

5-SENSES DETAIL BUILDER WORKSHEET™

Fix "and then, and then" by adding real sensory detail

Interactive Student Workbook Edition

2025 Edition

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The Problem

Kids write:

"We went to the beach and then we swam and then we ate ice cream and then we went home..."

No detail, no images. Just a to-do list.

THE FIX:

Give each paragraph a job and force at least one sense into each one.



PART 1 – SCENE PLANNER (STOP THE LIST, PLAN THE MOMENTS)

Topic / scene:

.....

(Where are you? What's happening?)

Now choose 3 key moments (instead of "and then and then"):

Moment 1 (start):

.....

Moment 2 (middle / problem):

.....

Moment 3 (end / solution / feeling):

.....

These will become your 3 paragraphs.



PART 2 – PARAGRAPH BOXES WITH SENSE PROMPTS

For each moment, fill a paragraph box.

You **MUST** use at least one sense (more is great) in each box.



PARAGRAPH 1 – SETTING THE SCENE (START)

What is happening?

(1–2 sentences: who + where + what)

Pick **AT LEAST ONE** sense to add (tick what you'll use):



Sight (what you see)



Sound (what you hear)



Touch
(temperature/texture/body
feeling)



Smell



Taste

Detail sentences (use your chosen sense/s):



Sight – "I saw..." / "The _____ looked..."



Sound – "I could hear..."



Touch / body – "The _____ felt..." / "My _____ were..."

 **Smell** – "The air smelled of..."

 **Taste** – "I could taste..."

(You don't need to fill every line – but at least one ticked sense must have a detail.)


⚡ PARAGRAPH 2 – PROBLEM OR MAIN ACTION (MIDDLE)

What goes wrong / what is the big action?

Pick AT LEAST ONE sense (tick):

☐  Sight

☐  Sound

☐  Touch / body feeling

☐  Smell

☐  Taste

Detail sentences:

 **Sight** –

 **Sound** –

 **Touch / body** –

 **Smell –**

 **Taste –**


✨ PARAGRAPH 3 – ENDING & FEELING (END)

How does it end + how do you feel now?

Pick AT LEAST ONE sense (tick):

☐  Sight

☐  Sound

☐  Touch / body feeling

☐  Smell

☐  Taste

Detail sentences:

 **Sight –**

 **Sound –**

 **Touch / body –**

 **Smell –**



PART 3 – "AND THEN" CLEAN-UP

Before you write your final version:

Circle "and then" everywhere you see it.

Replace it with:

- a time word (after that, later, meanwhile, suddenly), or
- just a full stop and start a new sentence.

Examples:

✗ "We walked to the park and then we played soccer..."

✓ "We walked to the park. After that, we played soccer..."

✗ "I dropped my ice cream and then I cried and then Mum bought me another one."

✓ "I dropped my ice cream and burst into tears. A few minutes later, Mum bought me another one."

Rule for kids:

No more than ONE "and then" in the whole story.



PART 4 – WORKED MINI-EXAMPLE (BEACH SCENE)

Topic: A trip to the beach

Moments:

1. Arriving at the beach
2. Big wave / scary moment
3. Safe again, watching the sunset

Paragraph 1 (start) – filled box (short)

What is happening?

We arrived at the beach just before midday. The sand looked like a gold blanket stretching all the way to the edge of the water.

Senses chosen: 👁 Sight, 🖐 Touch, 👃 Smell

Details:

👁 Sight: "The waves flashed white in the sunlight as they crashed onto the shore."

🖐 Touch: "The sand felt hot under my feet, like walking on a giant toaster."

👃 Smell: "The air smelled of salt and sunscreen."

Final paragraph (built from box):

We arrived at the beach just before midday. The sand looked like a gold blanket stretching all the way to the edge of the water. The waves flashed white in the sunlight as they crashed onto the shore. The sand felt hot under my feet, like walking on a giant toaster, and the air smelled of salt and sunscreen.

No "and then" needed – you're sitting inside one moment, not listing events.

✓ PART 5 – QUICK CHECKLIST (FOR KIDS)

After drafting, tick:



I have 3 key moments, not a long list of tiny steps.




Each paragraph has at least one sense (sight/sound/touch/smell/taste).



I circled all the "and then" and replaced most of them with better options.



I can point to one sentence in each paragraph that gives a clear picture in my head.

If those are all , your writing is already less list-y and much more descriptive.

That's exactly how the 5-Senses Detail Builder Worksheet™ delivers on its promise:
instead of "and then, and then...", kids are forced into 3 clear moments, each packed
with at least one sensory detail per paragraph.