Verbs

Movement	Voice	Objects	Emotion	Sense	Thought
bounce skip	giggle	bend	admire	caress	comprehend
carry sneak	hum	break	bawl	eat	conceive
collapse spin	laugh	burn	blubber	feel	contemplate
crawl split	rap	control	cry	hear	daydream
dance stroll	scream	fold	despair	lick	dream
dash stumble	shout	melt	frown	listen	evaluate
drive tap	sigh	mend	grin	observe	lament
hit throw	sing	mould	laugh	smell	meditate
hop trudge	sob	open	love	sniff	ponder
hurry turn	talk	repair	sigh	taste	reflect
jump walk	whisper	smash	smile	touch	speculate
leap wander	yawn	snap	smirk		think
live wave		stretch	tremble		visualise
pull wind		throw	weep		wonder
push zoom		twist	wince		
roll			More Useful Verbs:		
rotate			More Osejut verbs.		
run			change sugges	t locate de	esign select
shake			identify collect	t search p	olan focus

Adverbs

How?

angrily anxiously cautiously cheerfully courageously crossly cruelly defiantly doubtfully elegantly enthusiastically foolishly frantically gently gladly gracefully happily hungrily

loudly

When?

afterwards
again
beforehand
early
lately
never
now
often
punctually
recently
soon
then
today
tomorrow
yesterday

How often?

always
annually
constantly
daily
hourly
monthly
never
occasionally
often
once
regularly
repeatedly
sometimes
usually
yearly

Where?

above

around
away
below
down
downstairs
everywhere
here
inside
outside
there
up
upstairs
wherever

How much?

almost
completely
entirely
little
much
rather
totally
very

How certain?

certainly definitely probably undoubtedly surely

More Useful Adverbs:

additionally fittingly insufficiently appropriately

hence suitably consequently however