LESSON 10

Action Verbs and State of Being Verbs

A verb is a word used to express action or a state of being. An action verb may express physical action or mental action. The action may or may not be one that you see—but, either way, an action verb tells you that something is happening, has happened, or will happen.

**Examples**

*Physical action*
- The cautious carpenter measured the pine boards.
- Elaine limbers her muscles and joints before yoga class.

*Mental action*
- We certainly wish the best for you.
- Suddenly, Jake remembered the secret password.

A state of being verb does not tell about an action. A state of being verb tells you when and where someone or something exists. State of being verbs are formed from the verb *to be*.

**Forms of Be**

<table>
<thead>
<tr>
<th>am</th>
<th>be</th>
<th>being</th>
<th>was</th>
<th>are</th>
<th>been</th>
<th>is</th>
<th>were</th>
</tr>
</thead>
</table>

**Examples**
- The bottled water is in the refrigerator.
- Pickles and ketchup are on the table.

**Exercise 1**

Identifying Action Verbs and State of Being Verbs in Literature

Identify each of the underlined verbs as an action verb or a state of being verb and write your answers on the corresponding lines below.

My mother told the Tomkeys she needed to check on something, and then she opened the door and stuck her head inside my room. “What the devil are you doing?” she whispered, but my mouth was too full to answer. “I’ll just be a moment,” she called, and as she closed the door behind her and moved toward my bed, I began breaking the wax lips and candy necklaces pulled from pile no. 2.

_from “Us and Them” page 244_
_David Sedaris_
EXERCISE 2
Understanding Action Verbs and State of Being Verbs

Complete each of the following sentences. Include in the predicate an action verb or state of being verb, as indicated.

EXAMPLES
The Queen and King (state of being verb) The Queen and King were in their splendid castle.
A trusty servant (action verb) A trusty servant identified the thief of the Queen's ring.

1. The fairy tale (action verb)

2. The servant's curiosity (action verb)

3. His innocence (state of being verb)

4. The King's daughter (action verb)

5. A golden apple (action verb)

6. Three young ravens (state of being verb)

7. The tree of life (action verb)

8. A series of impossible tasks (state of being verb)
9. The proud princess (action verb)

10. To win her heart, he (action verb)

**EXERCISE 3**

**Using Action Verbs and State of Being Verbs in Your Writing**

Write a fairy tale to entertain children in a third-grade classroom. Include such elements as a medieval setting, talking animals, and a magical object or potion. Use at least five different state of being verbs and five different action verbs in your fairy tale. Carefully choose your action verbs to make the events of the fairy tale come alive for your young audience.