



The Training Space
Education Specialists

Degree of Meaning Scales



and realistic approach to enhance
writing in primary schools

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F

- Introduction
-  FEELINGS FROM FANTASTIC
- 'Happy' Shade of meaning scale
-  Positive related word bank
- 'Angry' Shade of meaning scale
-  Negative related word bank
- 'Sad' Shade of meaning scale
-  Negative related word bank
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A

-  ASKING FROM FANTASTIC
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-  Positive related word bank
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N

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- 'Noticing/look' Shade of meaning scale
-  Positive related word bank
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T

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- 'Touching' Shade of meaning scale
-  Positive related word bank
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A

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- 'Walk' Shade of meaning scale
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S

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- 'Smelling' Shade of meaning scale
-  Positive related word bank
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T

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- 'Tasting' Shade of meaning scale
-  Positive related word bank
-  Negative related word bank

I

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- 'Imagining' Shade of meaning scale
-  Positive related word bank
-  Negative related word bank

C

CHECKING FROM FANTASTIC

- 'Loud' Shade of meaning scale
-  Positive related word bank
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- 'Quiet' Shade of meaning scale
-  Positive related word bank
-  Negative related word bank

'Degree of Meaning' is a resource and tool to support the process of teaching writing in schools. It is a construct that will enable you as a teacher to teach writing systematically alongside developing language and ideas.

FANTASTIC

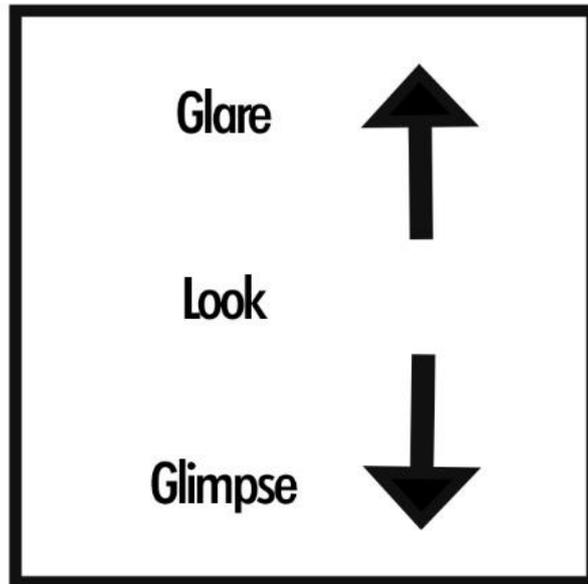
Underpinning the resource is the key guiding principle for pupils writing that there are nine key content lenses to write through.

FANTASTIC is an acronym that represents the nine aspects.

- F** = Feeling
- A** = Asking/Saying
- N** = Noticing
- T** = Touching
- A** = Action
- S** = Smelling
- T** = Tasting
- I** = Imagining
- C** = Checking sounds/Hearing

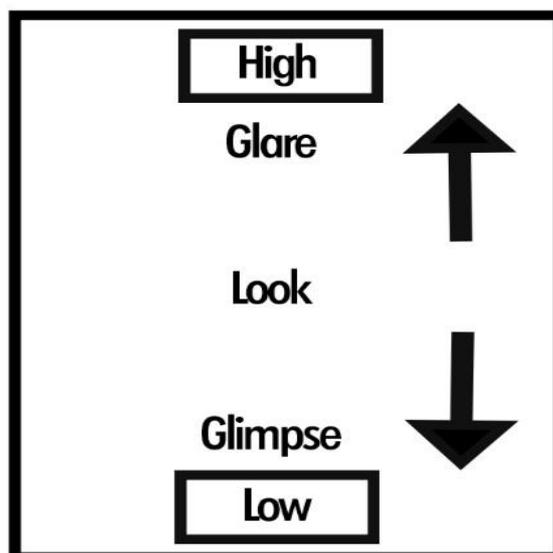
For each of these aspects a degree of meaning scale has been built to represent the importance of choosing language deliberately and carefully for the specific effects. In this sense the word banks can have a higher intensity or a lower intensity.

For Example:



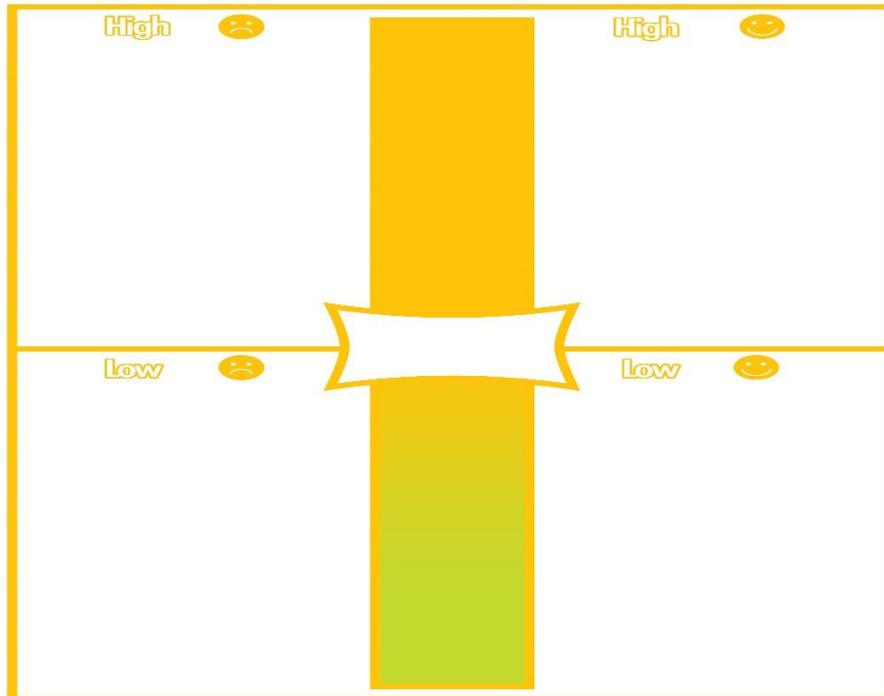
For each degree of meaning scale 16 words have been collected grouped around a core idea and then organised according to 'high' or 'low' meaning.

Intensity:

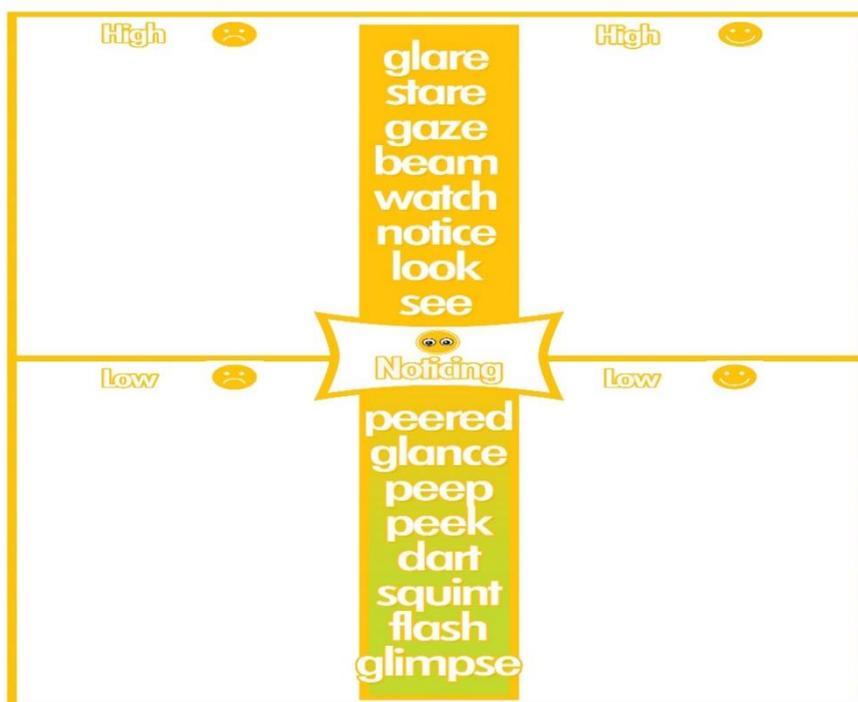


There is another component to this resource that assists pupils in understanding the systematic nature of language. In essence teaching English more like Maths.

The English language not only can be grouped according to degree of meaning but also with regards to positive and negative impact on the reader. It is easiest to understand this on a quadrant model:



This is the degree of meaning model with 16 words grouped for 'Noticing/Looking' This is how they can be ordered according to required effect from the writer.



Below is a subsequent illustration of how extra additions of language can be added to bring a positive or negative twist.

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>High 😞</p> <p>Glare angrily and unblinkingly a stare that froze her terrified to the spot Gaze viciously at the lonely girl His flirty eyes beamed disgust His eyes narrowed as he watched her dangerous eye noticed the ring an ominous and threatening look</p> | <p>glare stare gaze beam watch notice look see</p> | <p>High 😊</p> <p>glare optimistically a stare that hopefully unlocked her heart I gaze hopefully at the warm peach sunset her eyes beamed excitement as she watched her eyes sparkled reminiscing about those special times. he noticed her and his dark eyes twinkled an enticing look he could see an enchanting view</p> |
| <p>Low 😞</p> <p>peered with disdain glance suspiciously naughty peep sneaky peek her eyes darted nervously her squint was menacing and unnerving his eyes flashed across with disgust a horrific glimpse</p> | <p>Noticing 👁️</p> <p>peered glance peep peek dart squint flash glimpse</p> | <p>Low 😊</p> <p>peer with wide bulging eyes glance expectantly playful peep took an intriguing peek into the... her eyes darted excitedly her eyes squinted under the glow of the sun his eyes flashed hopefully across the room a promising glimpse</p> |

High



High



ecstatic
excited
elated
thrilled
overjoyed
delighted
happy



Happy

Low



Low



jolly
enthusiastic
animated
lively
bubbly
chuffed
pleased
content



Positive Adjectives:

buzzing, eager, favourable, fizzy, fortunate, jubilant, merry, radiant, sunny, well, willingly.

Positive Adverbs:

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

Positive Phrases:

surge of elation moved 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 the overwhelming feeling of joy...
scooped up with the elated atmosphere...

High



High



irate
enraged
furious
incensed
vexed
fuming
maddened
annoyed



Angry

Low



Low



exasperated
infuriated
antagonised
cross
exacerbated
indignant
displeased
irritated



Negative Adjectives:

acidic, astringent, bitter, cold, cruel, hot, impatient, petulant, sour, stern, stormy, tough, wild.

Negative Adverbs:

aggressively, angrily, 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 bitter outburst that hurt everyone nearby...

with a violent bark, her anger consumed the room...

exacerbated by the poor progress....

infuriated by the laughter, Jack....

rage crept in like a desolate wanderer with nothing to lose...

tough vexed face appeared from behind the screen...

High



High



wretched
despairing
pessimistic
sorrowful
downhearted
dejected
troubled
unhappy



Sad

Low



Low



distressed
upset
dismal
low
miserable
despondant
downcast
glum



Negative Adjectives:

Cold, deep, desperate, empty, harsh, hollow, horrible, lonely, painful, sharp, sinister, tragic.

Negative Adverbs:

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

Negative Phrases:

a hollow dejected chasm of sadness followed him around...

like a knife turning in his kidney...

with a lonely tear forming in her eye...

with a gloomy look though his fringe...

trapped in the tragic situation...

cornered by this bleak prospect...

High



High



horrified
petrified
terrified
frightened
worried
panicked
panic struck
fearful



Scared

Low



Low



fretful
alarmed
startled
anxious
nervous
tense
uneasy
jittery



Negative Adjectives:

cold, deep, dry, fast, heavy, hot, long, nervous, numb, painful, quick, rasping, shallow, short, shuddering, sick, sweaty, tight, tingling, uneasy, unsteady.

Negative Adverbs:

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

Negative Phrases:

paralysed with fear, Tom watched...
huddled under the tree, a sick rising feeling...
with a frenetic leap...
with a shudder of fright, he placed his hand on the door...
like a scared, desperate prey, she ran...
shallow breaths meant she was unable...

High



High



resolute
 steadfast
 unfaltering
 strong-minded
 decisive
 unwavering
 tenacious
 persevering



Determined

Low



Low



serious
 purposeful
 firm
 fixed
 constant
 decided
 set
 steady



Positive Adjectives:

able, capable, energetic, forceful, grit, large, resilient, robust, secure, solid, stable, strong.

Positive Adverbs

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

Positive Phrases:

walked stridently towards the cave...

raced relentlessly to the finish line...

with pure grit carved on his bones...

with an unfaltering mind Tom kept the goal in his sights...

like an ox carrying a heavy weight...

steady resolute approach to all he did...

High



High



conscious
apprehensive
averse
sheepish
unassured
introverted
reluctant
reticent



Shy

Low

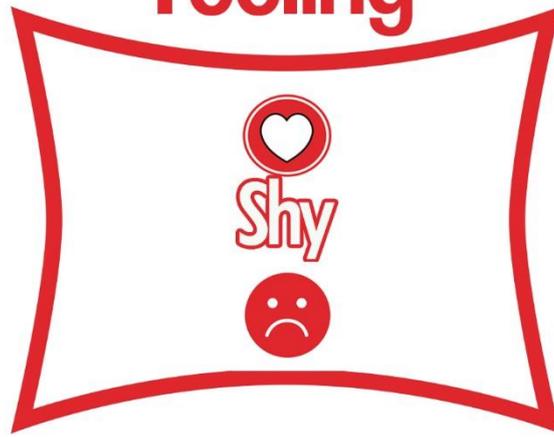


Low



timid
shrinking
modest
coy
nervous
reserved
disinclined
hesitant

Feeling



Negative Adjectives:

breathless, dry, edgy, jerky, nervous, quiet, small, sweaty, tense, trembling, twitchy, uneasy.

Negative Adverbs:

anxiously, apprehensively, carefully, cautiously, doubtfully, helplessly, limply, nervously, queasily, reluctantly, shakily, tentatively, uncertainly, warily, weakly.

Negative Phrases:

trembled at the thought of...

stammered over the smallest of words...

with blushed cheeks and a fluttering stomach...

with a dry mouth but sweaty palms...

like a meerkat on the look out...

breathless words got stuck in her throat...

High



roar
shriek
howl
scream
screech
squawk
bellow
bark

High



Low




Shout

Low



shout
cry
yell
hoot
yap
call
whoop
cheer



Positive Adjectives:

big, chirpy, deafening, high, high-pitched, high-spirited, loud, musical, shrill, squeaky, strong.

Positive Adverbs:

cheerily, cordially, delightfully, dramatically, dynamically, enthusiastically, gratefully, heartily, loudly, magnificently, rapturously, warmly, wonderfully.

Positive Phrases:

with a deafening cheer, the crowd welcomed...

with a high-pitched squeal of excitement...

echoed delightfully through the corridors...

seemed to drown out all the other sounds of the city...

high spirited roars drifted across the town...

wild whoops of joy could be heard...



Negative Adjectives:

indecipherable, loutish, mischievous, rambunctious, rebellious, rough, rowdy, rude, unruly, wild.

Negative Adverbs:

obtrusively, crashingly, ear-splittingly, noisily, piercingly, powerfully, raucously, rudely, vehemently, vulgarly.

Negative Phrases:

with rowdy squeaks and screams the crowd...

with an ear shattering squeal of terror...

the icy silence was broken by a sudden screech...

hellish howling bellowed into the night...

a scream like a strangled cat...

thunderous voice could be heard down the corridor...

High



High



speak softly
 whisper
 low voice
 secret
 utter
 grumble
 whine
 rumour



Whisper

Low



Low



disclosure
 murmur
 stutter
 mutter
 mumble
 stammer
 hum
 sigh



Positive Adjectives:

affectionate, caring, compassionate, enchanted, encouraging, extraordinary, fascinating, favourable, gracious, helpful, kind, magic, marvellous, miraculous, mystic, secret, soft, special, supportive, sympathetic, wonderful.

Positive Adverbs:

attentively, compassionately, friendly, gently, graciously, helpfully, kindly, mysteriously, pleasantly, politely, thoughtfully, warmly.

Positive Phrases:

with a warm whisper in her ear...

the mysterious mumbles now made sense...

the affectionate soft hum of his voice made her...

softly spoken with kind eyes...

attentively listening to her undulating murmurs...



Negative Adjectives:

alarming, ambiguous, clouded, creepy, cryptic, dark, deep, disconcerting, disguised, firm, forceful, frightening, hushed, obscure, odd, ominous, shrouded, sinister, strange, urgent, weird, worrying.

Negative Adverbs:

cagily, cold-heartedly, cunningly, demonically, deviously, fiendishly, menacingly, sadistically, spitefully, unfriendly, unkindly, unsympathetically, vilely, wickedly.

Negative Phrases:

with a strange stammer she leant forward...

the forceful hushed whisperings...

the urgent murmurings were hushed but firm...

cryptic ramblings were spoken softly...

Mr. Walsh insisted they took part by murmuring animus threats...

sinisterly grumbling into the small child's neck...

High



explode
roar
blurt
shriek
guffaw
cackle
chortle
snorted

High



Low



Laugh

Low



squeal
snigger
chuckle
giggle
snicker
gurgle
titter
smile



Positive Adjectives:

animated, bubbly, chirpy, content, delighted, effervescent, elated, exuberant, fizzy, jolly, joyous, jubilant, lively, perky, playful, sunny, thrilled, vital, zingy.

Positive Adverbs:

cheerfully, confidently, crazily, eagerly, energetically, enthusiastically, excitedly, gleefully, happily, hysterically, jauntily, jovially, jubilantly, loudly, merrily, raucously, sprightly, vivaciously.

Positive Phrases:

with an exuberant guffaw she turned on her heels...

sunny chortles from the children...

giggling playfully at...

an elated shriek of delight could be heard...

she laughed hysterically at all of her own jokes...

her laugh was as bubbly as a Sunday night bath...



Negative Adjectives:

brash, brazenfaced, cheeky, cutting, dead, harsh, haunting, hollow, impertinent, menacing, reckless, rude, tactless, uppity.

Negative Adverbs:

arrogantly, boastfully, harshly, impolitely, indiscreetly, mockingly, pompously, rashly, tactlessly, thoughtlessly, triumphantly, undiplomatically, vainly, victoriously.

Negative Phrases:

her selfish shrieks echoed triumphantly...

her tactless sniggering could not be avoided...

haunting laughter lingered on well after...

her words were brash and were delivered on a sea of spiteful sniggers...

hollow shrieks were amplified in the cavernous hall...

with an impertinent chuckle a well placed dirty look and a swish of her coat...

High



glare
stare
gaze
beam
watch
notice
look
see

High



Low




Noticing

Low



peered
glance
peep
peek
dart
squint
flash
glimpse



Positive Adjectives:

affectionate, beaming, bright, dazzling, friendly, glittering, hopeful, kind, radiant, soft, sparkling, sunny, tender-hearted, warm, welcoming.

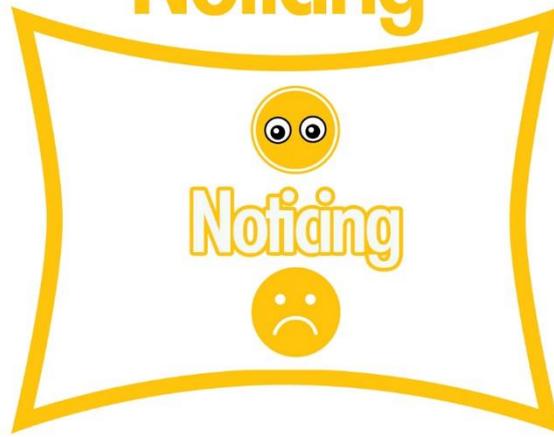
Positive Adverbs:

blissfully, buoyantly, deliriously, effusively, elatedly, enthusiastically, euphonically, excitedly, exuberantly, joyously, jubilantly, merrily, optimistically, vivaciously.

Positive Phrases:

glinted softly across to where we sat...
beamed with kindness as they shared stories...
with a hopeful glimmer for the future...
with a cheeky sparkle looking for adventure...
as she stared expectantly at the handsome prince...
magical mysterious look in their eyes...

Noticing



Negative Adjectives:

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

Negative Adverbs:

arrogantly, bleakly, cold-heartedly, cruelly, deceitfully, frostily, intently, jeeringly, miserably, sneakily, sneeringly, spitefully, stonily, tearfully, tragically, woefully.

Negative Phrases:

his eyes drilled into a nervous Sophie...

peered sneakily over the fence...

with a dark menacing stare...

whilst taking in every minute detail...

as black as the depths of the sea...

frozen, dangerous look in their eyes...

High



High



collision
crash
push
gripped
embrace
nudge
rub
pat



Touch

Low



Low



touch
moved
contact
stroke
graze
tap
brush
squished

Touching



Positive Adjectives:

creamy, crisp, frosty, glossy, polished, shiny, sleek, smooth, soft, 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:

with a kind touch...

with a soft, warm hand...

as gentle as a summer's breeze...

brushed against his face...

smooth satin stroked her cheek...

caressed her cold body...



Negative Adjectives:

coarse, crusty, damp, dry, greasy, icy, jagged, mouldy, rough, scolding, sharp, shrivelled, sizzling, slimy, soggy, sticky, withered.

Negative Adverbs:

anxiously, apprehensively, briskly, doubtfully, limply, reluctantly, shakily, sharply, tentatively, uncertainly, unsteadily, warily.

Negative Phrases:

scratched at her pale skin...

gripped him sharply around the neck...

with a reluctant stroke of the jagged...

with an uncertain hand he touched the slimy...

like a mouldy apple crumbling between their fingers...

damp walls were all they felt...

High



hike
march
stride
pound
tramp
tread
traipse
stomp

High



Low



Walk

Low



jaunt
pace
step
proceed
ramble
stroll
amble
saunter



Positive Adjectives:

agile, athletic, bouncy, bright, brisk, bustling, busy, cheerful, energetic, enjoyable, nimble, perky, rapid, vivacious.

Positive Adverbs:

calmly, cheerfully, decisively, determinedly, distinctly, emphatically, gently, positively, rhythmically, unmistakably.

Positive Phrases:

a brisk, bright stomp up the...

gently encouraging those around her, Jane strode out...

the rapid, rhythmic ramblers were able...

with a decisive saunter...

as athletic as a sprinter moments after the gun shot.

They traipsed cheerfully through the...

Action



Negative Adjectives:

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

Negative Adverbs:

calculatingly, deliberately, fervently, idly, knowingly, lazily, nonchalantly, obstinately, slackly, stubbornly.

Negative Phrases:

idly wandering through the hallway, David...

a sluggish stroll through the...

as slow as a directionless ship...

deliberately slowing the group, Alice walked as...

with an idle attitude, her steps dragged...

a sluggish march that unsettled the...

High



High



dash
race
tear
sprint
bolt
gallop
rush
run



Run

Low



Low



break
sprint
dart
bound
jog
scamper
scuttle
amble

Action



Positive Adjectives:

brisk, determined, fast, forceful, powerful, quick, rapid, strenuous, sudden, swift, vigorous.

Positive Adverbs:

briskly, determinedly, directly, dynamically, enthusiastically, expectantly, forcefully, hastily, immediately, instantly, powerfully, quickly, speedily, suddenly, swiftly.

Positive Phrases:

with great gusto he darted across...

with an energetic spurt she bounded forwards...

as driven as a leopard with its prey in sight...

stamina was etched on his face as he bolted.

the tireless was visible as she raced.

suddenly she dashed determinedly

Action



Negative Adjectives:

aggressive, feeble, flimsy, frail, half-hearted, inactive, inadequate, lazy, lethargic, pathetic, pitiful, slow, timid.

Negative Adverbs:

clumsily, deliberately, flimsily, inadequately, ineffectively, intentionally, miserably, pathetically, timidly.

Negative Phrases:

with a pathetic groan she scuttled clumsily to...

with a feeble grimace she began to flimsily run...

deliberately slow run...

the pained and pitiful job.

the most ineffective sprint...

as half-hearted as a tired tortoise.

High



High



leap
plummet
plunge
dive
vault
lurch
drop
pounce



Jump

Low



Low



hurdle
bound
spring
jolt
bounce
jerk
hop
clear



Positive Adjectives:

basic, easy, manageable, obvious, painless, safe, secure, simple, smooth, stable, straightforward, strong, uncomplicated.

Positive Adverbs:

comfortably, competently, conveniently, dexterously, dramatically, effortlessly, gingerly, painlessly, readily, simply, smoothly.

Positive Phrases:

gingerly, Greg approached the edge knowing the jump was...

with one painless leap, she was across...

she pounced effortlessly across the river...

dramatically with one powerful bound...

with a safe strategy she knew she'd make the vault...

a very manageable gap, navigated with ease...

Action



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, hazardously, hysterically, perilously, precariously, recklessly, riskily, severely.

Negative Phrases:

perilously, Dan leapt across the wide chasm...

the treacherous dive beckoned foolhardy teenagers...

the risky plunge seemed to...

with a giant lurch Jessica's ankle...

hazardously jerking near the cliff edge...

High



devour
gorge
gobble
wolf
scoff
cram

High



feast upon
polish off



Eat

Low



munch
dine
bite
chew
graze
pick
peck
nibble

Low



Action



Positive Adjectives:

dainty, decorative, delectable, delicious, delightful, distinctive, divine, elaborate, enjoyable, exquisite, meticulous, pleasant, rich, savoury, scrumptious, sweet, tasty.

Positive Adverbs:

delicately, deliciously, delightfully, eagerly, easily, effortlessly, frantically, frenziedly, gradually, temptingly.

Positive Phrases:

with one effortless manoeuvre the marshmallow was polished off...

she grazed on dainty morsels of food...

deliciously devoured by the time...

the elaborate cake winked at Jessica begging to be scoffed...

with one enormous bite the sandwich was...

mysterious munching could be heard

Action



Negative Adjectives:

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

Negative Adverbs:

agitatedly, apprehensively, conscientiously, discreetly, greedily, hungrily,
reluctantly, suspiciously, warily.

Negative Phrases:

the revolting fish stew was nibbled at reluctantly...
hungrily the boys wolfed down the mouldy...
crammed to the brim with sweets...
gazing greedily at the indulgent platters...
a musty smell was released with every bite...
suspiciously, Ann pecked at the grey mush in the bowl...

High



High



riot
clash
brawl
rumble
conflict
quarrel
battle
dispute



Fight

Low



Low



fracas
altercation
scuffle
skirmish
struggle
confrontation
disagreement
tiff



Positive Adjectives:

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

Positive Adverbs:

appropriately, conscientiously, honestly, honourably, justly, laudably, morally, respectably, truthfully.

Positive Phrases:

Tom felt obliged to repay John for the earlier brawl...

morally he knew the altercation...

it was a noble dispute...

the struggle was fair and to be expected...

truthfully the teachers turned away as this battle was just...

the riot was undertaken with decent principles...



Negative Adjectives:

angry, brutal, corrupt, crazy, cruel, destructive, dirty, evil, fiery, riotous, rough, savage, unfair, vicious, violent.

Negative Adverbs:

agitatedly, destructively, frenziedly, furiously, inappropriately, insanely, manically, savagely, uncontrollably, violently, wildly.

Negative Phrases:

with a brutal look in his eye James stepped up for a fight...
frenziedly she pushed her to the floor and scuffled...
she was as vicious as a cat playing with a mouse in its mouth...
the angry confrontation could be heard...
she was riotous before the skirmish broke...
a fiery clash of words followed by a savage struggle with fists...

High



High



spring
pop up
crop up
rise
attend
arrived
turn up
present



To Appear

Low



Low



entrance
exposed
materialised
show
surface
occur
develop
emerged



Positive Adjectives:

affectionate, amiable, considerate, distinctive, friendly, generous, gracious, kind, memorable, special, sweet, sympathetic, unique, unusual.

Positive Adverbs:

bewitchingly, elegantly, empathetically, exquisitely, fortunately, magnificently, miraculously, quickly, splendidly, suddenly, superbly, surprisingly, swiftly, tastefully, unanticipated, unexpectedly.

Positive Phrases:

magnificently to make the evening more special Paul arrived...

with one bold manoeuvre he was present, right at the heart of the party...

without an invite, bewitchingly she appeared...

empathetically, Dad cropped up at the car park...

their considerate entrance meant that...

as gracious as a curtsy to the queen...



Negative Adjectives:

aloof, angry, antagonistic, bitter, cold, cruel, hard, harsh, mean, rude, severe, thoughtless, unsociable.

Negative Adverbs:

disappointingly, eventually, foolishly, impulsively, inconsiderately, recklessly, regretfully, thoughtlessly, tumultuously, unfortunately.

Negative Phrases:

with a reckless contempt, Josh burst through the gates and made an angry entrance...

regretfully, the silhouette of Mrs. Drago emerged in the ...

attending the ball, Jo's eyes were bitter and cold...

she emerged into the room, alone, aloof and...

her thoughtless appearance was noted by...

it was as though she has risen from a cold, dark place...

High



stench
reek
stink
odour
incense
scent
aroma
snort

High



Low




Smell

Low



fragrance
essence
trail
whiff
sniff
waft
hint
trace



Positive Adjectives:

aromatic, balmy, clean, delectable, delicious, fragrant, fresh, hygienic, laundered, perfumed, pure, squeaky, sweet, sweet-smelling, vanilla, warm.

Positive Adverbs:

aromatically, blissfully, deliriously, elatedly, evidently, fragrantly, freshly, newly, noticeably, obviously, redolently.

Positive Phrases:

a hint of a hygienic scent told them that...

the linen was freshly washed with a fragrant scent...

a trace of vanilla made a delectable change...

as aromatic as a summer walk in the woodland...

bluebell whiffs danced around their senses...

fragrantly entering the room, the ladies looked...



Negative Adjectives:

damp, dank, decaying, musty, pungent, putrefying, rancid, revolting, rotten, salty, sour, stinking, sweaty, thick.

Negative Adverbs:

chokingly, frantically, helplessly, painfully, pungently, queasily, shakily, unsteadily, weakly, wearily.

Negative Phrases:

the retched stench wafted through the school...
as damp smelling as green mould clinging to the wallpaper...
with a stench of decaying gloom descending...
with the revolting smell invading the cupboard...
sniffing the air, it was clear the cause of the rancid smell...
choking on the putrefying air...

High



High



punch
smack
kick
zing
tang
aftertaste
sour
bitter



Bitter/Sweet

Low



Low



sweet
delicious
oomph
flavour
syrupy
honeyed
sugared
suggestion



Positive Adjectives

appealing, aromatic, caramelised, crunchy, delectable, distinctive, drizzle, famous, fantastic, flavoursome, fresh, hearty, homemade, juicy, mellow, moist, organic, rich, savoury, scrumptious, sizzling, sweet, terrific, thin, velvety.

Positive Adverbs:

absolutely, extraordinarily, extremely, fondly, generously, gratefully, healthily, heartily, lip smackingly, magically, richly, skilfully, sweetly, warmly.

Positive Phrases:

like honey glooping from a jar...
as sweet as bumblebees rolled in candy floss...
licking a mango for the first time, the syrupy...
a suggestion of sugary surprise...
swallowing the soup gave an after taste of comfort...
delicious sweet taste that reminded...



Negative Adjectives:

acidic, bitter, bland, burnt, caustic, cold, dry, fiery, flavourless, greasy, harsh, insipid, leathery, lukewarm, rancid, rank, rotten, salty, savoury, sharp, sour, spicy, tart.

Negative Adverbs:

meanly, miserably, occasionally, queasily, rarely, reluctantly, routinely, sadly, scarcely, secretively, shamelessly, slyly, stressfully, unfortunately, wickedly.

Negative Phrases:

as fiery as a dragon's breath,
dreaming of dad's meals, the caustic gruel...
reluctantly she spooned the sour medicine...
eating the bland porridge sent a sharp pang of homesickness...
the aftertaste was much worse; rotten parsnips...
the lukewarm soup was salty with a tang of soap...

High



High



imagine
 invent
 envisage
 dream
 visualise
 conceptualise
 fabricate
 creak



Imagining

Low



Low



thoughts
 believe
 conceive
 guess
 anticipate
 picture
 perceive
 consider



Positive Adjectives:

awe-inspiring, beautiful, calming, colourful, daring, endearing, exotic, happy, hopeful, insightful, magical, meaningful, memorable, mysterious, positive, vivid, wonderful.

Positive Adverbs:

consistently, methodically, positively, reassuringly, regularly, sensibly, soothingly, systematically, trustingly.

Positive Phrases:

with confidence the group put their trust in Tom's concept...

they had all visualised this utopian place...

consistently Jemma always imagined the most...

anticipating a calm positive resolution...

dreaming of a magical time...

as awe-inspiring as the northern lights...



Negative Adjectives:

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

Negative Adverbs:

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

Negative Phrases:

eerie thoughts scratched at my mind...

her sombre belief that there was no escape...

as sinister as a witch's stare...

like a nagging lonely nightmare...

dangerously re-enacting the vision they had invented together...

the recurrent dream was threatening her decision making...

High



explosion
boom
blare
clash
smash
thunder
blast
crash

High



Low



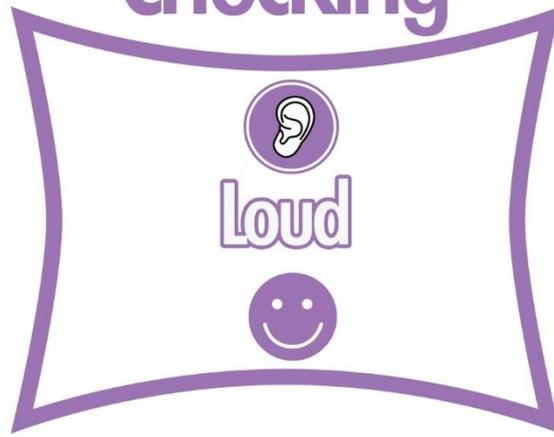

Loud

Low



racket
crack
clattering
bang
clang
din
clap
peal

Checking



Positive Adjectives:

big, cheery, colossal, dizzy, enormous, gigantic, huge, humongous, immense, jovial, large, massive, tremendous, vast.

Positive Adverbs:

almighty, audibly, joyously, loudly, nosily, powerfully.

Positive Phrases:

with a humongous bang, the thief was trapped in the...

the immense racket heralded a new era...

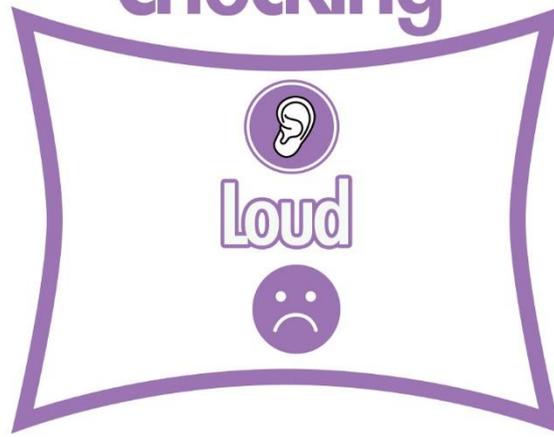
a gigantic boom kick started the celebrations...

with an almighty crash, the best thing that ever happened to me stumbled into the classroom...

exploding loudly around us, we could only hear...

as loud as a firework igniting in the kitchen...

Checking



Negative Adjectives:

angry, dangerous, dark, depressing, disturbing, gloomy, ominous, shocking, startling, violent, wild.

Negative Adverbs:

crushingly, deafeningly, ear-splittingly, piercingly, tragically, unexpectedly, vehemently, worryingly.

Positive Phrases:

the angry, violent clattering of...

as wild as an orchestra with a lost conductor...

piercingly slicing through the night, the explosive sounds...

with a sudden smash, the children stopped...

dangerous, dark blasts could be heard in the distance...

the bangs, the clangs were coming nearer...

High



High



creak
rustle
click
vibrate
scratch
scuttle
low-pitch
quiet



Quiet

Low



Low



hush
muffled
muted
distant
dull
faint
echo
silence

Checking



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, simultaneous, smoothly, softly.

Positive Phrases:

the gentle harmony of nature's summer orchestra...

tranquil sounds of the countryside...

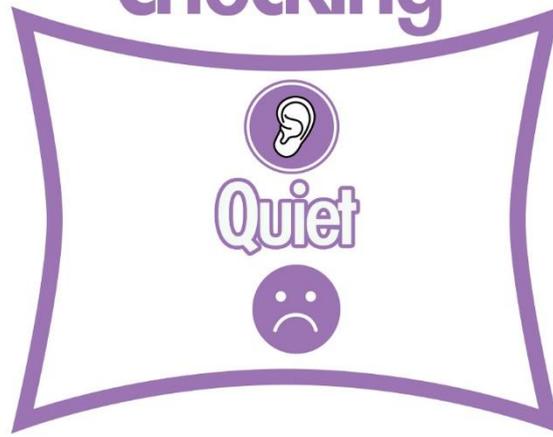
the sounds they heard were rural and reassuring...

the muted chaos of the carnival was...

with the distant chime of the clock all was...

the hushed tone of Mr. Wigen meant they fell asleep soon after the...

Checking



Negative Adjectives:

agitated, clumsy, deathly, deep, disturbing, eerie, gloomy, horrible, isolated, scuffling, unnerving, waiting.

Negative Adverbs:

constantly, continually, disturbingly, doggedly, inaudibly, persistently, quietly, relentlessly, repeatedly, silently.

Negative Phrases:

smallest sounds were amplified in the isolating night...

the disturbing creaking of the door...

a strange scuttling noise could be heard...

although it was faint the dull drone of machinery...

constant clicking was carving a headache...

muffled cries of puppies in pain...