



32

*Angry, aggressive, irritated,
impatient*

SECTION 1 – EMOTIONS

WORDS

Nouns	Heart, pulse, breath, throat Anger, rage, fury, temper, wrath, disgust, contempt, resentment
Adjectives	Cross, furious, raging Jealous, envious, resentful Irritating, frustrating Bitter, vicious, poisonous Breathless, sweating
Verbs	Swept, poured, simmered, smouldered Pounded, exploded, erupted Shook, trembled, writhed Raced, hammered Clenched, gripped

PHRASES – NOUNS AND ADJECTIVES

- ★ Fog of rage
- ★ Red mist
- ★ Spitting bundle of rage
- ★ Vicious flash of temper
- ★ Simmering fury
- ★ Hard lump at the back of her throat



PHRASES – VERBS

- ★ Left him breathless
- ★ Made his heart race
- ★ Hammered in his head
- ★ Swept through him like a tidal wave
- ★ Burning with rage
- ★ Wrath exploded like a volcano
- ★ Poured from her like an acid
- ★ Surrounded him like a foul stench
- ★ Poisoned the air around him

SENTENCES

He was sweating and burning with rage.

She saw his face through narrowed eyes and a fog of rage.

Her reply fuelled his anger and he erupted like a volcano.

The anger had returned like a hard lump at the back of her throat.

His fury knew no limits – one vicious flash of temper after another.

Her rage swept through her like a tidal wave, surrounding her like a foul stench.

SECTION 2 – EXPRESSIONS

WORDS

Nouns	Look, glance, stare, gaze Snarl, grimace, leer Expression, mask, demeanour, countenance
Adjectives	Nasty, sharp, sour, fierce, hostile, livid, vengeful, volatile, malicious, murderous Scary, threatening, monstrous, venomous, reptilian, inhuman
Verbs	Looked, glanced, gazed, stared, glared, glowered Grinned, grimaced, leered Twisted, clenched, juttred Flushed, flared

PHRASES – NOUNS AND ADJECTIVES

- ★ Evil look
- ★ Venomous stare
- ★ Murderous gaze
- ★ Monstrous grimace



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- ★ Grimace like a hissing cat
- ★ Reptilian snarl
- ★ Nasty sneer
- ★ Malicious expression
- ★ Hostile demeanour
- ★ Fierce countenance
- ★ Expression of utter disbelief
- ★ Pulsing, purple face
- ★ Patches of red on his cheeks

PHRASES – VERBS

- ★ Jaw tightened
- ★ Chin jutted out angrily
- ★ Teeth clenched
- ★ Ground teeth together
- ★ Arched her eyebrows
- ★ Nostrils flared like an angry bull
- ★ Lips curled back in a reptilian snarl
- ★ Sucked his lips into his mouth
- ★ Pressed lips tightly together into a thin line
- ★ Lips were drawn into a sneer
- ★ Twisted into a venomous snarl
- ★ Paled with anger
- ★ Flushed an angry red
- ★ Veins pulsed furiously in her neck
- ★ Exploded in a burning heat

SENTENCES

A burst of fury made his cheeks burn.

The man strode towards Kitty, wearing an angry expression.

It was as if her brain was flooding with boiling blood and her face exploding in a burning heat.

His reddening face was twisted into a venomous snarl and the veins in his neck pulsed furiously.

He made a fist and scowled at Kitty with malicious little eyes and a murderous gaze.

Kitty saw the veins pulsing in his neck and a flash of anger burning in his eyes.

There were patches of red on Robert's usually pale cheeks. Sweat glistened on his forehead and his face was thunderous.

Her face was twisted with fury, her eyes menacing slits, her mouth a nasty sneer.

His face twisted like a tribal mask – his eyes bulging and livid and his lips drawn back in a hideous sneer.



His foaming lips curled back in a malicious smirk, spraying spittle as he spat out the words.

Nostrils flaring like an angry bull, she curled back her lip in a reptilian snarl.

Eyes narrowed and teeth clenched, she stared at Robert with an expression of utter disbelief.

SECTION 3 – EYES

WORDS

Nouns	Glare, stare, scowl, squint Raisins, slits, razors
Adjectives	Hard, cold, steely, staring, unblinking, demon-haunted Cruel, fierce, hostile, piercing, withering, menacing, threatening, dangerous, malicious Bulging, buggy, feverish
Verbs	Glinted, glittered, darkened, burned, blazed Narrowed, bulged, rolled, flickered Drilled, blasted

PHRASES – NOUNS AND ADJECTIVES

- ★ Small and hard as raisins
- ★ Hard and narrowed
- ★ Cold, staring eyes
- ★ Steely, menacing eyes
- ★ Piercing like razors
- ★ Slits of fury
- ★ Fierce little eyes in a skull-like face
- ★ Full of hatred and anger
- ★ Bulging and fierce in his twisted face

PHRASES – VERBS

- ★ Glittered evilly
- ★ Drilled into her
- ★ Burned with a cruel light
- ★ Blasted her with a fierce stare
- ★ Glared at him through narrowed eyes
- ★ Darkened warningly
- ★ Burned like furnaces
- ★ Rolled eyes to heaven
- ★ Put head back and closed his eyes
- ★ Screwed eyes into narrow slits



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SENTENCES

His steely grey eyes were as piercing as razors.

Her eyes burned with a cruel light in her skull-like face.

His eyes were as dark and hard as raisins, and full of hatred and anger.

He squinted at her fiercely and snarled with frustration.

Her eyes were slits of fury; her voice full of ice cold venom.

His cold, staring eyes bulged in his twisted face and drilled into Kitty as if they would pierce her.

She drummed her fingers on the table impatiently and screwed her eyes into narrow slits.

Eyes bulging in her beak-like face, her voice rose to a harsh, shrill shriek.

Scowling, Robert rolled his eyes to heaven and blasted her with a fierce stare.

SECTION 4 – VOICE

WORDS

Nouns	Tone, hiss, growl, cry, yell, shout, snarl, scream, shriek, howl
Adjectives	Fierce, harsh, furious, hostile, savage, aggressive Shrill, rasping
Verbs	Hissed, muttered, snapped Shouted, yelled, barked, growled, snarled Roared, ranted, boomed, screamed, howled, shrieked, bellowed, stormed, thundered Shrugged, gasped, spat
Adverbs	Nastily, angrily, heatedly, fiercely, furiously Spitefully, viciously, impatiently

PHRASES – NOUNS AND ADJECTIVES

- ★ Raised voice
- ★ Menacing tone
- ★ Like a vicious dog

PHRASES – VERBS

- ★ Shouted nastily
- ★ Snapped furiously
- ★ Snarled impatiently
- ★ Yelled heatedly
- ★ Hissed angrily
- ★ Replied through clenched teeth



- ★ Growled like a bear
- ★ Demanded in a low, vicious tone
- ★ Boomed viciously
- ★ Shrieked at him
- ★ Snarled with frustration
- ★ Sighed bitterly
- ★ Muttered under her breath
- ★ Hissed at Kitty out of the side of his mouth
- ★ Voice shook
- ★ Gaspd for breath
- ★ Sucked air through his teeth
- ★ Clicked tongue impatiently
- ★ Sprayed spittle as he spat out the words
- ★ Too choked with frustration to talk

SENTENCES

She snarled at him like a vicious dog.

Kitty's voice shook with anger and she glared at him through narrowed eyes.

He clicked his tongue impatiently and shrugged his shoulders. Muttering under his breath, he stomped out of the room.

Robert folded his arms across his chest and started speaking over her in a raised voice.

Rolling her eyes to heaven, Kitty sucked air through her teeth and hissed at him.

Eyes ablaze, fists clenched, he hissed at Kitty out of the side of his mouth, spraying spittle as he spat out the words.

She was a spitting bundle of rage. Waving her arms wildly in the air, she shrieked at him and advanced, with eyes bulging eyes in her twisted face.

SECTION 5 – MOVEMENT

WORDS

Nouns	Feet, hips, chest, shoulders, arms, hands, fist, palms, knuckles, fingers, nails, scalp, hair
Adjectives	Tense, rigid Quick, jerky, wild, furious, frantic, feverish
Verbs	Gripped, curled, crushed, clenched, balled Tapped, drummed, thumped, pounded Folded, crossed, raised, pointed, shook, waved Rubbed, twisted, tugged, pressed, buried Hunched, shrugged, braced Rocked, swayed, paced



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Walked, moved, strode, marched, advanced
Ran, sprinted, bounded, hurtled
Slammed, barged, barrelled, clattered

PHRASES – NOUNS AND ADJECTIVES

- ★ Rigid with fury
- ★ Frantic, jerky movements
- ★ As quick as a panther
- ★ Like an uncoiled spring
- ★ Feverish pace

PHRASES – VERBS

- ★ Pounded on the table with his fist
- ★ Thumped forehead with her fist
- ★ Drummed fingers on the table impatiently
- ★ Clenched fists
- ★ Curled hand into a fist
- ★ Raised hand with palm upwards
- ★ Pointed index finger
- ★ Waved hands wildly before him
- ★ Gripped knuckles until they turned white
- ★ Dug nails deep into the skin of her palms
- ★ Pressed hands into eyes
- ★ Buried head in hands
- ★ Rubbed fingers into scalp
- ★ Twisted and tugged at hair
- ★ Braced his feet
- ★ Hunched shoulders
- ★ Stood with arms crossed and hands on hips
- ★ Rocked back and forth
- ★ Swayed on his feet
- ★ Paced backwards and forwards
- ★ Strode across the room
- ★ Marched out of the room
- ★ Advanced on him grimly
- ★ Pounded down the street
- ★ Bounded like an uncoiled spring
- ★ Hurtled headlong ...
- ★ Barrelled forward ...
- ★ Slammed into ...
- ★ Barged through ...
- ★ Thudded into ...



- ★ Shot past . . .
- ★ Fought his way through . . .
- ★ Hurtled full pelt towards . . .

SENTENCES

She dismissed him with an impatient wave of her hand.

He bounded towards them like an uncoiled spring.

He pounded on the table with his fist and glared at her furiously.

He dug his fingers into his scalp and tugged at his hair, until it stood up in wild tufts.

He exhaled once, a long hard gust, put his hands on his hips and spoke very slowly.

She strode into the room, muttering under her breath, and then turned briskly and marched out again, with a stiff back and her head held high in the air.

Throwing his head back, he exhaled deeply and closed his eyes.

With a howl of rage, he buried his head in his hands and pressed them into his eyes.

Speechless with rage, she curled her fist and dug her fingers deep into her palms.

Kitty opened her mouth to speak, but before she could utter a word, Robert silenced her by putting his hand, palm upwards, in the air in front of her.