



LearnUp

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BLAST

WORKSHEET

20 plug-and-play paragraphs.

Memorise the words.

Swap a few slots.

Write the scene.



HOW TO USE THIS WORKSHEET

The idea

You have 20 paragraphs ahead of you. Each one is a complete BLAST scene for one emotion — Body Language, Action, Speech, Thought — woven into a single, exam-grade paragraph. Your job is to memorise each paragraph word for word.

On exam day, when you need to write about a sad scene, a guilty scene, an angry scene — you do not invent from scratch. You reach for the paragraph you have already memorised, change 2 to 4 words to fit the prompt, and you have a polished BLAST paragraph in under a minute.

How to memorise one paragraph

- READ — Read the paragraph aloud, slowly, three times. Notice the rhythm of the sentences.
- COVER — Cover the paragraph. Try to recite it from memory. It will not be perfect. That is fine.
- CHECK — Uncover. Compare. Notice the parts you missed. Read it aloud once more, focusing on what slipped.
- SLEEP ON IT — Memory locks in overnight. Do this at night for best results.
- RETURN — The next morning, recite once before breakfast. If you can do it twice without checking, you own it.

How to plug and play in an exam

- Read the prompt. Decide which emotion the scene calls for. Pick the matching paragraph from memory.
- Identify the swap slots — the words in [red brackets]. There are usually 2 to 4 per paragraph.
- Replace each slot with a word that fits the prompt. The Swap Guide on each page gives you 4 ready-made options if you cannot think of one.
- Write the paragraph into your story. Add 1 to 2 sentences before and after to connect it to the rest of the scene. Done.

How fast should you go?

One paragraph per day, 6 days a week, finishes the whole worksheet in under a month. Your homework is to memorise this week's paragraph and recite it back at your next session. Your tutor will check.

How to use the colours

- Each paragraph is in a coloured box that matches its quadrant on the Memory Map (red = hot bad, blue = cold bad, green = hot good, grey = cool / neutral).
- Words in [red brackets] are the only words you ever change.
- Everything else stays exactly as written. That is the whole point — verbatim memory plus three small swaps gives you a paragraph that sounds polished, every time.



Q1 — HOT BAD

high-energy negative

5 paragraphs in this quadrant:

1. ANXIETY / NERVOUSNESS
2. PURE TERROR / FEAR
3. EXPLOSIVE ANGER / RAGE
4. SUPPRESSED ANGER (SEETHING)
5. JEALOUSY / ENVY



1. ANXIETY / NERVOUSNESS

Q1 — HOT BAD · high-energy negative

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

A cold sweat broke out across my forehead as I stood outside **[the classroom]**, my stomach tied in knots. I tapped my foot incessantly against the floor, checking my watch every few seconds. “I... I think I'm ready,” I stammered, my voice barely audible above the hum of the **[air-conditioner]**. What if I messed this up in front of everyone? My mind raced through every possible thing that could go wrong, and I could not steady the trembling in my hands.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[the classroom]	<i>the exam hall · the principal's office · the assembly stage · the dentist's room</i>
[air-conditioner]	<i>ceiling fans · fluorescent lights · distant traffic · ticking clock</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



2. PURE TERROR / FEAR

Q1 — HOT BAD · high-energy negative

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My blood turned to ice and my heart hammered against my ribs like a frantic bird in a cage. I backed away slowly, my eyes wide and unblinking, until I hit the cold, hard wall behind me. A sharp, jagged gasp escaped my throat; I tried to scream, but no sound came out. This was it — I was not going to make it out of **[the room]**. Every shadow seemed to move; every sound seemed to be footsteps drawing closer.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[the room]	<i>the alley · the basement · the forest · the abandoned building</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



3. EXPLOSIVE ANGER / RAGE

Q1 — HOT BAD · high-energy negative

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My vision blurred red at the edges, and the veins in my neck throbbed rhythmically. I slammed my fist onto **[the table]**, making the **[stationery]** dance; my knuckles turned white. “Enough!” I bellowed, the word tearing through the air like a thunderclap. How dare **[he]** treat me this way? I had had enough of being pushed around, of being dismissed, of being made to feel small in my own **[classroom]**.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[the table]	<i>the desk · the wall · the counter · the dashboard</i>
[stationery]	<i>books · cups · papers · trophies</i>
[he]	<i>she · they · the teacher · the manager</i>
[classroom]	<i>home · team · workplace · family</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



4. SUPPRESSED ANGER (SEETHING)

Q1 — HOT BAD · high-energy negative

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My jaw was clamped so tight it ached, and my nostrils flared with every shallow breath. I gripped my pen so hard I thought it might snap; I turned away to hide my expression. “Fine. Have it your way,” I spat out through gritted teeth. Just wait. **[He]** would regret doing this to me. I would smile, I would nod, I would say nothing at all — but I would not forget what had happened today.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[He]	<i>She · They · My brother · Mr Tan</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



5. JEALOUSY / ENVY

Q1 — HOT BAD · high-energy negative

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

A bitter taste rose in my mouth, and I felt a sharp, green pang of resentment in my gut. I crossed my arms tightly across my chest and narrowed my eyes at **[my rival]**. “Must be nice to be so lucky,” I remarked with a sarcastic edge. That should have been me. Why did everything always go **[his]** way? I had worked just as hard, perhaps harder, and yet here I was, watching from the sidelines once again.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[my rival]	<i>Daniel · her · the new student · my own brother</i>
[his]	<i>her · their · Daniel's · someone else's</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



Q2 — COLD BAD

low-energy negative

5 paragraphs in this quadrant:

6. GUILT / REGRET
7. DEEP SADNESS / GRIEF
8. BITTER DISAPPOINTMENT
9. LONELINESS / ISOLATION
10. SUSPICION / MISTRUST



6. GUILT / REGRET

Q2 — COLD BAD · low-energy negative

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

A hot flush of shame crept up my neck, and a heavy, sinking weight settled in my chest. I stared fixedly at a scuff on my shoe, unable to meet **[his]** gaze. “I didn't mean for this to happen,” I whispered, my voice thick with emotion. I should have listened. Why was I so selfish? The words I had said could not be unsaid, and the look on **[his]** face would haunt me for a long time to come.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[his]	<i>her · Mum's · the teacher's · my friend's</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



7. DEEP SADNESS / GRIEF

Q2 — COLD BAD · low-energy negative

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My eyes grew misty and blurred, and a dull, persistent ache settled in the centre of my chest. My shoulders slumped forward; I buried my face in my hands, letting out a ragged sigh. “I can't believe **[she's]** gone,” I choked out, my voice crumbling into a sob. The world felt so empty now. How was I supposed to move on, to smile, to walk past **[her]** empty seat as though nothing had changed?

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[she's]	<i>he's · Grandpa's · Buddy's (the dog) · she's really</i>
[her]	<i>his · Grandpa's · Buddy's · her</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



8. BITTER DISAPPOINTMENT

Q2 — COLD BAD · low-energy negative

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My heart sank into the pits of my stomach, and the air seemed to leave my lungs all at once. I let **[the paper]** slip from my fingers and stared blankly at the wall for what felt like hours. “Oh. I see,” I remarked flatly, all the life drained from my tone. All that effort for nothing. I guessed I was just not good enough — not good enough for **[the team]**, not good enough for anyone, not good enough at all.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[the paper]	<i>the letter · the report card · my phone · the trophy</i>
[the team]	<i>the role · the scholarship · the audition · the school</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



9. LONELINESS / ISOLATION

Q2 — COLD BAD · low-energy negative

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

A hollow, empty feeling echoed in my stomach, and my skin felt cold despite the **[afternoon sun]**. I hugged my knees to my chest, making myself as small as possible. “Hello? Is anyone there?” I called out, my voice sounding fragile in the silence. Everyone had someone except for me. I was completely alone. The laughter from **[the next room]** only made the quiet around me feel louder, heavier, and more permanent.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[afternoon sun]	<i>warm room · bright lights · crowded hall · summer heat</i>
[the next room]	<i>the canteen · the playground · the corridor · downstairs</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



10. SUSPICION / MISTRUST

Q2 — COLD BAD · low-energy negative

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

One eyebrow quirked upward, and my eyes thinned into skeptical slits. I tilted my head, observing **[his]** every movement with calculated precision. “And you're sure about that?” I asked, my voice dripping with doubt. Something didn't smell right. **[He]** was hiding something from me. The words were too smooth, the smile was too quick, and the story had shifted in just enough places for me to know I was not getting the truth.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[his]	<i>her · their · the stranger's · my friend's</i>
[He]	<i>She · They · The man · My friend</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



Q3 — HOT GOOD

high-energy positive

5 paragraphs in this quadrant:

11. OVERWHELMING JOY / ELATION
12. CONFIDENCE / PRIDE
13. CURIOSITY / INTRIGUE
14. SURPRISE / ASTONISHMENT
15. DETERMINATION



11. OVERWHELMING JOY / ELATION

Q3 — HOT GOOD · high-energy positive

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My eyes lit up like stars, and a broad, uncontrollable grin stretched across my face. I punched the air in triumph and did a little victory dance on the spot. “We did it! We actually did it!” I shrieked, my voice jumping an octave. I had never felt more alive. This was the best day of my life, and nothing — not **[the rain]**, not the long walk home, not anything in the world — was going to wipe the smile off my face.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[the rain]	<i>the heat · the crowd · the late hour · the bruises</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



12. CONFIDENCE / PRIDE

Q3 — HOT GOOD · high-energy positive

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

I stood tall, my chin tilted upward, and a calm, steady light shone in my eyes. I strode across **[the room]** with purpose, my footsteps firm and rhythmic. “I've got this covered,” I stated firmly, my voice resonating with authority. I had worked for this. I deserved to be here. Every late night, every drill, every time I had refused to give up — it had all led to this moment, and I was ready to claim it.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[the room]	<i>the stage · the field · the boardroom · the courtroom</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



13. CURIOSITY / INTRIGUE

Q3 — HOT GOOD · high-energy positive

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My eyes widened with interest, and I leaned forward, my body drawn toward **[the box]**. I reached out a trembling finger to touch the mysterious lid and peered through the keyhole. “What on earth is that?” I whispered, my voice filled with wonder. There was something strange about this. I had to find out what was inside. I knew I should walk away, that this was not my **[secret]** to uncover, but my hand was already moving.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[the box]	<i>the door · the diary · the strange light · the locked drawer</i>
[secret]	<i>puzzle · story · business · problem</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



14. SURPRISE / ASTONISHMENT

Q3 — HOT GOOD · high-energy positive

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My jaw dropped open, and my eyebrows shot up to my hairline. I recoiled slightly, my hands flying up to cover my mouth. “No way! You're kidding!” I gasped, my voice high and shrill. I never saw this coming. Was this actually happening? I blinked at **[him]** hard, half-expecting the scene in front of me to dissolve and the world to return to the way it had been only seconds before.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[him]	<i>her · them · the screen · the letter</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



15. DETERMINATION

Q3 — HOT GOOD · high-energy positive

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My gaze was steely and focused, and my posture was rigid and unyielding. I straightened my **[uniform]** and took a long, stabilizing breath. “I’m not giving up until this is finished,” I declared through set lips. One more try. I would not let this beat me. I had come too far, given up too much, and pictured this victory in my head too many nights to walk away now — not when I was this close.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[uniform]	<i>tie · jersey · collar · sleeves</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



Q4 — COOL / NEUTRAL

low-energy or neutral

5 paragraphs in this quadrant:

- 16. EXHAUSTION / FATIGUE
- 17. RELIEF
- 18. EMBARRASSMENT / HUMILIATION
- 19. CONFUSION / BEWILDERMENT
- 20. BOREDOM / IMPATIENCE



16. EXHAUSTION / FATIGUE

Q4 — COOL / NEUTRAL · low-energy or neutral

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My eyelids felt like lead weights, and a massive yawn threatened to unhinge my jaw. I trudged along, dragging my feet, and slumped against the wall the moment I stopped moving. “Can we... just stop... for a minute?” I panted, my breath coming in short bursts. I could not take another step. My brain was turning to mush, my legs were giving way, and the **[finish line]** suddenly felt impossibly far away.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[finish line]	<i>summit · bus stop · front door · end of the trail</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



17. RELIEF

Q4 — COOL / NEUTRAL · low-energy or neutral

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

The crushing tension in my muscles finally snapped, and a wave of warmth washed over me. I let out a long, shuddering breath and sank into the nearest chair. “Thank goodness,” I breathed, a watery laugh escaping my lips. It was over. The **[nightmare]** was finally over. I closed my eyes and let the calm settle into my bones, knowing I would never have to live through that moment again, ever.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[nightmare]	<i>exam · ordeal · storm · long wait</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



18. EMBARRASSMENT / HUMILIATION

Q4 — COOL / NEUTRAL · low-energy or neutral

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My face felt like it was on fire, and my ears tingled with a hot, prickly sensation. I pulled my **[hoodie]** strings tight, trying to disappear into the fabric. “Oops,” I squeaked, the word sounding pathetic and tiny. Please, let the earth open up and swallow me whole right now. Of all the people in **[the canteen]**, why did it have to be **[him]** who saw me trip? My cheeks would not cool down for the rest of the day.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[hoodie]	<i>jacket · cap · scarf · collar</i>
[the canteen]	<i>the corridor · the assembly hall · the bus · the lift lobby</i>
[him]	<i>her · the principal · my crush · the prefects</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



19. CONFUSION / BEWILDERMENT

Q4 — COOL / NEUTRAL · low-energy or neutral

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My brow furrowed into deep lines, and a strange, dizzying sensation spread through my head. I scratched my head and tilted it to the side, peering at **[the instructions]**. “Wait, what? That doesn't make any sense,” I muttered to myself. Did I miss something? None of this added up. I read the **[page]** again, then a third time, and the words seemed to rearrange themselves into new shapes the longer I stared.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[the instructions]	<i>the question paper · the screen · the map · the recipe</i>
[page]	<i>question · message · diagram · letter</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.



20. BOREDOM / IMPATIENCE

Q4 — COOL / NEUTRAL · low-energy or neutral

MEMORISE THIS PARAGRAPH WORD FOR WORD

Words in **[red brackets]** are SWAP SLOTS — change these to fit the prompt. Everything else stays exactly as written.

My head felt heavy, resting on my palm, and my eyes glazed over as I stared into space. I checked my phone for the twentieth time and drummed a restless beat on **[the desk]**. “Is it over yet?” I groaned, my voice heavy with exasperation. I could be doing literally anything else right now. This was a complete waste of time. The clock on **[the wall]** seemed to be moving backwards just to spite me.

SWAP GUIDE

Swap slot	Try one of these (or invent your own)
[the desk]	<i>the table · my knee · the armrest · the windowsill</i>
[the wall]	<i>my phone · the dashboard · the projector · the screen</i>

WRITE YOUR OWN VERSION

Pick a scene from your own life. Fill in the slots. Recite the whole paragraph aloud.