

# Past Tense Writing Using Adjectives

For Beginning Writers  
Grades 4 and 5



# **Writing Warmups: Past Tense Writing Using Adjectives, For Beginning Writers Grades 4 and 5**

**ISBN 978-1-955506-01-4**

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## **How to Use this Book**

This workbook is for beginning writers who read on a 4th to 5th grade level. Calculation of the reading level is based on the average readability score of the following indices: Linsear Write Formula, The SMOG Index, The Coleman-Liau Index, and the Flesch-Kincaid.

The objective of this book is to have students write short paragraphs about memorable occurrences in their lives. The student should receive regular feedback on their writing progress while using this book. The teacher should provide a rubric by which the student will be graded. This will provide the student the opportunity to structure their writing and independently self-correct their work. Common writing measures for writing rubrics include capitalization, punctuation, and sentence structure.

This book will develop your students' vocabulary and writing skills. This book aligns with the Common Core standards.

This book is ideal for

- use in one-on-one instruction
- small group learning
- reluctant learners
- students reading below grade level
- remediation
- daily enrichment

## **Note to the teacher:**

1. Each page in this book has pictures for students to use as a reference for their writing.
2. Encourage students to use the pictures to help them write.
3. Have students proofread their writing before checking it.

## Word List

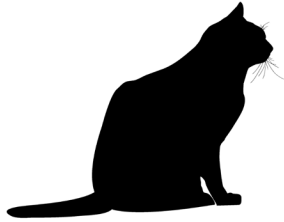
1. adorable
2. affectionate
3. amusing
4. anguish
5. blustery
6. challenging
7. content
8. cordial
9. creative
10. cynical
11. disengaged
12. disturbed
13. enchanted
14. elated
15. exhausted
16. ecstatic
17. fascinated
18. fortunate
19. graceful
20. hideous
21. impatient
22. inspired
23. isolated
24. lethargic
25. muffled
26. nervous
27. optimistic
28. overwhelmed
29. petrified
30. rapidly
31. reflective
32. reluctant
33. sensitive
34. serene
35. spectacular
36. splendid
37. toxic
38. vivid
39. withdrawn
40. yearning

# What gets a capital letter?

## People and pets

Richard

Alexis



## Names of places



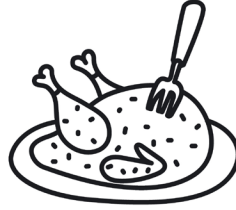
Africa

## Proper names



Friendly Airlines

## Holidays



Thanksgiving

## Months of the year

January, February, March

## At the beginning of a sentence

She walks to school.

## Days of the week

Sunday, Monday, Tuesday

## The word

I

**A paragraph** is a group of sentences. A paragraph is composed of

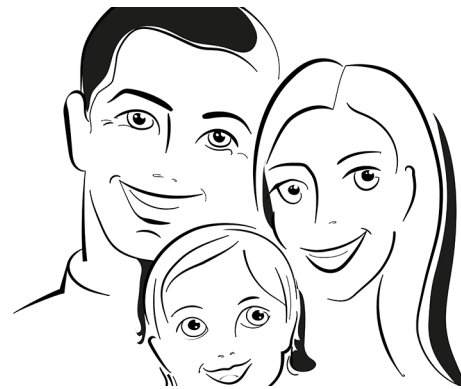
**an introduction** – Here you tell the reader about the topic you will be writing about.

**details** – Here you give specific information about your topic.

**a conclusion** – Here you evaluate or form an idea about everything you wrote.

Name \_\_\_\_\_

Date \_\_\_\_\_



1. **Adorable** means something that is charming, delightful and causing one to show love and affection. Write about a time you saw something adorable.

**Sample:** A time I saw something adorable was when I saw a picture of myself with my parents. I was little in the picture. I was five years old. I was in between my mother and father. Some of my teeth had fallen out. I looked so happy in the picture.

**A time I saw something adorable was** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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(Detail 3) \_\_\_\_\_

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Conclusion \_\_\_\_\_

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**B. Rewrite your sentences in paragraph form. Have your teacher examine your writing first.**

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Date \_\_\_\_\_



2. Write about a time you were **affectionate**.  
Affectionate means to show kindness and gentleness toward someone. Write about a time you were affectionate.

**Sample:** A time I was affectionate was when I saw my extended family members in the summer. I was so happy to see them. I gave them hugs and kisses. We shared meals and spent time together. I told them that I loved them. I felt joyful at the end of the visit.

**A time I was affectionate was when** \_\_\_\_\_

(Detail 1) \_\_\_\_\_

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**B. Rewrite your sentences in paragraph form. Have your teacher examine your writing first.**

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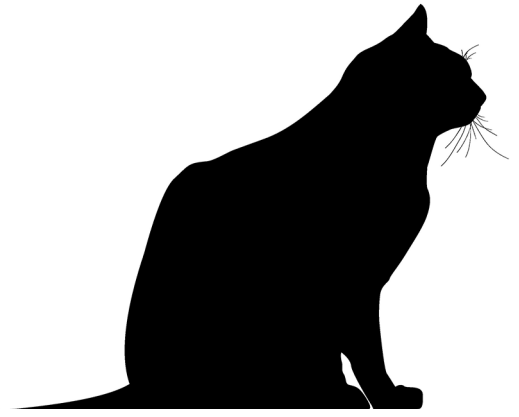
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3. **Amusing** means fun, different and interesting. Write about time you saw something amusing.

**Sample:** A time I saw something amusing was when I saw my cat dance to music. I was playing a song from one of my favorite singers. My cat was moving her head up and down. She started to walk back and forth in the beat of the music. My cat had some good moves!

**A time I saw something amusing** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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4. **Anguish** means to feel severe mental or physical pain. Write about a time you were in anguish.

**Sample:** A time I felt anguish was when I sprained my ankle. This happened when I was playing baseball in little league. I slid on my leg while going into home base. I didn't realize my leg got twisted. When I tried to get up, I felt terrible pain. I couldn't move. I remember it feeling like the worst physical pain I ever had.

**A time I felt anguish was** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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Name \_\_\_\_\_

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5. **Blustery** means windy. Write about a time you experienced blustery weather.

**Sample:** A blustery day I remember was last winter. I was home after school. I saw leaves moving quickly through the air. I heard the wind howl. From my bedroom window, I spotted tree branches moving from side to side. Trees fell down into the street.

**A blustery day I remember was** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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6. **Challenging** means something that is not super hard but not easy either. Write about you did something challenging.

**Sample:** A time I did something challenging was when I planted a tree by myself. I went to a greenhouse with my dad and picked out a tree. The tree was heavy. I had to carry it home and dig a hole to plant it in. It took me several hours to get everything done!

**A time I did something challenging was** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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7. **Content** means satisfied or feeling good about what you have. Write about a time you felt content.

**Sample:** A time I felt content was during a Thanksgiving dinner. Although I was hungry, I didn't want to stuff my belly with food. I had turkey, fish, and salad. I then had one piece of cake. I often eat too much. The amount of food I ate was just right.

**A time I felt content was** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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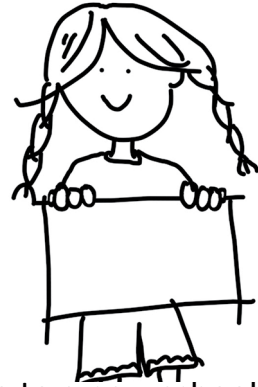
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8. **Cordial** means to be friendly in a professional and kind way. Write about a time when you were cordial with someone.

**Sample:** A time I was cordial was when I went on an interview to go to a new school. When I met the interviewer, I said “Hello, nice to meet you.” I then shook her hand. She then asked me some questions about myself. I gave her answers. I did not go into much detail with my answers because I did not know her.

**A time that I was cordial was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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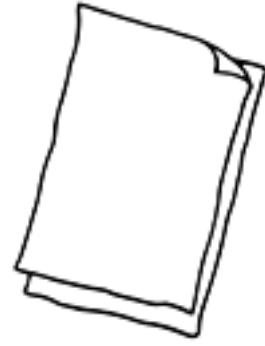
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9. **Creative** means original and inventive. Write about a time you were creative.

**Sample:** A time I was creative was when I drew a picture of my family. In the picture were my mom, dad, and my brother. We were in a car going on a trip. I also drew the sun, trees, and grass. When I was finished, I gave the drawing to my parents.

**A time I was creative** \_\_\_\_\_

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10. **Cynical** means to be doubtful and not trustful of others. Write about a time you were cynical about something.

**Sample:** I was cynical when someone told me that there were aliens in outer space. I don't believe in aliens. People say they are green with pointy heads. They are supposed to have big black eyes and have four-fingered hands.... really? It just seems a little weird to me. I am a cynic when it comes to aliens.

**A time I was cynical was when** \_\_\_\_\_

(Detail 1) \_\_\_\_\_

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**B. Rewrite your sentences in paragraph form. Have your teacher examine your writing first.**

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11. **Disengaged** means to not pay attention to something. Write about a time you became disengaged from a person, people or something else.

**Sample:** A time I was disengaged was when I watched a boring cartoon. It was a new series about animals which lived in a city. I could not follow the story. The characters were not funny. I fell asleep. My friend told me the show was entertaining. That is the reason why I wanted to watch it.

**A time I was disengaged was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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Name \_\_\_\_\_

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12. **Disturbed** means to become upset or distracted.  
Write about a time you felt disturbed.

**Sample:** A time I was disturbed was when I was doing my homework with my dog in the room. As I did my math homework, my dog started barking. It then started to pant and tug at my leg. Next, I heard its stomach growl. That is when I realized that it was hungry. I gave it some food!

**A time I felt disturbed was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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13. **Elated** means to feel extremely happy. Describe a time you felt elated.

**Sample:** A time I felt elated was when I passed my yearly math and reading state tests. I had studied for the tests all year. I even had a tutor help me to pass them. The tutor came to my house every Tuesday. I remember my teacher gave us practice exams to do for homework. When I got the scores, I jumped for joy. I did not have to think about these tests anymore!

**A time I felt elated was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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Name \_\_\_\_\_

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14. **Excited** means to feel thrilled or very happy about something. Write about a time you felt excited.

**Sample:** A time I felt excited was on the last day of school. I could not sit still in my class. All I could do was think about the fun I would have during my vacation. I was happy that I would have no homework for the summer. At the end of the day, I played in the schoolyard with my friends.

**A time I felt excited was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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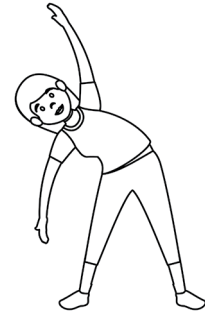
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15. **Exhausted** means to feel extremely tired. Write about a time you felt exhausted.

**Sample:** A time I felt exhausted was after I finished a workout during gym at school. I ran around the soccer field three times. I did stretching exercises. I played tennis for 10 minutes. I did 10 sit-ups. I could hardly move after my workout.

**A time that I was exhausted was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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Name \_\_\_\_\_

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16. **Ecstatic** means to express overwhelming joy or happiness. Write about a time you were ecstatic.

**Sample:** A time I felt ecstatic was when I was put on the honor roll at school. My teacher told me the good news the day before I got my report card. I received a 100 in all my classes. I have always tried to do my best in school, but this was a huge surprise! I jumped out of my seat and did a happy dance after hearing the good news!

**A time I felt ecstatic was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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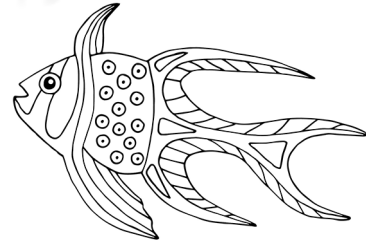
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17. **Fascinated** means to be strongly interested in something. Write about a time you were fascinated.

**Sample:** A time I was fascinated was when I went on a school trip to an aquarium. I had never seen so many types of fish before. I was amazed at the variety of colors and shapes of the fish. I was able to get up close and touch a real live dolphin. I couldn't believe how friendly it was. I can't wait to go back.

**A time I was fascinated was when** \_\_\_\_\_

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Name \_\_\_\_\_

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18. **Fortunate** means to be favored or to have good luck. Write about a time you felt fortunate.

**Sample:** A time I felt fortunate was when I saw a video of some kids who attended a school in a poor country. I didn't know that there could be a school without electricity, running water or textbooks. I thought about all the many resources my school had. After seeing the video, I realized that having everything needed to learn was a privilege. Since seeing that video, I stopped complaining about my school.

**A time I felt fortunate was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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Name \_\_\_\_\_

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19. **Graceful** means to have or show elegance. Write about someone or something that is graceful. **Try writing your own introduction.** Things that are graceful could be a person's behavior, the way a person walks, dresses, speaks or carries themselves.

**Sample:** Michael Jordan was a graceful basketball player. When he played the game, he made it look so easy. He was able to bolt across the court and make a shot without losing his breath. If he lost a game, he would congratulate the other team. He made playing basketball look simple.

Introduction \_\_\_\_\_

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Name \_\_\_\_\_

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20. **Hideous** means ugly and terrible to look at. Write about a time you saw something hideous.

**Sample:** A time I saw something hideous was when I saw a monster in my dream. It had spots all over it. Its body looked like it was decaying. Its tongue was sticking out. It smelled bad. Whew! It was so ugly.

**A time I saw something hideous was** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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Name \_\_\_\_\_

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21. **Impatient** means to become easily provoked or irritated. Write about a time you were impatient.

**Sample:** A time I felt impatient was when I went on vacation with my family to the Grand Canyon. My parents decided to drive there. Although they told me it would be a long drive, I asked them over and over “When will we get there?” After 8 hours in the car, I was bored and restless. I wanted to enjoy the outdoors right away. I could not wait.

**A time I felt impatient was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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Name \_\_\_\_\_

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22. **Inspired** means to be aroused or filled with the spirit of something. Write about a time you felt inspired.

**Sample:** A time I felt inspired was when my mother joined the fire brigade. She became the first woman to join in my town. When she first tried to join, she was told that she would have to complete many physical tests first. She trained hard for many months. She passed all the tests! I was so happy for her. Her example makes me want to fulfill my dream of becoming a doctor. Inspired means to be aroused or filled with the spirit of something.

**A time I felt inspired was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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(Detail 2) \_\_\_\_\_

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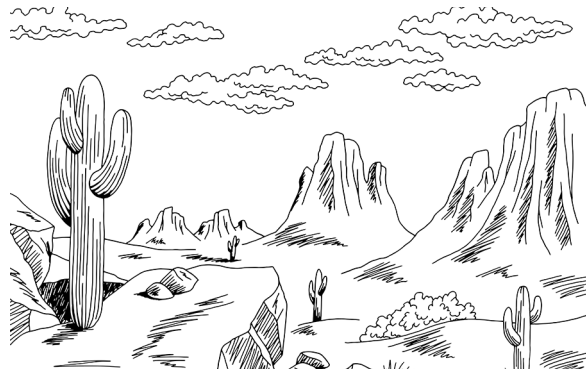
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23. An **isolated area** is a place that is not near many people.

**Sample:** A time I was in an isolated area was when I drove through the desert with my family. I did not see any people or animals. All I saw was miles and miles of dirt and sand. I saw a few plants here and there, but for the most part, there was no sign of life. At night, it was very scary. There were no streetlights!

**A time I was in an isolated area was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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**B. Rewrite your sentences in paragraph form. Have your teacher examine your writing first.**

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Name \_\_\_\_\_

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24. **Lethargic** means to feel sluggish and have little energy. Write about a time you felt lethargic.

**Sample:** A time I felt lethargic was when I got home from school on a Friday. I had no energy. All the schoolwork of the week made me tired. I lied down on my couch, ate snacks and watched cartoons for hours. I did not feel like doing anything.

**A time I felt lethargic was when** \_\_\_\_\_

(Detail 1) \_\_\_\_\_

(Detail 2) \_\_\_\_\_

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Conclusion \_\_\_\_\_

**B. Rewrite your sentences in paragraph form. Have your teacher examine your writing first.**

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25. **Muffled** is a sound that is kept down that cannot be completely heard. Write about a time you heard a muffled sound. **Try writing your own introduction.**

**Sample:** A time I heard a muffled sound was when I was on my cellphone. I was talking with my mother. Suddenly, I could not hear her voice fully. She said words, but I could not understand her. When I moved to another location, I was able to hear her better.

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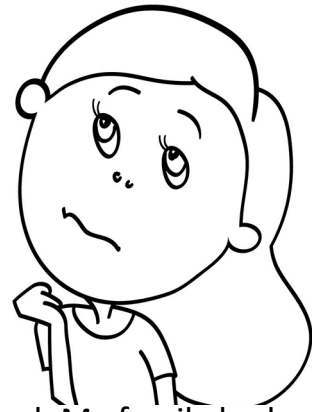
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**B. Rewrite your sentences in paragraph form. Have your teacher examine your writing first.**

Name \_\_\_\_\_

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26. **Nervous** means jumpy and anxious. Write about a time you felt nervous.

**Sample:** A time I felt nervous was when I had to go to a new school. My family had moved to a new neighborhood. I was concerned about making new friends and getting brand new teachers. I worried about how much homework I would get. I knew that I was going to have to get into a brand new routine.

**A time I felt nervous was when** \_\_\_\_\_

(Detail 1) \_\_\_\_\_

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**B. Rewrite your sentences in paragraph form. Have your teacher examine your writing first.**

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27. **Optimistic** means to be hopeful and confident about the future. Write about a time you felt optimistic.

**Sample:** A time I felt optimistic was when I earned an A on a science test. Science has always been hard for me. For this exam, I asked my science teacher to help me. I also studied with my classmates. When I got my graded test back, I could not believe my eyes! I was so happy! From that day, I decided that I would get extra help whenever I had a test.

**A time I felt optimistic was when** \_\_\_\_\_

(Detail 1) \_\_\_\_\_

(Detail 2) \_\_\_\_\_

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**B. Rewrite your sentences in paragraph form. Have your teacher examine your writing first.**

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28. **Overwhelmed** means to have too much of something. Write about a time you felt overwhelmed.

**Sample:** A time I felt overwhelmed was when I had five different homework assignments to complete. I had homework in English language arts, math, science, social studies and engineering. I didn't know how I would finish it all. I decided to call my classmate, who lived next door. I asked her if she wanted to do the homework together. She agreed. Working together, the homework took us 2 hours to finish.

**A time I felt overwhelmed was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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29. **Petrified** means to be so frightened that one is unable to move. Write about a time when you were petrified.

**Sample:** A time when I was petrified was when I was on a plane after seeing my grandparents. As I was sitting in the plane, it suddenly felt like something hit the plane. The plane started to drop for about 10 seconds. These ten seconds felt like 10 minutes. I became frozen with fear. I thought the plane was about to crash. The plane then dropped again for 5 more seconds. After the second drop, the pilots were able to steady the plane.

**A time that I was petrified was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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30. **Rapidly** means fast. Write about a time you did something rapidly.

**Sample:** A time I did something rapidly was when I listened to five audio books in five days. In an audio book, one listens to the words of a book instead of reading it with the eyes. I have never read so many books so quickly! I just lied down on my bed and enjoyed the stories. Audio books are a great way to catch up on one's favorite books.

**A time I did something rapidly was** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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31. **Reflective** means to be thoughtful about something. Write about a time you were reflective.

**Sample:** A time that I was reflective was when I failed a math test. I thought about how I played video games and didn't study. I pondered how this grade was going to affect my report card. I thought about how my teacher and parents felt when they saw the grade. I was disappointed in myself.

**A time I felt reflective was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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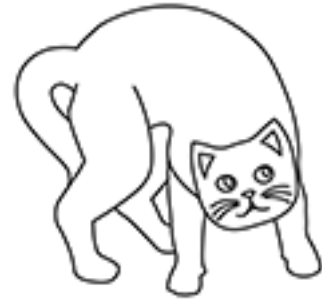
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32. **Reluctant** means to be unwilling. Write about a time you felt or saw someone being reluctant. An animal can be reluctant.

**Sample:** A time in which I saw something being reluctant was when I tried to give my cat, Max, a bath in the kitchen sink. Max fought me as I tried to wipe him down with water. He tried to jump out of the sink. As he tried to jump out, Max slid out of my hand. A huge puddle was made in the kitchen. He really did not like water.

**A time in which I felt reluctant was**

**A time in which I saw something or someone being reluctant was**

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(Detail 1) \_\_\_\_\_

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(Detail 2) \_\_\_\_\_

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33. **Sensitive** means to be careful with one's own or with others' feelings. Write about a time you felt sensitive.

**Sample:** A time in which I was being sensitive was when I saw my brother get punished for not doing his homework. His punishment was that he could not play video games for a week. I heard him cry in his room. I didn't check in with him to see how he was doing because I knew he was angry. After about an hour, I saw my brother. I smiled at him.

**A time in which I was being sensitive was**

**A time in which someone was being sensitive was**

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(Detail 1) \_\_\_\_\_

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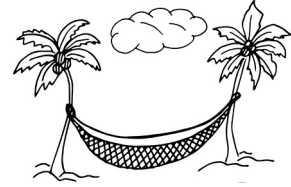
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34. **Serene** means calm, quiet, and peaceful. Write about a time you felt serene or were in a serene environment. **Try writing your own introduction.**

**Sample:** I was in a serene environment when I was at the beach. I listened to the sound of the waves. I enjoyed the warm sun on my skin. I felt the warm wind on my body. I pushed my toes in the sand. I was very relaxed.

**Introduction** \_\_\_\_\_

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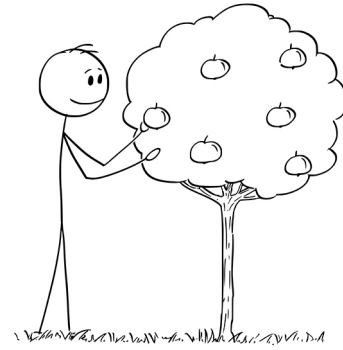
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35. **Spectacular** means beautiful and eye-catching. Describe a spectacular day you had or what a spectacular day for you would be like. Try writing your own introduction.

**Sample:** I once enjoyed a spectacular day at an apple orchard. I went to the farm with my family. It was a crisp fall day. The sun shone brightly. The air smelled fresh. The smell of different kinds of apples filled the air. What a pleasant day I had!

**Introduction** \_\_\_\_\_

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36. **Splendid** means wonderful, amazing or terrific.  
Write about a time you saw something splendid.

**Sample:** A time I saw something splendid was when I went to the Botanical Gardens in the summer. I saw lilies, roses, sunflowers and many other plants. There were also sparkling water fountains, ponds as well as birds singing. The sun was shining brightly. What a terrific day!

**A time I saw something splendid was** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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(Detail 2) \_\_\_\_\_

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(Detail 3) \_\_\_\_\_

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37. **Toxic** means harmful or poisonous. Write about a time you smelled something toxic

**Sample:** I smelled something toxic when I drove past a garbage dump. I was in the car with my mom. We were driving to the supermarket. The windows were rolled down. Suddenly, I smelled something horrible. It smelled like rotting garbage. I had to close the car window!

**A time I smelled something toxic was** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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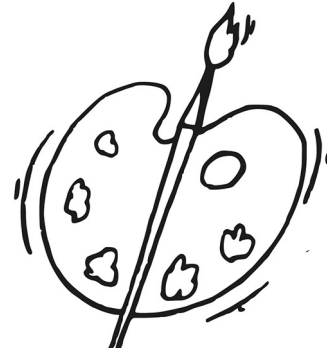
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38. **Vivid** means very bright and clear. Write about a vivid memory you have.

**Sample:** I have vivid memories of when I was 4 years old in pre-kindergarten. I remember I played with other kids in the playground. This play area had a spinning tire which moved like a swing. Every Thursday, I did painting with the art teacher. I remember I ate tuna fish for lunch on Mondays. I remember when I went for walks with the other kids. I remember it clearly.

**I have a vivid memory of** \_\_\_\_\_

(Detail 1) \_\_\_\_\_

(Detail 2) \_\_\_\_\_

(Detail 3) \_\_\_\_\_

Conclusion \_\_\_\_\_

**B. Rewrite your sentences in paragraph form. Have your teacher examine your writing first.**

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39. **Withdrawn** means not to want to communicate with others. Write about a time you felt withdrawn or saw someone who looked withdrawn.

**Sample:** A time I felt withdrawn was when I failed a history test. When my teacher gave me back my test, I was speechless. At home, I stayed in my room all evening. I didn't talk to any of my family members. I felt so awful that I couldn't be with anyone. It was the first test I had ever failed!

**A time I felt withdrawn was when** \_\_\_\_\_

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(Detail 1) \_\_\_\_\_

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(Detail 2) \_\_\_\_\_

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(Detail 3) \_\_\_\_\_

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40. **Yearning** is a feeling of strong longing for something. Write about a time you had a yearning for something or someone.

**Sample:** A time I yearned for something was when I was invited to go a slumber party. It was for my cousin's birthday. It was a whole month away. For four long weeks, all I could think about was playing video games for hours, eating cake, and hanging out in my cousin's tree house. I started to pack my travel bag the day my mom told me! It took forever for one month to go by!

**A time I yearned for something was when** \_\_\_\_\_

(Detail 1) \_\_\_\_\_

(Detail 2) \_\_\_\_\_

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Conclusion \_\_\_\_\_

**B. Rewrite your sentences in paragraph form. Have your teacher examine your writing first.**

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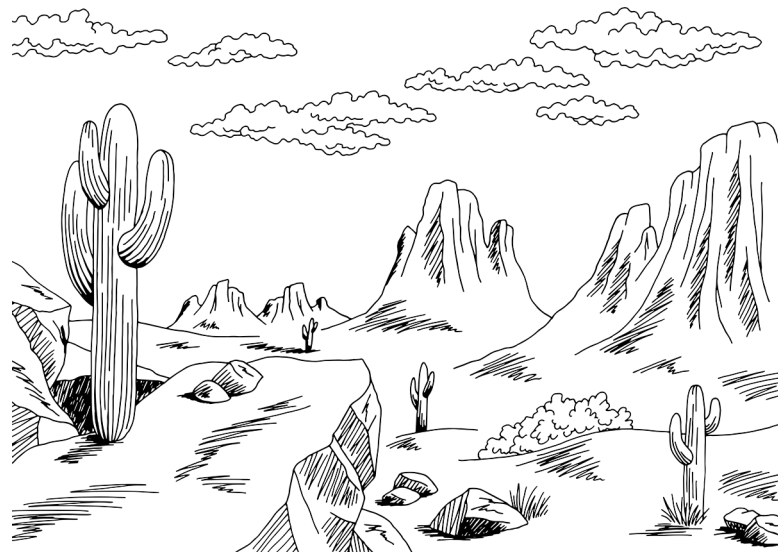






# Present Tense Writing Using Adjectives

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Grades 4 and 5



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