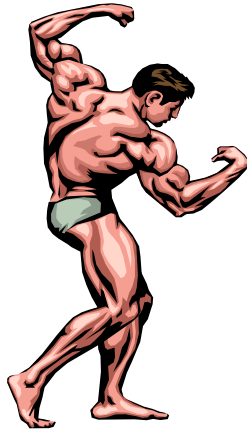


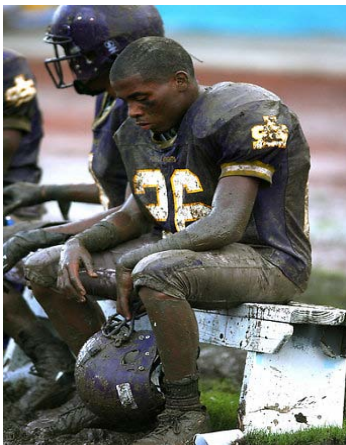
Exercise Muscle Words



- Vivid Verbs (*rushed, meandered, not went*)
- Specific Nouns (*Brookline Apartments* or *Castle Bordeaux*, not *house*)
- Image-driven Adjectives (*lichen-smothered stone walls; a droll smile creased his face*)
- Similes, metaphors, personification
- Onomatopoeia , alliteration

Discard Crutch Words

- "To Be" Verbs (*am, is, was, were, has been, became*)
- Helping Verbs (*might, may, should, have, must, has, can, did, will*)
- Vague Adverbs (*always, sometimes, very, slowly, proudly*)



Bench Tired Words

- Overused Adjectives (*awesome, interesting, great*)
- "He said, she said."
- Vague, Non-specific Nouns (*somewhere, thing*)
- Overused Pronouns (*it, they*)
- Clichés (*slow as molasses*)

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Teaching The Story: Fiction writing in Grades 4-8