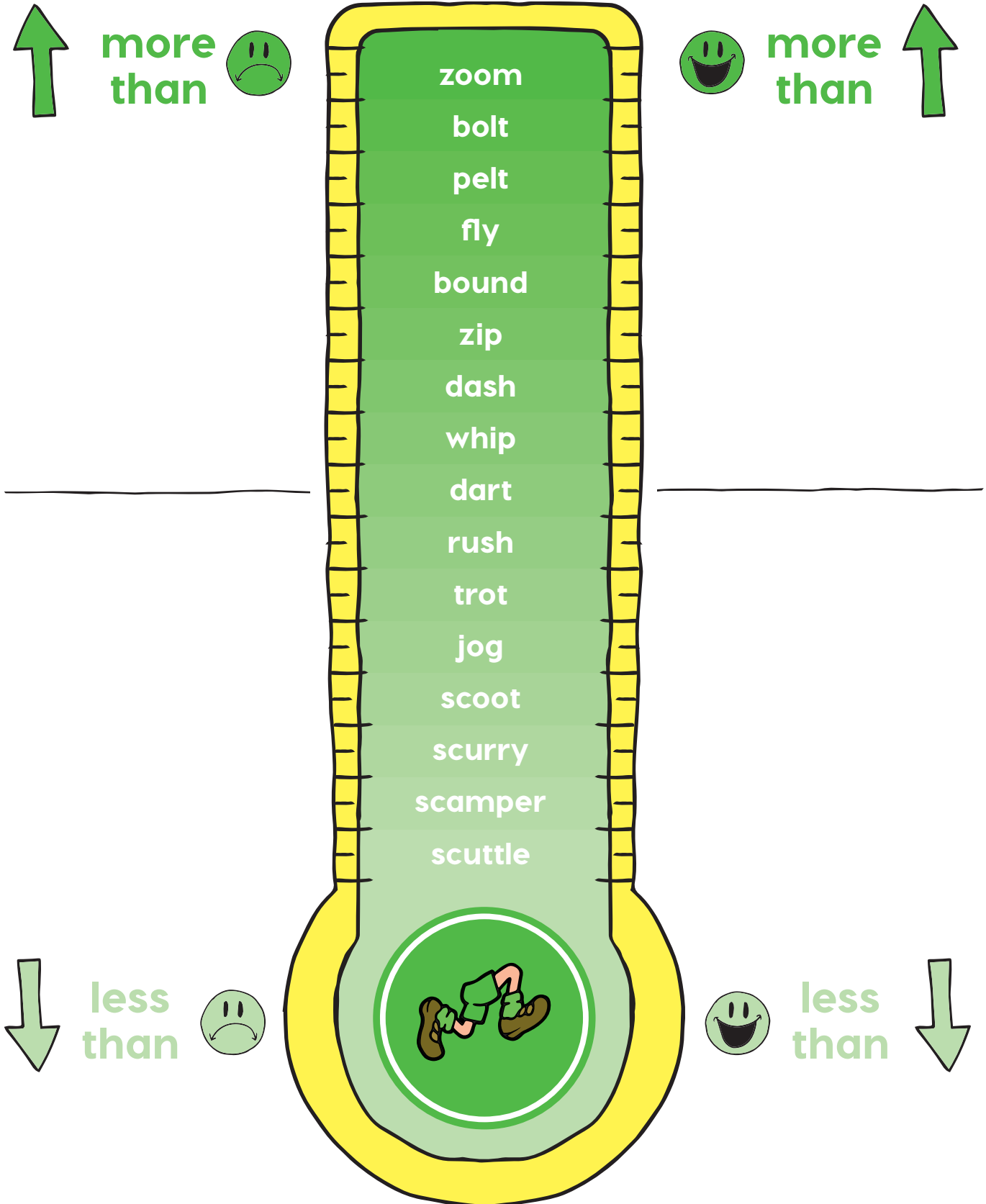
## Negative phrases ↓

idly **traipsing**...  
a sluggish **stroll**...  
he **stomped** off sulkily...  
half-heartedly **trudging** along behind the group...  
miserably **marching** in teeming rain...  
stubbornly dragging her feet, Sally **tramped**...



# Action

# Run





## Action - Run



### Positive adjectives ↑

animated, comfortable, fast, forceful, masterful, pacey, powerful, quick, rapid, strenuous, speedy, sudden, swift, vigorous.



### Positive adverbs ↑

adeptly, briskly, determinedly, directly, dynamically, enthusiastically, forcefully, hastily, instantly, powerfully, quickly, skilfully, speedily, suddenly, swiftly, triumphantly, zealously.



### Positive phrases ↑

with great gusto, he **darted** across...  
**dashing** determinedly...  
triumphantly, she **bolted** over the finishing line...  
**scurrying** along the tree-lined avenue...  
zealously **zooming**...  
**pelting** along like a cheetah closing in on its prey...



### Negative adjectives ↓

ailing, bandy, bumbling, breathless, clammy, fatigued, feeble, flailing, flimsy, flord, floundering, frail, frazzled, gasping, gawky, huffing, knobbly, lopsided, lumbering, panting, puffing, plump, saggy, ungainly, wheezy.



### Negative adverbs ↓

bizarrely, breathlessly, clumsily, comically, conspicuously, embarrassingly, farcically, grudgingly, haphazardly, hideously, ineffectually, jerkily, peculiarly, precariously, quirkily, transparently, wearily.



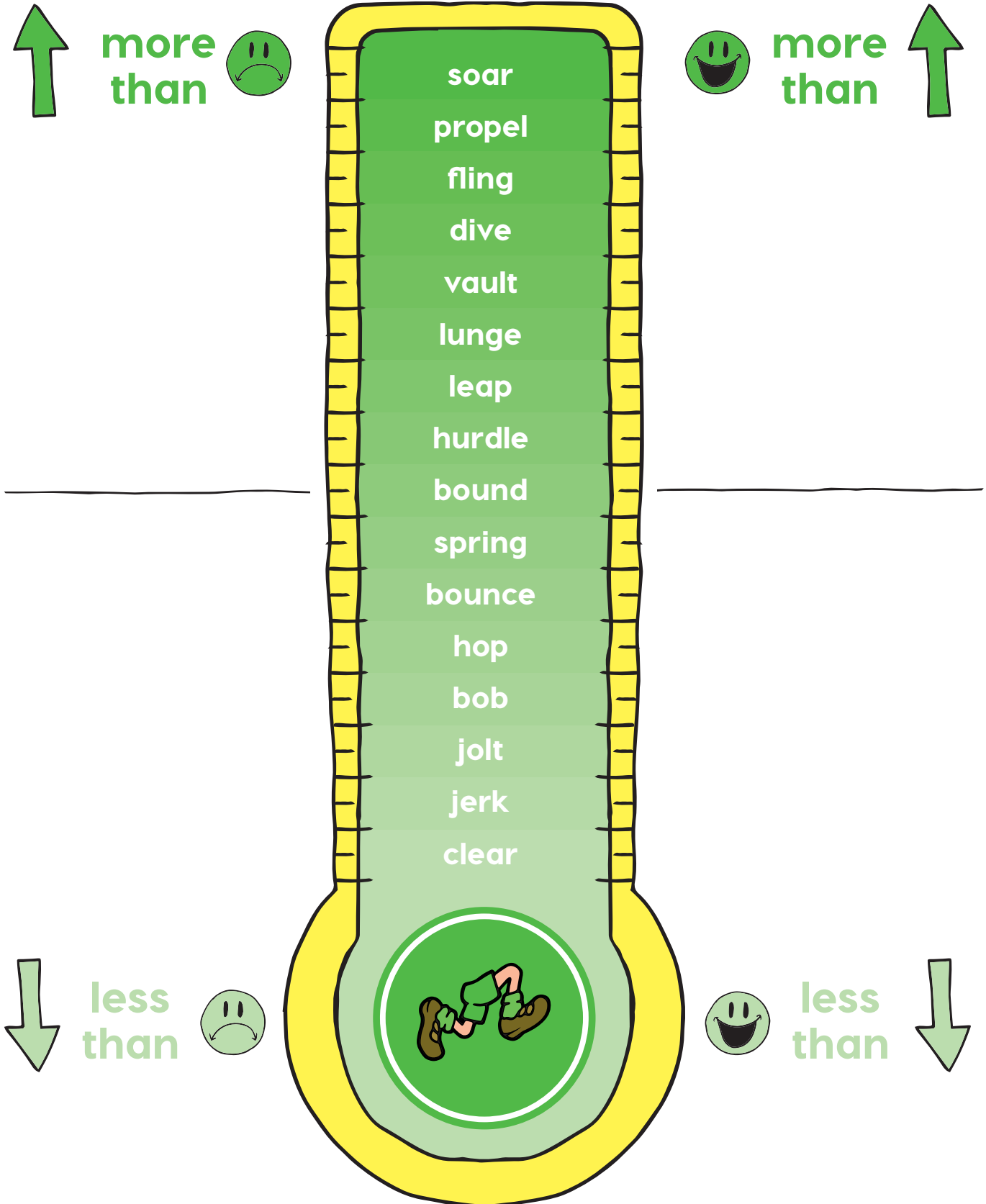
### Negative phrases ↓

huffing and puffing, she could only manage a **trot**...  
**scuttling** along haphazardly...  
he **jogged** as half-heartedly as a tired tortoise...  
bizarrely, she **darted** off in the wrong direction...  
it was a laboured **dash** to safety...  
he **scurried** past the quarry, gasping and floundering...



# Action

# Jump



## Action - Run



### Positive adjectives ↑

athletic, bold, dynamic, effervescent, exuberant, fearless, flexible, muscular, spirited, sprightly, supple, vital, vigorous, zealous, zestful.



### Positive adverbs ↑

adeptly, comfortably, dexterously, dramatically, effortlessly, inspiringly, majestically, neatly, nimbly, painlessly, skilfully, smoothly, swiftly.



### Positive phrases ↑

with one dramatic **leap**, she was across...

fearlessly **flinging** himself...

**bobbing** up to peer over the fence...

with a powerful run-up, she **propelled** herself...

**diving** swiftly into the undergrowth...

she exuberantly **soared** over the babbling brook...



### Negative adjectives ↓

acute, awkward, bold, critical, crucial, daring, giant, hazardous, immense, perilous, precarious, rash, risky, serious, treacherous, troubling, vast.



### Negative adverbs ↓

alarmingly, carelessly, dangerously, daringly, fiercely, foolishly, hazardously, hysterically, idiotically, perilously, precariously, recklessly, riskily, severely.



### Negative phrases ↓

perilously, Dan **lunged** across the wide chasm...

there was no choice but to **dive** into the treacherous waters...

a reckless **leap** into the unknown...

**flinging** himself towards the exit...

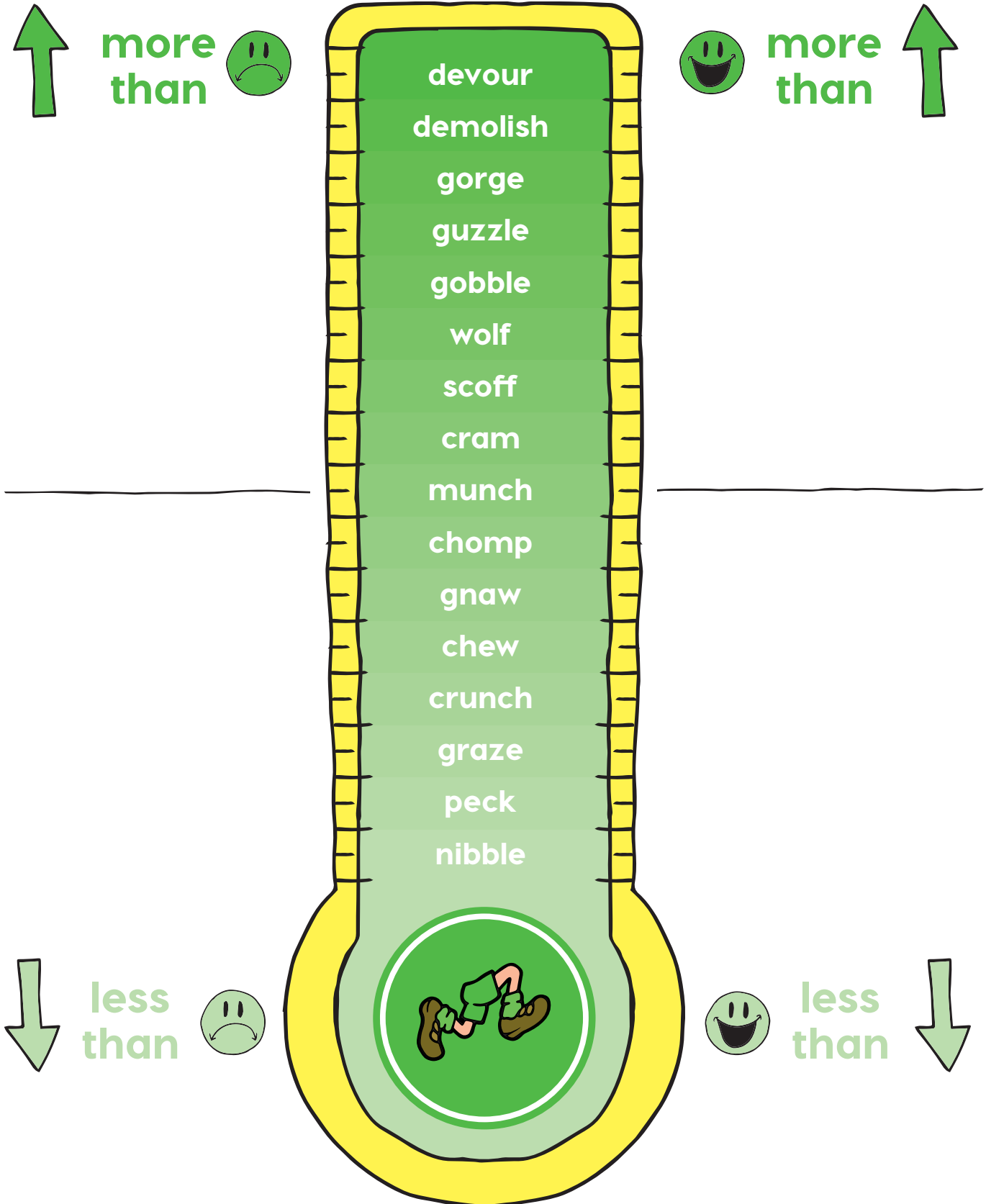
alarmingly, she'd have to **hurdle** the towering obstacle...

**springing** forward, precariously close to the edge...



# Action

# Eat





## Action - Eat



### Positive adjectives ↑

delectable, delicious, delightful, distinctive, divine, elaborate, exquisite, mouth-watering, pleasant, rich, savoury, scrumptious, succulent, sweet, tasty.



### Positive adverbs ↑

covertly, delicately, demurely, ecstatically, enthusiastically, frantically, furtively, gleefully, joyfully, politely, secretly, swiftly, surreptitiously, temptingly, wantonly.



### Positive phrases ↑

the marshmallow was **devoured** in one easy manoeuvre...  
politely, she **grazed** on tiny morsels of food...  
the elaborate birthday cake sat waiting to be **demolished**...  
mysterious **munching** sounds...  
with a cheeky wink, she **wolfed** down the enormous pudding...  
**gnawing** on the chicken wings like a ravenous caveman...



### Negative adjectives ↓

disgusting, foul, gross, mouldy, musty, nauseating, offensive, pungent, rank, reeking, repulsive, revolting, rotting, sour, stale, stinking.



### Negative adverbs ↓

apprehensively, dejectedly, desperately, despondently, forlornly, gloomily, hesitantly, laboriously, miserably, moodily, onerously, queasily, reluctantly, stiffly, sulkily, suspiciously, tensely, warily.

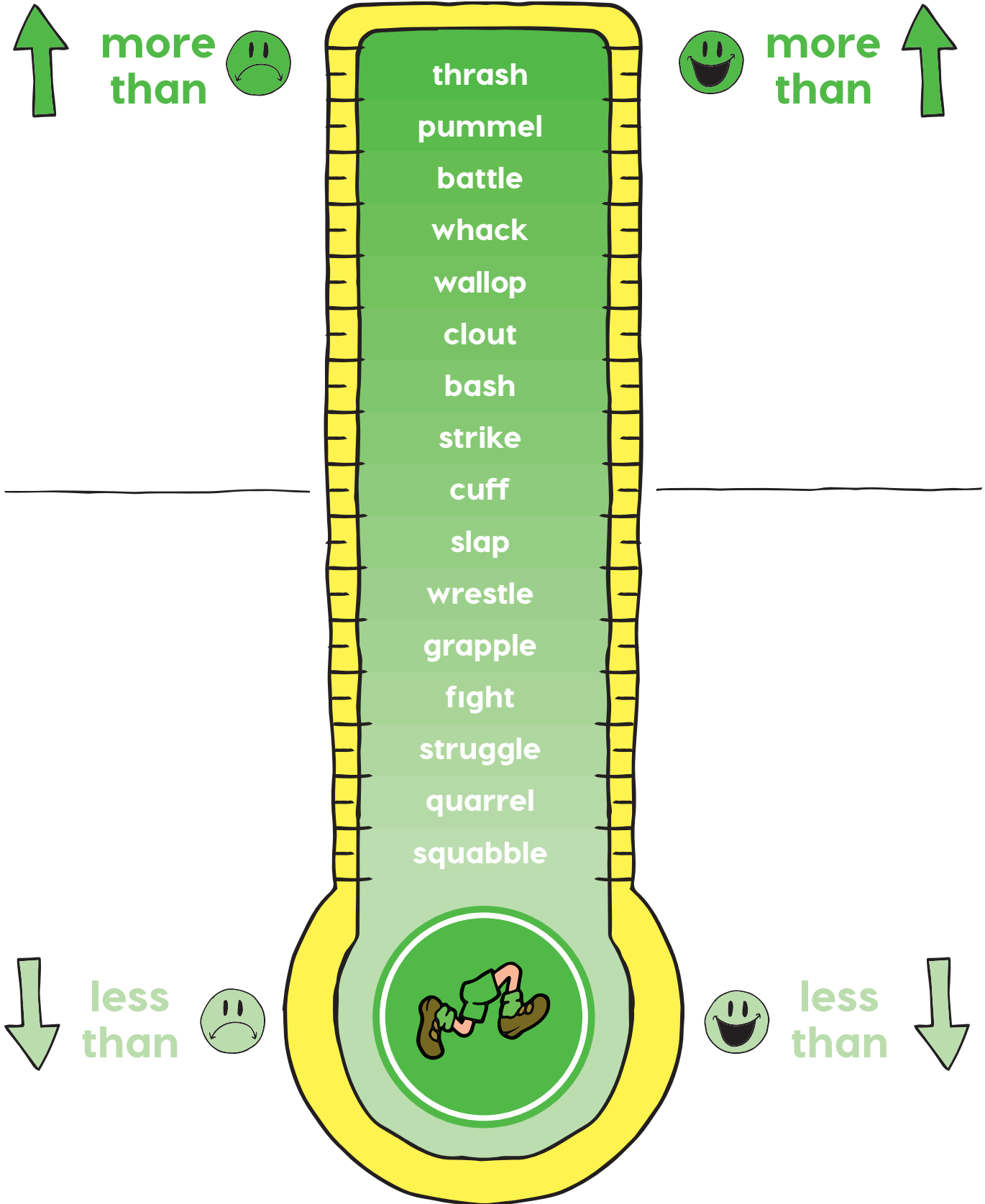


### Negative phrases ↓

he sulkily **nibbled** at the revolting fish stew...  
onerously **chewing** on the foul meat...  
she could only **peck** at the steaming plate of mouldy porridge...  
the suspicious-looking apple had already been **gnawed**...  
she **munched** despondently...  
desperately, the starving boys **wolfed** down the stale bread...



# Action Fight





## Action - Fight



### Positive adjectives ↑

clean, decent, equal, ethical, fair, honourable, innocent, just, moral, noble, principled, respectable, virtuous, well-meaning, worthy.



### Positive adverbs ↑

audaciously, bravely, boldly, conscientiously, heroically, honestly, honourably, justly, laudably, morally, nobly, pluckily, respectably, unflinchingly, valiantly.



### Positive phrases ↑

nobly, he **fought** for the truth...  
she **clouted** the brazen thief with her umbrella...  
the teacher **slapped** a safety ban on conkers...  
bravely **battling** for justice...  
**striking** her captors with the heavy branch...  
**wrestling** with his conscience...



### Negative adjectives ↓

brutal, cantankerous, crabby, crotchety, cruel, despotic, destructive, evil, grouchy, intolerant, mean-spirited, nasty, prejudiced, raging, savage, short-tempered, snappy, sneering, snide, spiteful, tetchy, vicious, vitriolic.



### Negative adverbs ↓

callously, destructively, disturbingly, ferociously, fiercely, frenziedly, furiously, gratuitously, heartlessly, manically, savagely, senselessly, turbulently, uncontrollably, violently, wildly.



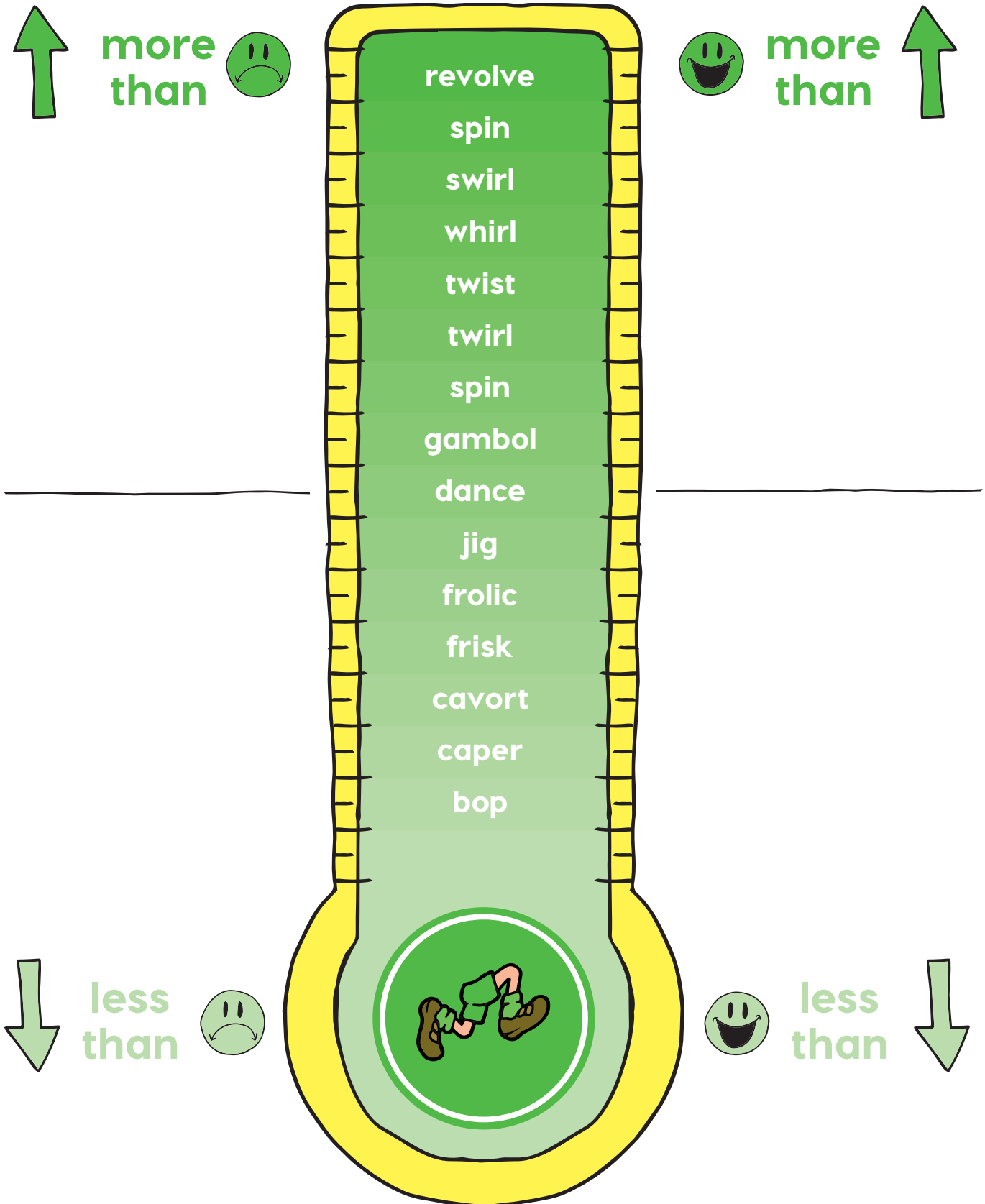
### Negative phrases ↓

brutally **bashing**...  
a savage **struggle**...  
the spiteful girl **walloped** her opponent...  
cruel and despotic, he delighted in **battling** his own people...  
**whacking** him with a newspaper, the cantankerous old man...  
as vicious as a tiger **thrashing** its prey...



# Action

## Dance





# Action - Dance



## Positive adjectives ↑

adept, cheeky, dignified, gentle, graceful, lithe, nimble, playful, rhythmic, serene, silky, sleek, smooth, sophisticated, symmetrical, synchronised, sultry.



## Positive adverbs ↑

ably, beautifully, buoyantly, deftly, dexterously, effortlessly, elegantly, expertly, exquisitely, gracefully, lightly, perfectly, proficiently, professionally, silently, smoothly, tidily, zealously.



## Positive phrases ↑

effortlessly twisting and **swirling**...  
a buoyant **bop**...  
**gambolling** like a newborn lamb...  
her mind was **whirling** in excitement...  
they playfully **cavorted** in the autumn leaves...  
a little **jig** of joy...



## Negative adjectives ↓

choppy, dizzying, eternal, frenzied, nauseating, rapid, squally, stormy, sustained, sweeping, terrifying, tumultuous, turbulent, unrelenting.



## Negative adverbs ↓

aggressively, ceaselessly, endlessly, forcefully, furiously, horribly, incessantly, perpetually, relentlessly, uncomfortably, uncontrollably, wildly.



## Negative phrases ↓

the foolish children were **dancing** with death...  
**spinning** out of control...  
dizzied by the sharp blow, the room began **revolving**...  
**cavorting** with danger...  
their anxious minds began to **whirl**...  
the stormy sea was **swirling** furiously...



# Smelling

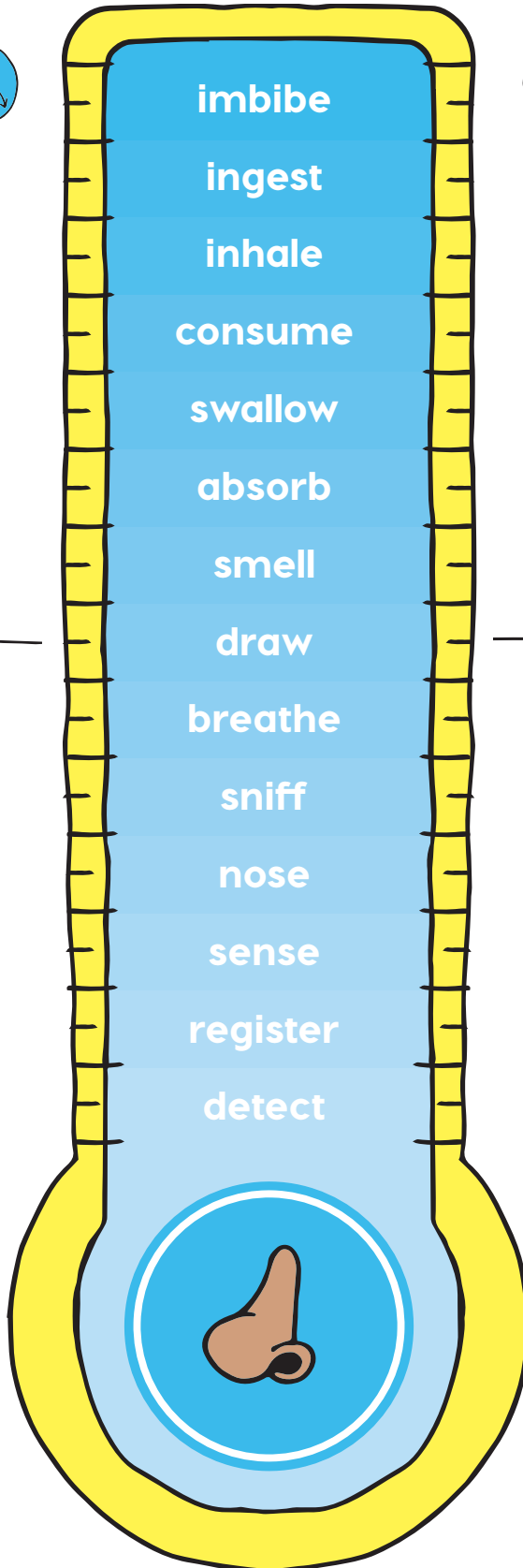




# Smelling Smell

↑ more than ☹️

☺️ more than ↑



↓ less than ☹️

☺️ less than ↓



# Smelling - Smell



## Positive adjectives ↑

aromatic, balmy, delectable, delicious, divine, evocative, fragrant, freshly-laundered, heavenly, hygienic, perfumed, pure, reminiscent, sublime, sweet-smelling, vanilla.



## Positive adverbs ↑

beautifully, blissfully, delightedly, evidently, fragrantly, freshly, newly, noticeably, obviously, redolently, subtly, tremendously, wonderfully.



## Positive phrases ↑

she paused to **imbibe** the delectable vanilla scent...  
**detecting** a tiny trace of bergamot...  
blissfully, they **absorbed** the divine aromas...  
with sheer delight, he **ingested** her sweet perfume...  
**sniffing** quite deliberately, he was able to discern...  
evidently, they'd **sensed** the balmy fragrance...



## Negative adjectives ↓

abhorrent, decaying, mouldy, musty, pungent, putrefying, putrid, rancid, revolting, rotten, stinking, vile.



## Negative adverbs ↓

awkwardly, anxiously, consciously, fearfully, frigidly, haltingly, hesitantly, knowingly, queasily, miserably, reluctantly, stiffly, uncertainly, unwillingly, worriedly.



## Negative phrases ↓

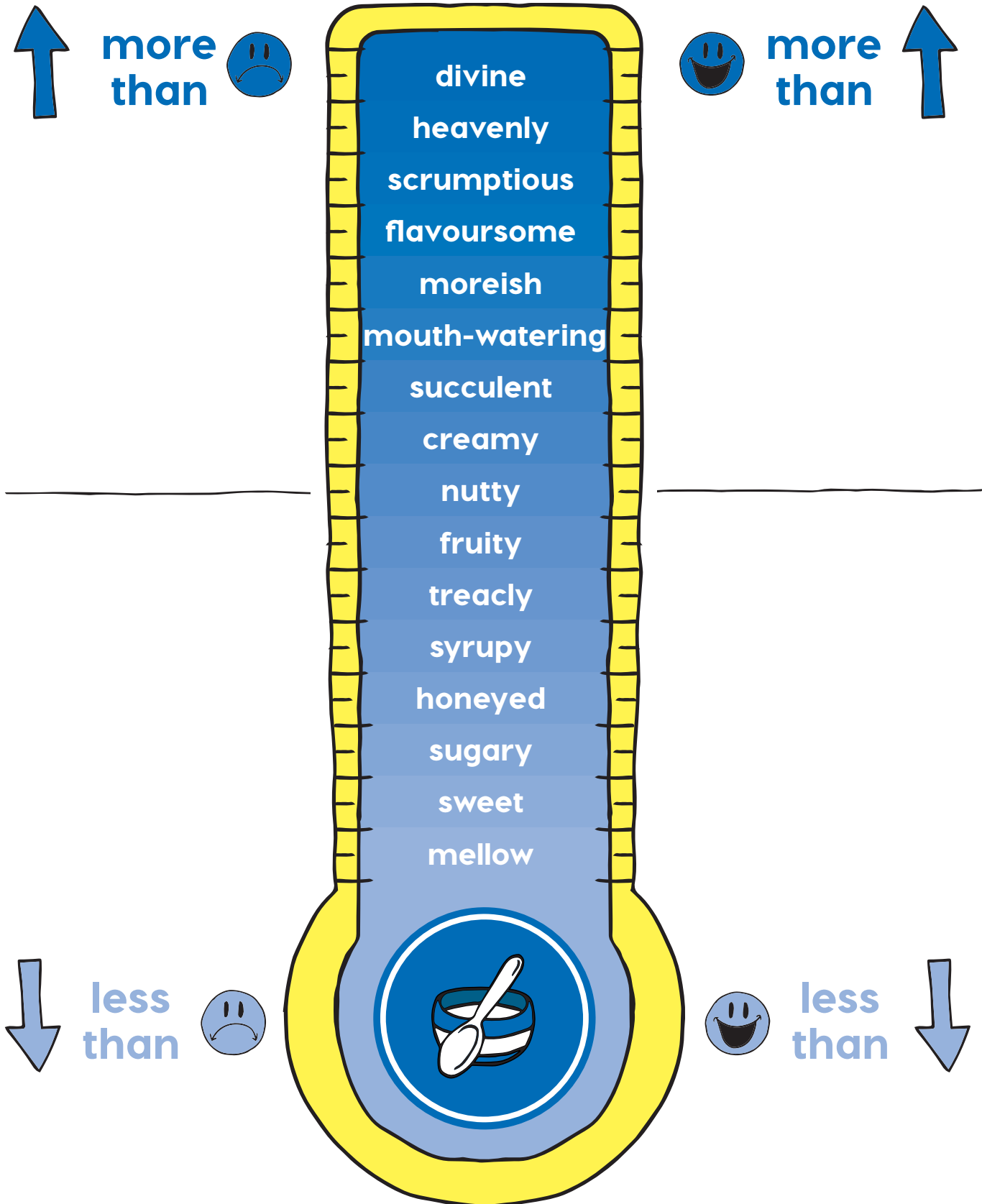
recoiling at the pungent stench she'd **inhaled**...  
**ingesting** plumes of acrid smoke...  
they **detected** decades of neglect in the musty air...  
frozen in terror, she **imbibed** the revolting reek...  
the fire chief quickly **sensed** the toxicity of the fumes...  
a reluctant **sniff** told her all she needed to know...

# Tasting



## Tasting

# Pleasant Flavours





## Tasting - Pleasant Flavours



### Positive adjectives ↑

appealing, aromatic, caramelised, crunchy, delectable, delicate, distinctive, fresh, hearty, homemade, juicy, light, moist, organic, rich, sizzling, sweet, velvety.



### Positive adverbs ↑

admiringly, appreciatively, blissfully, cheekily, ecstatically, euphorically, generously, gluttonously, gratefully, greedily, impolitely, piggishly, rapturously, ravenously, unceasingly, voraciously.



### Positive phrases ↑

blissfully sampling the **treacly** treats...

the **heavenly** taste of caramelised apples...

the sizzling steaks were truly **scrumptious**...

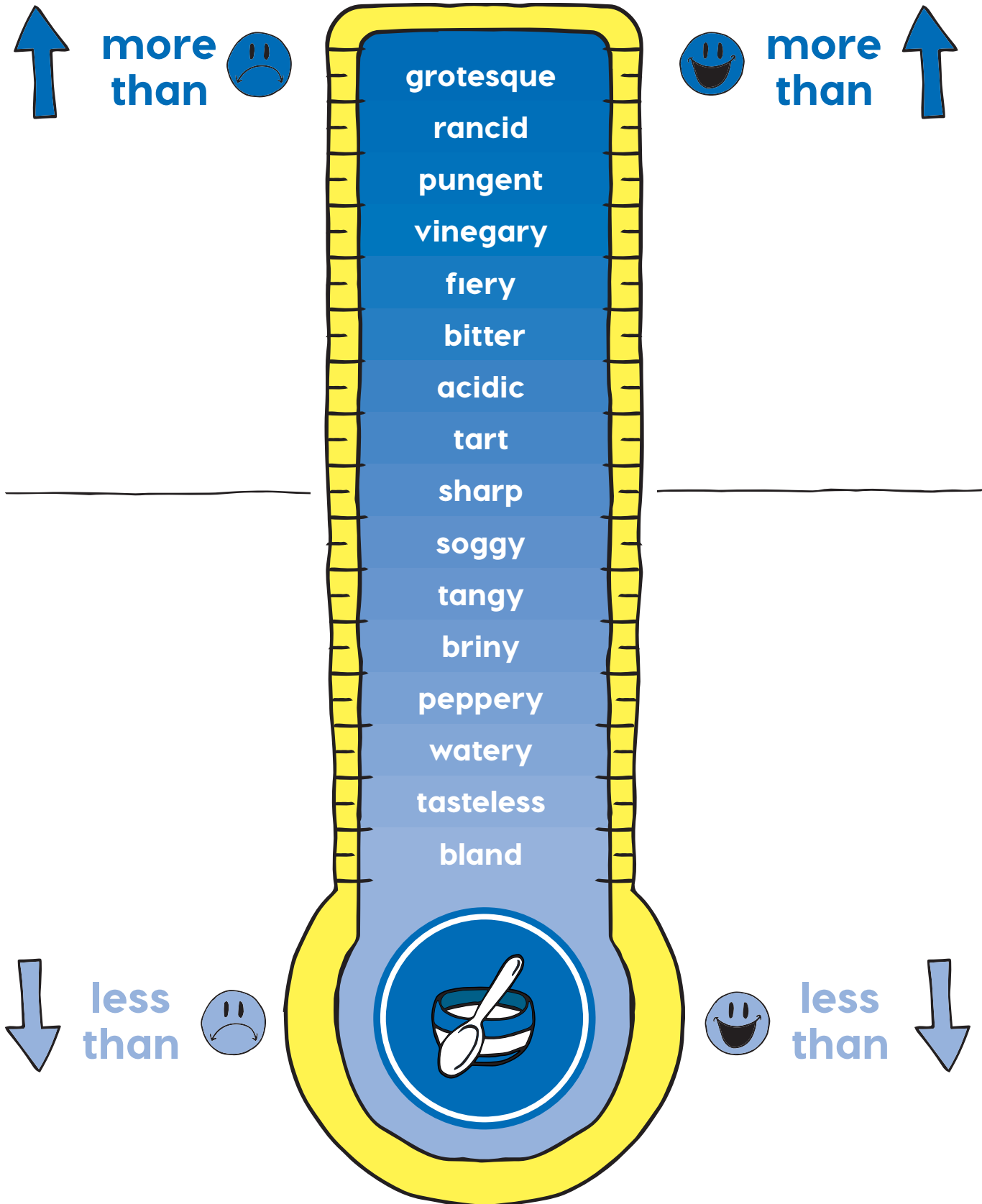
a mile of **mouth-watering** platters beckoned her close...

effortlessly gulping down the **sugary** snacks...

the **fruity** familiarity of grandma's homemade cake...

## Tasting

# Unpleasant Flavours





## Tasting - Unpleasant Flavours

### Negative adjectives ↓

acidic, burnt, caustic, cold, dry, flavourless, greasy, harsh, leathery, lukewarm, salty, soggy, sour.

### Negative adverbs ↓

apathetically, cautiously, forcibly, gingerly, gradually, half-heartedly, laboriously, miserably, queasily, reluctantly, secretively, sullenly, slyly, unappreciatively, unconfidently, worriedly.

### Negative phrases ↓

she was forcibly struggling with the **soggy** dumplings...

the **rancid** meat was well past its sell-by date...

school lunches were routinely **bland**...

queasily, he toyed with the **watery** stew...

the **peppery** tang caused him to cough uncontrollably...

slyly, she slipped the **tasteless** meal in the bin...

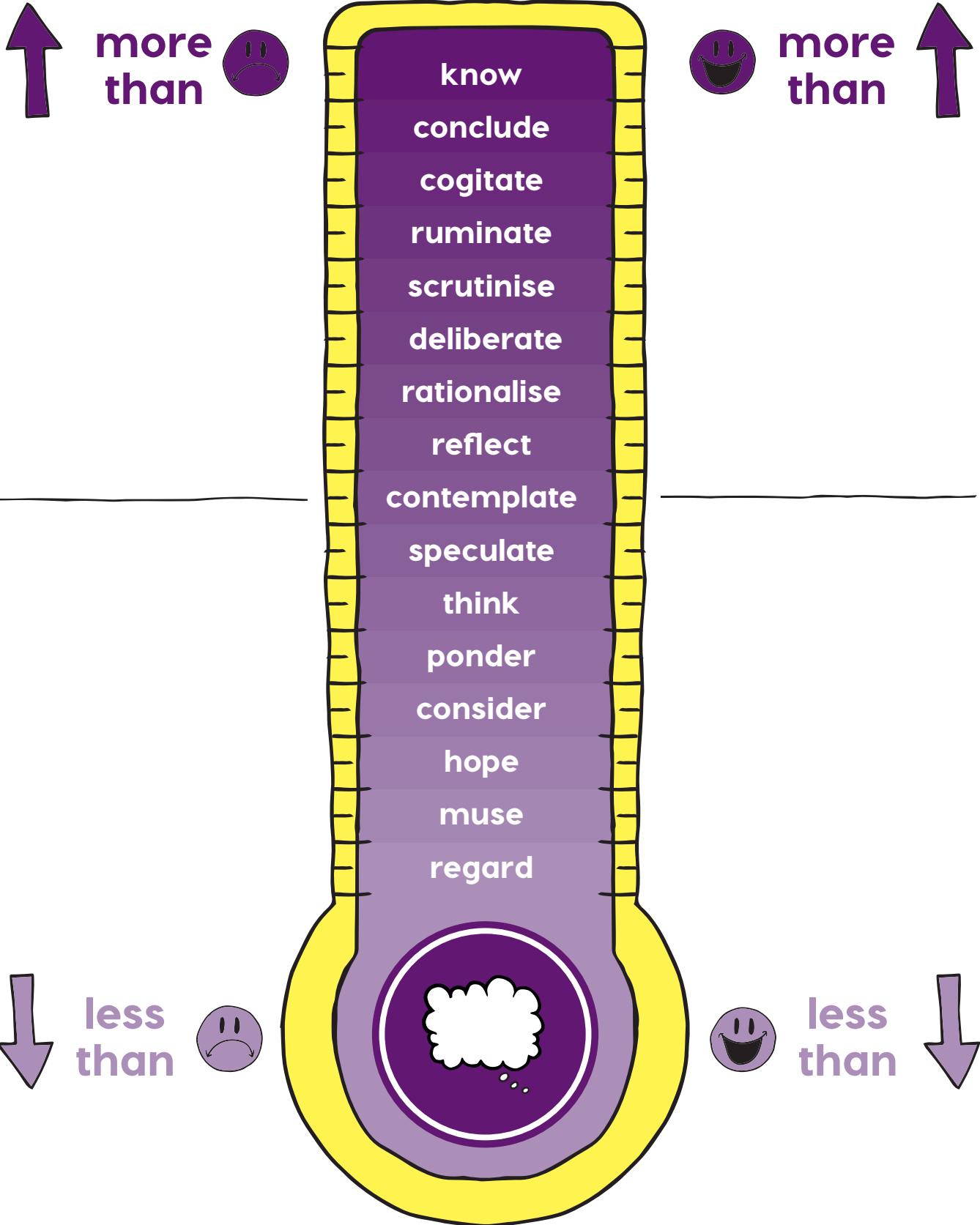


# Imagining





# Imagining Thoughts





# Imagining - Thoughts



## Positive adjectives ↑

awe-inspiring, beautiful, calming, cheering, comforting, colourful, delightful, exotic, magical, memorable, reminiscent, uplifting, vivid, wonderful.



## Positive adverbs ↑

dreamily, evocatively, excitedly, hopefully, optimistically, Positively, reassuringly, soothingly, supportively, systematically, trustingly.



## Positive phrases ↑

happy and content, she dreamed an **enchanted** dream...  
thoughts as **sweet** as sugared candy canes...  
a **charming** picture formed in his mind...  
furtively chuckling, he recalled the **amusing** experience...  
her mind was a haven of **pleasant** thoughts...  
the harmless man formed only **benign** opinions...



## Negative adjectives ↓

dark, depressing, dismal, eerie, foreboding, haunting, malign, menacing, nagging, ominous, persistent, recurrent, sinister, sombre, spooky, unsettling.



## Negative adverbs ↓

dangerously, dimly, distressingly, gravely, harmfully, intensely, menacingly, perilously, regrettably, severely, sinisterly, threateningly.



## Negative phrases ↓

**disturbing** thoughts scratched at his mind...  
as **sinister** as a witch's stare...  
maliciously imagining her revenge...  
the vision was nothing short of **macabre**...  
undoubtedly, it was a **pessimistic** picture...  
harbouring a clutch of **hateful** opinions...



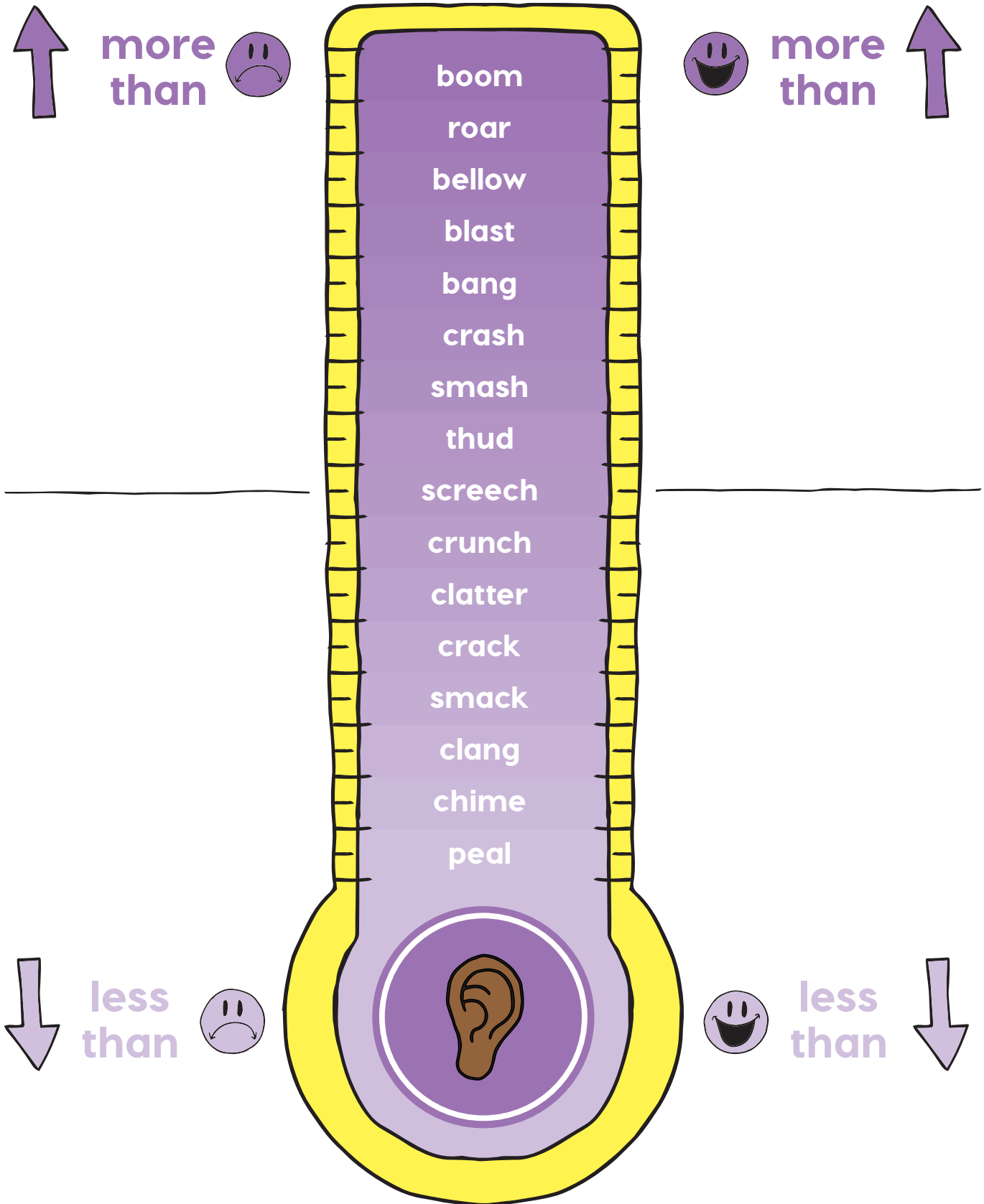
# Checking





# Checking

## Loud Sounds





## Checking - Loud Sounds

### Positive adjectives ↑

cheery, colossal, enormous, gigantic, huge, humongous, immense, impressive, jovial, massive, tremendous, vast.

### Positive adverbs ↑

almightily, confidently, ecstatically, joyously, magnificently, ostentatiously, pompously, proudly, showily, wonderfully.

### Positive phrases ↑

ta gigantic **boom** kick-started the celebrations...  
the dull **thuds** were punctuated only by joyous squeals...  
the proudly **chiming** church bells...  
magnificently aligned, the soldiers didn't flinch at the **blasting** cannon...  
the rhythmic **crashes** of the marching band...  
a long, steady **roar** heralded her arrival...

### Negative adjectives ↓

crass, clumsy, dark, disturbing, ear-splitting, furious, imposing, incessant, ominous, repetitive, shocking, startling, thoughtless, uncomfortable, unrelenting, violent, wild.

### Negative adverbs ↓

audibly, brazenly, deafeningly, irritatingly, loutishly, noisily, noticeably, powerfully, rudely, selfishly, shockingly, startlingly, unapologetically, unashamedly, unsympathetically, unnecessarily.

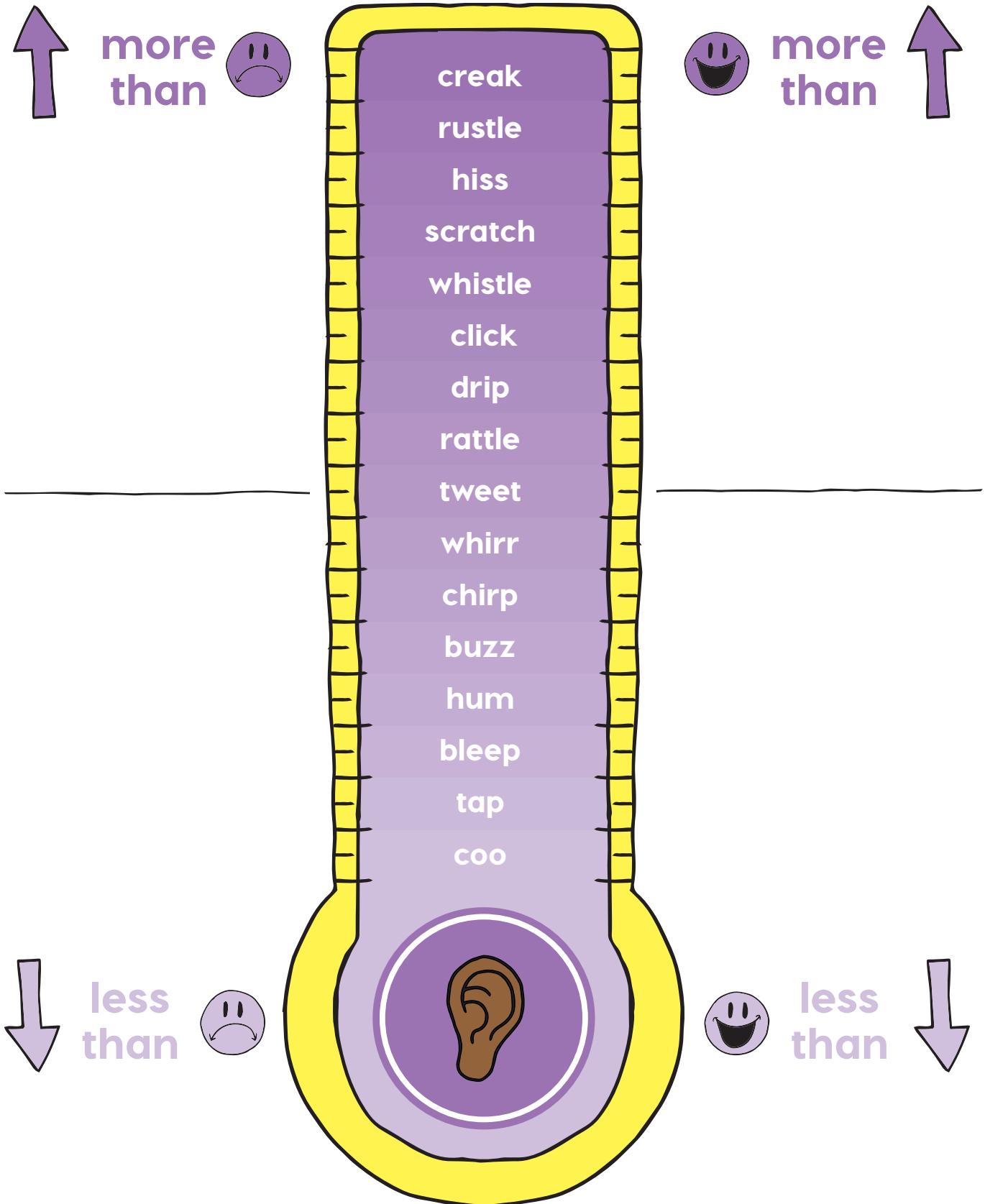
### Negative phrases ↓

the thunderous **blast** of a motorbike...  
unrelenting **chimes** pierced the morning skies...  
the sickening **crack** of his head hitting the concrete...  
paralysed in terror, they awaited the source of the loud **thudding** sounds...  
in a fit of rage, he **roared** at his stunned neighbour...  
unashamedly, she **clattered** down the road at daybreak...



# Checking

## Quiet Sounds





## Checking - Quiet Sounds

### Positive adjectives ↑

calm, comforting, gentle, harmonious, hushed, low-key, mild, peaceful, reassuring, rural, serene, slow, soft, soothing, tranquil.

### Positive adverbs ↑

collectively, faintly, gently, harmoniously, lightly, mildly, simultaneously, smoothly, softly.

### Positive phrases ↑

the gentle **hum** of nature's summer orchestra...  
lightly **whirring** in the distance...  
the muted **tweets**...  
rhythmically **dripping**...  
as contented as a **cooing** baby...  
harmoniously, the woodpeckers **tapped** out a morning tune...

### Negative adjectives ↓

annoying, confusing, distant, disturbing, eerie, gloomy, irritating, piercing, troubling, unceasing, unclear, unnerving, unusual.

### Negative adverbs ↓

constantly, continually, disturbingly, doggedly, hesitantly, inaudibly, irritatingly, perpetually, persistently, quietly, relentlessly, repeatedly.

### Negative phrases ↓

the eerie **scratches** were amplified in the still of night...  
alerted by a slow, disturbing **creak**...  
the persistent **buzzing**...  
an unwelcome **hum**...  
her constant **clicking** was inducing a headache...  
disturbingly, the **hissing** sound was escalating...