

VERB – START IT!

Begin each sentence with an ACTION word.

Old: The man became a hero.

New: Catching the ball in the outfield at the bottom of the ninth inning, Jose became a hero.

Old: You can use milk and ice cream to make a milkshake.

New: Create a yummy milkshake with milk and ice cream.

VERB – STRETCH IT!

Replace a weak verb with an *action* verb.

Old: The blender broke.

New: The blender shattered into thousands of pieces.

Old: The blender went off the counter.

New: The blender tumbled off the counter.

VERB – REPEAT IT! (POWER OF 3)

Repeat two or more verbs in the same sentence, grouping verbs together or separating with phrases.

Old: The blender fell to the floor.

New: The blender slipped, toppled, and crashed to the floor.

Old: The children blamed the earthquake.

New: Arguing and whining, the children blamed the earthquake for the sticky mess.

Old: The Red Cross plans to encourage the victims of the great blender tragedy.

New: The Red Cross plans to encourage the discouraged, uplift the downtrodden, and inspire the innocent victims of the great blender tragedy.