



## SHOW, DON'T TELL

### Task:

*She went to sleep.*

Rewrite the given sentence **SHOWING** the following moods/emotions. You can add extra details to heighten the mood and make your sentences sound more intense.

1. Sad / depressed
2. Happy / excited
3. Tired / exhausted

*Nadhuha, Bilehdhoo School*

### **Depressed/sad**

With a heavy heart, she swirled her dead pet fish, Fredo, down the porcelain toilet, and she traipsed herself to bed before burying herself underneath the covers, hoping sleep would alleviate her pain.

### **Excited/happy**

With a smile that emitted sunshine, she bounded around her room before wriggling into bed and cuddling her dragon plushie, all the while thinking about naming her new pet fish "Vito".

### **Exhausted/tired**

Drained from her 8-hour shift at the Sonny Aquarium, she dragged her weight across the room in the midst of heavy sighs and, ignoring the stinging in the soles of her feet, collapsed atop the bed littered with clothes. She screwed her eyes shut whilst trying to dismiss the memory of screaming kids and ungrateful patrons from her mind, she drifted off to a dreamless sleep.

*Iba Ibrahim Amir, Ahmadhiyya International School*

**Depressed / Sad**

Rubbing the streams of tears that was rolling down from her swollen eyes, she couldn't help but give in for more horrors: the evocative nightmares that have been haunting her for the past eight months.

**Excited / Happy**

She went into retreat of her bed for the night with a cheerful smile on her face.

**Exhausted / Tired.**

Whilst releasing prolonging yawns in the midst of flipping the pages of the rather mind-numbing magazine, she was seen bobbing and wagging her head before dozing off.

Mihuna Rasheed, Bilehdhoo school

**Depressed/ sad**

Misty-eyed, she looked at a photo of her deceased son under the dim light of her bedside table. As the minutes turned to hours, it seemed that her grief-stricken eyes never blinked once but she had to find comfort in the only thing that helps her escape from unrelenting misery: sleep.

**Excited/ happy**

Jumping up and down while grinning from ear to ear, she bounced her way into the bedroom to say hello to another night filled with sweet dreams.

**Exhausted/ tired**

Slouching in a chair, she tried to keep her droopy red eyes open although she knew it'd do little to help her stay awake. Finally, she made up her mind to give in and let her body take a night of relaxation.

Aishath Ibrahim, Foakaidhoo school

**Depressed / sad:**

\* Hanging her head down, she couldn't withstand the harsh bluster from her mom for the whole night, so wiping her nose with tissue, she went to her bedroom to get her head down.

**Excited / Happy:**

\* Bursting with excitement, she could feel the sunshine in her heart due to the glorious triumph in her exam. So she delightedly went to feed the sweet dreams waiting for her in her comfy couch.

**Exhausted / Tired:**

\* Yawning, she could barely lift her head up, so she directly went in search of her cushy hay without even minding to remove her makeup.

Mohamed Alawy, Sh. Funadhoo School

**Depressed/Sad**

She shuffled her way to her bedroom with tears rolling down her cheeks.

**Excited/Happy**

She leaped up the stairs to the comfort of her bedroom with a smile that reaches her ears.

**Exhausted/Tired**

She yawned and rubbed her eyes as she said good night to her brother, who showed no sign of being sleepy or tired at all.

Aminath Nazra, N. Atoll School

**Depressed/sad**

♡ Broken-hearted, she stared at the clock for hours, until she dozed off into a world of salvation: sleep.

**Excited/happy**

♡ She was smiling from ear to ear as she flattened the fluffy pillows and got under the snug covers.

**Exhausted/tired**

♡ After the long hours of work, she collapsed in exhaustion in her cosy bed.

Ifaa, Ban'didhoo School

**Depressed/sad**

Rubbing and trying to dry her welled up eyes, she hit the hay.

**Excited/happy**

Waving her arms, she played with her little sister and crashed on the floor.

**Exhausted/tired**

After washing the pile of dishes, she rubbed her eyes and took off to bedroom.

Aishath Aala Rasheed, Sh.Foakaidhoo school

**Depressed/ sad**

Tears streamed down her cheeks as she sobbed quietly on her pillow. While forcing her eyes shut, she couldn't think of anything but the gruesome faces and monstrous gurgles that have been haunting her every night for the past few months.

**Excited/ happy**

Jumping up and down, she entered her new bedroom with a cheerful smile and sunk herself underneath the cosy blanket, welcoming the soft yawns before marching into the dreamland.

**Exhausted/ tired**

With droopy eyes, she plodded up the staircase and dropped off the heavy school bag before crashing onto her bed with a loud thud.

Maiha Mohamed, F.Bilehdhoo School

**Depressed/sad**

With a trembling chin and dripping of tears in continuous flows, she dragged herself to the bed.

**Excited/happy**

Giggles and screams filling the room, she hugged her teddy bear under the cosy covers of the bed.

**Exhausted/tired**

With droopy red eyes, she yawned non-stop before crashing on the bed.

Aminath Aifa, Bilehdhoo School

**Depressed/sad**

Turning to the other side of the bed, she rubbed her welled up eyes and reached, heartsick, for her mother's diary on the bed-sized table. It seemed her heart wouldn't be at peace without reading it. After what seemed like ages, she finally drifted off to sleep, resting her swollen eyes.

**Excited/happy**

With a gigantic smile on her face, she sprinted across the room filled with neon lights only to dive into her cushy bed. She still couldn't believe it was her new room!

**Exhausted/tired**

Yawning, she dragged herself out of the chair before crawling into the bed. I knew she would fail to pull an all-nighter; she was rubbing her eyes and trying to keep it open while writing that essay.

Saina Ahmed, A.Dh.Dhigurah School

**Depressed/Sad**

▪Unable to endure the pain of losing both her parents, Janice cried herself to sleep, drowning into a world of unavoidable nightmares.

**Excited/Happy**

▪If winning an international award was not enough, she was finally given once-in-a-lifetime opportunity to meet her idol, prompting her heart to be filled with thrill and titillation as she leaped onto her bed and rolled around until she fell asleep.

**Exhausted/Tired**

▪After a long week of studying for her final exams, she was drained and wearied, and soon fainted into a deep slumber.

Aaya Ibrahim, Bilehdhoo school

**Depressed/Sad**

Droopy eyed with tears of pain running down her cheeks, she knew there was only one way to get an end to this grief: sleep.

**Excited/Happy**

After having a whale of time with her sister, she raced to her room to let herself immerse into a world of dreams.

**Exhausted/Tired**

Stretching her arms up in the air and trying to keep the eyes open, she tried to finish her homework, but she was feeling laziness taking over her consciousness. Yawning, she went to her bedroom to get some rest after the hectic day.

Mariyam Rashfa, Bandidhooo School

**Depressed/ sad**

With tears in her eyes, she looked at her phone's screen and talked in a soft and quiet voice before wiping her tears with tissue and crashing on the couch.

**Excited/ happy**

She went to have a nap with her heart filled with joy and her face dominated by an enormous smile.

**Exhausted/ tired**

Rubbing her eyes whilst trying to keep her eyelids away from one another, she dozed off while she was studying for her test.

Aminath Asaala, Bilehdhoo school

**Depressed/sad**

Sniffing her already red nose, she rubbed her puffy eyes while whispering goodnight to her sick mother and dragged herself all the way up to her bedroom

**Excited/ happy**

Singing at the top of her voice, she entered the room and started bouncing up and down on her cosy bed, and she went underneath the duvet thanking God for her amazing day

**Tired/ exhausted**

Stretching her slim body and rubbing her sleepy eyes, she could not help but to yawn so loud and without even changing her attire she passed out as soon as she hit the soft cover.

Aisthath Firusha Ismail, Private

**Depressed/ Sad**

Wiping her tears, she sat on the bed and slowly hugged her knees. Covering her mouth with her shaky hands, she battled to control the river of tears bursting out as she closed her eyes and tried to catch a few winks.

**Excited/ Happy**

After hearing the news about her sister coming, she jumped up and down on her bed. Bubbling over with excitement, she covered her face with pillows and could hardly contain the whooping. She bounced back in the bed and slept imagining a million ways to greet her favourite person the next day.

**Exhausted/ Tired**

After returning from work, she threw her shoes and took her coat off. Stretching her arms up in the air, she yawned and rubbed her eyes before jumping on to the bed to get some deserved sleep.

Sahudh Ahmed, Bilehdhoo School

**Depressed/sad**

Hanging her head down with tears in her eyes, she hit the hay.

**Excited/happy**

Fisting hands in the air and smiling from ear to ear, she laid her head on a cushy pillow, hoping to celebrate the good news the next day.

**Exhausted/tired**

Yawning and struggling to keep her eyes open, she went upstairs to bed.

Ifhaam Ibrahim, Bilehdhoo School

**Depressed/Sad**

Heart-broken, she stared at the stars through the window with tears rolling down her cheeks. Before long, she took the refuge under her fluffy covers and forced her eyes shut.

**Excited/Happy**

Waving her hands with delight, she went for a slumber like a dog with two tails.

**Exhausted/Tired**

Out of juice, she yawned and went to her room and hit the hay.

Malaaha Mohamed, Bilehdhoo School

**Depressed/Sad**

Feeling down in the dumps, she tried to catch a few winks.

**Excited/Happy**

Bright-eyed and bushy-tailed, she hid herself under warm and fuzzy covers, hoping welcome even a better day tomorrow.

**Exhausted/tired**

By the end of the day, she was drained both physically and emotionally, so she tried to get some shut-eye.



Aishath Lailaa, Bilehdhoo School

**Depressed/ sad.**

With her face looking like a wet weekend, she was gazing at the spooky doll for hours as if she was being alarmed to sleep because of the possessed doll dream. She couldn't help but hit the sack.

**Excited/happy.**

Walking on air, she bounced into the bedchamber to welcome another night of heavenly dreams.

**Exhausted /tried.**

She was so worn out that she could not care how messy her room looked like, and she immediately crashed on the bed as soon as she returned from work.

Aishath Ishwath, Sh. Foakaidhoo School

**Depressed / sad**

Though she wanted to sleep, she couldn't as she was hurting from what happened to her. Even then she forced her tear-filled eyes shut.

**Excited / happy**

Happy as a clam, she bounced up the stairs to her bedroom. Sunshine in her heart, it seemed that she could revel in a peaceful slumber after the wonderful news from her friends.

**Exhausted / tired**

Tired and languid from finally achieving her dream of winning the marathon, she dozed off as soon as she hit the pillows.

Nabeel, N. Lhohi School

**Depressed/sad**

Crestfallen, she kept lamenting herself with a downright melancholic mood till noon. But no sooner had the steady pitter-patter of raindrops started tingling on rooftop than she dozed off.

**Excited/happy**

When he got warm fuzzies from the good news that his nanna plans a weekend trip, he made up his mind to stay awake till cockcrow. Ironically, a wave of slumber swept over him and drowned him into the land of dreams.

**Exhausted/ tired**

He was too knackered to trouble himself in exasperating duties of his job, so he preferred to get some shut-eye.