

Sensory Word List

Kinesthetic

Verbs: to move

act
animate
bounce
catch
chop
clobber
dance
dash
drive
erase
gallop
grab
hug
imitate
jump
kick
knock
leap
march
mime
mop up
pull
punch
race
rake
romp
run
skip
slam
spin
strike
stroll
swim
tromp
walk
waltz
wheel around
whip

Phrases

ax it out
blast out of here
blow off steam
blow out of here
break it up
butchered it
gallop over here
get all fired up
grab a bite to eat
hemorrhaging (for losing time or money)
hit the nail on the head
home in on it
keep your nose to the grindstone
kick the idea around
knock it off
knock it out
knock this out (meaning "write it")
lump it together with
need to crunch some numbers
nose around
punch the time clock
run amok
run it up the flagpole and see how it flies
shoulder the load
shoulder your way out of here
shovel your way through
slam it down
stamp it out
step it up
step on the gas
strike it out
take the ball and run
throw a wrench in the works
throw some clothes on
throw the baby out with the bathwater
toss it around

Tactual

Verbs: to touch

fiddle with
finger
flick
grasp
grope
handle
hold
knead
manipulate
massage
palpitate
pat
pat down
paw
pinch
play with
poke
press
prick
scratch
squeeze
stroke
tap
tie
twist

Verbs: to feel

appreciate
bolster
comfort
embarrass
empathize
enchant
enrapture
exhilarate
hate
infuriate
intuit
irritate
kindle
like
love
mesmerize
nurture
relate
relax
satisfy
stun
support
sympathize

Auditory

Verbs: to speak

bellow
boo
chatter
cheer
drone
echo
growl
harangue
interrogate
lament
mutter
phone
rap
screech
shout
sing
squabble
squawk
talk
whine
whisper
wrangle
yell

Verbs: to listen

attend
be all ears
be attentive to
bend your ear
do as you're told
give an ear to
hear
keep your ears open
lend your ears to
listen carefully
listen in
prick up your ears

Visual

Verbs: to see

crane one's neck

catch a glimpse

direct your gaze

examine

focus

gape

gawk

gaze

give it a once over

glance

glimpse

inspect

keep watch

leer

look

look askance

look out for

look up

notice

observe

ogle

peek

picture

pore over

preview

rubberneck

scan

scout

scrutinize

snoop

spy

squint

stare

steal a glance

survey

telecast

view

visualize

watch

watch out for

wink

witness