Sounds and Body movements.

1. Body Movements – основні відмінності

Movements of the head / face

- **Nod – кивати головою (так)** → agreement.
- **Shake – хитати головою (ні)** → disagreement or refusal.
- **Blush – зашарітися** → face turns red from embarrassment.
- **Smile – посміхатися** → happy, friendly expression.
- **Faint – знепритомніти** → loss of consciousness.

Movements of hands / arms

- **Point – вказувати, показувати** → direct attention.
- **Wave – махати рукою** → greeting or farewell.
- **Pat – поплескувати, погладити** → gentle touch, often friendly.
- **Stroke – гладити (тварину)** → gentle caress.
- **Grab – схопити** → take quickly, sometimes roughly.
- **Clench – стискати** → tighten fist or teeth, tension.
- **Punch – бити кулаком** → forceful strike.
- **Slap – дати ляпаса** → hit with open hand.
- **Nudge – штовхнути ліктем** → gentle push to attract attention.
- **Shake – хитати** → also hands (e.g., shake hands).
- **Snap – клацати пальцями** → produce a sharp sound with fingers.
- **Squeeze – втискуватися, стискати** → press firmly, or squeeze through.
- **Fold – складати, згинати** → arms, hands, paper.
- **Flex – згинати (м'язи)** → bend or tense muscles.
- **Tap – тупати, стукати пальцями / ногою** → rhythmic movement.

Movements of the body / posture

- **Bow – вклонятися** → formal respect.
- **Curtsey – робити реверанс** → formal courtesy for women.
- **Shrug – знизувати плечима** → uncertainty or indifference.
- **Crane – витягувати шию** → stretch neck to see better.
- **Beckon – підзивати** → signal with hand to come closer.
- **Stretch – розтягуватися, потягуватися** → extend body after rest.
- **Doze – дрімати** → light sleep.
- **Shiver / Tremble – тремтіти** → from cold or fear.
- **Startle – здригатися, налякатися** → sudden reaction to surprise.

Movements of touch / sensation

- **Rub – терти, натирати** → friction with hand/fingers.
- **Scratch – почесати / подряпати** → usually itch or mild injury.
- **Wipe – витирати, протирати** → clean surface or body part.
- **Sweat – пітніти** → involuntary body response.

Small fidgety / nervous movements

LIVEWORKSHEETS

- **Fidget – метушитися, вертітися** → restless movements.
- **Hold – тримати** → steady or keep in hand/position.
- **Grope – обмацувати, йти навпомацки** → search by touch.

Emotional expression / reaction

- **Sob – ридати** → cry with audible emotion.
- **Blush – зашарітися** → emotional reaction visible on face.
- **Smile – посміхатися** → friendly / happy expression.
- **Startle – здригатися, налякатися** → sudden fear reaction.

🔑 **Quick grouping**

Type	Words / Meaning
Head / face	nod, shake, blush, smile, faint
Hands / arms	point, wave, pat, stroke, grab, clench, punch, slap, nudge, snap, squeeze, fold, flex, tap
Body / posture	bow, curtsey, shrug, crane, beckon, stretch, doze, shiver, tremble, startle
Touch / sensation	rub, scratch, wipe, sweat, grope, hold
Small nervous movements	fidget
Emotional reactions	sob, blush, smile, startle

Beckon – підзивати

- **Meaning:** To signal someone to come closer using your hand or finger.
- **Example:** The teacher beckoned the student to come forward.
- **Difference:** Silent gesture; unlike *call*, no words are used.

Blush – зашарітися

- **Meaning:** To become red in the face because of embarrassment or emotion.
- **Example:** She blushed when she heard her name.
- **Difference:** Caused by emotions, not physical effort.

Bow – вклонятися

- **Meaning:** To bend your head or upper body to show respect.
- **Example:** The actors bowed to the audience.
- **Difference:** Formal gesture; *curtsey* is the female version.

Clench – стискати

- **Meaning:** To close something tightly, especially fists or teeth.
- **Example:** He clenched his fists in anger.
- **Difference:** Shows strong emotion or tension.

LIVEWORKSHEETS

Crane – витягувати шию

- **Meaning:** To stretch your neck to see something better.
- **Example:** She craned her neck to see the stage.
- **Difference:** Used when visibility is limited.

Curtsey – робити реверанс

- **Meaning:** To bend your knees slightly as a sign of respect (for women).
- **Example:** The girl curtseyed politely.
- **Difference:** More traditional and formal than *bow*.

Doze – дрімати

- **Meaning:** To sleep lightly for a short time.
- **Example:** He dozed during the lecture.
- **Difference:** Lighter and shorter than *sleep*.

Faint – знепритомніти

- **Meaning:** To lose consciousness for a short time.
- **Example:** She fainted in the heat.
- **Difference:** Sudden and temporary loss of awareness.

Fidget – метушитися

- **Meaning:** To move restlessly because of nervousness or boredom.
- **Example:** The child fidgeted in his seat.
- **Difference:** Small, repeated movements.

Flex – згинати, напружувати (м'язи)

- **Meaning:** To tighten or bend your muscles.
- **Example:** He flexed his arm muscles.
- **Difference:** Often done on purpose to show strength.

Fold – складати, схрещувати

- **Meaning:** To bend something over itself, especially arms.
- **Example:** She folded her arms and waited.
- **Difference:** Describes position, not tension.

Grab – схопити

- **Meaning:** To take something suddenly and roughly.
- **Example:** He grabbed his bag and ran.
- **Difference:** Faster and less polite than *take*.

Grope – обмацувати

LIVEWORKSHEETS

- **Meaning:** To search for something by feeling with your hands.
- **Example:** He groped for the light switch.
- **Difference:** Used when you cannot see clearly.

Hold – тримати

- **Meaning:** To keep something in your hand or control something.
- **Example:** She held her breath.
- **Difference:** Very general verb with many uses.

Nod – кивати (так)

- **Meaning:** To move your head up and down to show agreement.
- **Example:** He nodded in approval.
- **Difference:** Opposite meaning to *shake*.

Nudge – штовхнути ліктем

- **Meaning:** To push someone gently to get attention.
- **Example:** She nudged me to be quiet.
- **Difference:** Light and friendly, not aggressive.

Pat – поплескувати

- **Meaning:** To touch gently with your hand several times.
- **Example:** He patted the dog on the head.
- **Difference:** Shows affection or praise.

Point – вказувати

- **Meaning:** To show something using your finger.
- **Example:** She pointed at the sign.
- **Difference:** Can be rude in some cultures.

Punch – бити кулаком

- **Meaning:** To hit using a closed fist.
- **Example:** He punched the wall angrily.
- **Difference:** Stronger and more violent than *slap*.

Rub – терти

- **Meaning:** To move your hand back and forth over a surface.
- **Example:** She rubbed her eyes.
- **Difference:** Often done to reduce pain or tiredness.

Salute – віддавати честь

LIVEWORKSHEETS

- **Meaning:** To show formal respect, especially in the military.
- **Example:** The soldier saluted the officer.
- **Difference:** Official gesture, not used casually.

Scratch – дряпати

- **Meaning:** To rub or scrape with your nails.
- **Example:** He scratched his head in confusion.
- **Difference:** Often caused by itching or thinking.

Shake – хитати головою (ні)

- **Meaning:** To move your head from side to side to show disagreement.
- **Example:** She shook her head in disbelief.
- **Difference:** Opposite of *nod*.

Shiver – тремтіти від холоду

- **Meaning:** To shake slightly because you are cold.
- **Example:** He shivered in the icy wind.
- **Difference:** Physical cause (temperature).

Shrug – знизувати плечима

- **Meaning:** To raise your shoulders to show uncertainty or indifference.
- **Example:** She shrugged and said nothing.
- **Difference:** Shows “I don’t know / I don’t care”.

Slap – дати ляпаса

- **Meaning:** To hit with an open hand.
- **Example:** He slapped the table loudly.
- **Difference:** Less violent than *punch*.

Smile – посміхатися

- **Meaning:** To show happiness or friendliness with your face.
- **Example:** She smiled at the baby.
- **Difference:** Positive, non-verbal communication.

Snap – клацати

- **Meaning:** To make a sharp sound with your fingers.
- **Example:** He snapped his fingers for attention.
- **Difference:** Quick and sudden action.

Sob – ридати

LIVEWORKSHEETS

- **Meaning:** To cry loudly with difficulty breathing.
- **Example:** She sobbed after hearing the news.
- **Difference:** Stronger and more emotional than *cry*.

Squeeze – протискуватися

- **Meaning:** To press tightly or move through a narrow space.
- **Example:** They squeezed through the crowd.
- **Difference:** Involves pressure or limited space.

Startle – здригнутися

- **Meaning:** To suddenly react because of surprise or fear.
- **Example:** The loud bang startled her.
- **Difference:** Instant reaction, not long-lasting fear.

Stretch – потягуватися

- **Meaning:** To extend your body or muscles.
- **Example:** He stretched after waking up.
- **Difference:** Often done to relax muscles.

Stroke – гладити

- **Meaning:** To move your hand gently over something.
- **Example:** She stroked the cat softly.
- **Difference:** Shows care or affection.

Sweat – пітніти

- **Meaning:** To produce sweat because of heat or exercise.
- **Example:** He was sweating after the run.
- **Difference:** Natural physical reaction.

Tap – постукувати

- **Meaning:** To hit lightly and repeatedly.
- **Example:** She tapped her foot nervously.
- **Difference:** Often shows impatience.

Tremble – тремтіти від страху

- **Meaning:** To shake because of fear or strong emotion.
- **Example:** His hands trembled with fear.
- **Difference:** Emotional cause, unlike *shiver*.

Wave – махати рукою

LIVEWORKSHEETS

- **Meaning:** To move your hand to greet or say goodbye.
- **Example:** They waved goodbye.
- **Difference:** Friendly and social gesture.

Wipe – витирати

- **Meaning:** To clean or dry something by rubbing it.
- **Example:** She wiped her forehead.
- **Difference:** Used to remove dirt, sweat, or liquid.

2. Air Sounds

Flutter – тріпотіти, тремтіти; колихатися
- **Meaning:** Move lightly and irregularly, like wings or fabric in the wind.
- **Example:** The curtains fluttered in the breeze.
- **Nuance:** Gentle, irregular movement; soft sound often associated with lightness.

Gasp – задуха, утруднене дихання
- **Meaning:** Sudden intake of breath, often from shock, surprise, or pain.
- **Example:** She gasped when she saw the accident.
- **Nuance:** Expresses surprise, fear, or physical exertion; short and sharp sound.

Swish – свист, шелест
- **Meaning:** Hissing or rustling sound caused by something moving quickly through the air.
- **Example:** The skirt swished as she walked.
- **Nuance:** Soft, flowing; movement-related sound.

Swoosh – свист, whoosh
- **Meaning:** Similar to swish; the sound of something moving very quickly.
- **Example:** The basketball swooshed through the net.
- **Nuance:** Fast motion; often sporty or dynamic.

Waft – помах, подув (вітру)
- **Meaning:** Gentle movement of air, carrying smell, sound, or light objects.
- **Example:** The smell of cookies wafted through the room.
- **Nuance:** Soft, floating; subtle movement or transmission.

Whiff – подих, легкий запах
- **Meaning:** A slight gust of air, often carrying a faint smell.
- **Example:** He caught a whiff of perfume as she passed.
- **Nuance:** Small, brief, delicate; often associated with scent rather than noise.

Whoosh – свист (повітря)
- **Meaning:** Sudden rush of air, often making a hissing sound.
- **Example:** The car whooshed past.
- **Nuance:** Fast, loud movement of air; dramatic or powerful effect.

Whizz – свист (швидкий рух)
- **Meaning:** High-speed movement, producing a whistling sound.
- **Example:** The bullet whizzed past his ear.
- **Nuance:** Very fast; sharp, piercing sound.

LIVEWORKSHEETS

Whip – хлестати, січ

- **Meaning:** Strike violently, causing air movement and sound.
- **Example:** The wind whipped through the trees.
- **Nuance:** Strong, sudden movement; can indicate force or violence.

3. Collision Sounds

Bam – бам!, бац!

- **Meaning:** Used to imitate the sound of a hard blow or to convey something happening abruptly.
- **Example:** The door slammed shut with a bam!
- **Nuance:** Informal, comic-book-like; sudden impact.

Bang – сильний удар, бах!

- **Meaning:** A sudden loud, sharp noise, like a door slamming or a gunshot.
- **Example:** I heard a bang as the cupboard fell.
- **Nuance:** General loud collision; can be accidental or violent.

Clang – брязкіт, дзенькіт

- **Meaning:** Loud, resonant metallic sound.
- **Example:** The bell rang with a clang.
- **Nuance:** Sharp metallic resonance; longer-lasting than bang.

Clank – брязкіт металу

- **Meaning:** A loud, sharp sound produced by metal striking metal.
- **Example:** The chain fell with a clank.
- **Nuance:** Metallic, heavy; usually mechanical objects.

Clap – ляскання, оплески

- **Meaning:** Sound of two flat objects striking together; also applause.
- **Example:** He clapped his hands to get attention.
- **Nuance:** Often human action; rhythmic or deliberate.

Clatter – стукіт, дзенькіт, гуркіт

- **Meaning:** Continuous rattling sound of hard objects hitting each other.
- **Example:** The plates fell with a clatter.
- **Nuance:** Messy, multiple objects; chaotic sound.

Click – клацання

- **Meaning:** Short, sharp sound made by a switch, latch, or hard object.
- **Example:** She clicked the pen.
- **Nuance:** Small, precise, mechanical; often intentional.

Clink – дзенькіт скла/ключів

- **Meaning:** Sharp ringing sound when metal or glass hits metal or glass.
- **Example:** Glasses clinked in a toast.
- **Nuance:** Light, pleasant; associated with celebration.

Crash – гуркіт, тріск

- **Meaning:** Sudden loud noise from falling or colliding objects.
- **Example:** The vase crashed to the floor.
- **Nuance:** Violent, destructive, chaotic.

Crunch – хрускіт

LIVEWORKSHEETS

- **Meaning:** Noise of crushing a hard object, like food or gravel.
- **Example:** He crunched the leaves underfoot.
- **Nuance:** Sharp, brittle sound; can be repeated rhythmically.

Ding – дзвін
- **Meaning:** Short, high-pitched metallic sound.
- **Example:** The bell dinged once.
- **Nuance:** Light, musical; often cheerful or signaling.

Jingle – дзвінок, передзвін
- **Meaning:** Light ringing of small metal objects.
- **Example:** The keys jingled in her pocket.
- **Nuance:** Repetitive, cheerful; smaller than clang or clink.

Knock – стук
- **Meaning:** Sound made by hitting a door or surface.
- **Example:** He knocked on the door.
- **Nuance:** Repetitive or single; human action; attention-seeking.

Screech – скрип, вереск
- **Meaning:** Loud, harsh, piercing noise.
- **Example:** The brakes screeched on the car.
- **Nuance:** Painful or alarming; high-pitched.

Slap – ляпас
- **Meaning:** Sound of hitting with the hand or flat object.
- **Example:** She gave him a slap on the cheek.
- **Nuance:** Sharp, human; can express anger or punishment.

Smash – гуркіт при падінні
- **Meaning:** Violent collision or breaking of objects.
- **Example:** He smashed the bottle on the floor.
- **Nuance:** Destructive, intense; bigger impact than crash.

Thud – глухий стукіт
- **Meaning:** Dull, heavy sound, like a large object falling.
- **Example:** The book hit the floor with a thud.
- **Nuance:** Heavy, muffled; less sharp than crash.

Thump – важкий удар
- **Meaning:** Dull, heavy blow or sound, often repeated.
- **Example:** He thumped his fist on the table.
- **Nuance:** Can be physical impact or sound; conveys force.

4. Human Sounds

Breathe – дихати
- **Meaning:** To take air into your lungs and send it out again through your nose or mouth.
- **Example:** She paused to breathe deeply.
- **Difference / Nuance:** Neutral; basic bodily function, not noisy.

Chew – жувати, пережовувати
- **Meaning:** To bite food into small pieces in your mouth with your teeth.

LIVEWORKSHEETS

- **Example:** He chewed his food slowly.
- **Difference / Nuance:** Focus on the process of eating, usually silent.

Cough – кашляти
- **Meaning:** To force air out suddenly and noisily through your throat.
- **Example:** He coughed to clear his throat.
- **Difference / Nuance:** Reflex sound; can be involuntary or due to illness.

Cry – плакати
- **Meaning:** To produce tears when unhappy, hurt, or extremely happy.
- **Example:** The baby cried loudly.
- **Difference / Nuance:** General term; can range from quiet to loud.

Gasp – важко дихати, задихатися
- **Meaning:** To catch your breath with an open mouth, often from pain, shock, or surprise.
- **Example:** She gasped when she saw the spider.
- **Difference / Nuance:** Short, sudden breath; expresses strong emotion.

Groan – стогнати, бурчати
- **Meaning:** To make a low sound expressing pain, despair, or annoyance.
- **Example:** He groaned at the difficult question.
- **Difference / Nuance:** Low, drawn-out sound; often involuntary.

Hiccup – гикати
- **Meaning:** A sudden, involuntary spasm of the diaphragm causing a sound.
- **Example:** He hiccupped after drinking soda too fast.
- **Difference / Nuance:** Involuntary; rhythmic, repeated sound.

Hum – наспівувати, мугикати
- **Meaning:** To make a low, continuous noise, often without words.
- **Example:** She hummed a tune while cooking.
- **Difference / Nuance:** Soft, steady; can express happiness or concentration.

Laugh – сміятися
- **Meaning:** To make sounds and facial movements showing amusement or joy.
- **Example:** They laughed at the joke.
- **Difference / Nuance:** Can be quiet or loud; general expression of happiness.

Pant – важко дихати
- **Meaning:** To breathe quickly and heavily, often from exertion.
- **Example:** The dog panted after running.
- **Difference / Nuance:** Short, rapid breaths; usually due to effort or heat.

Puff – пихкати, пихтіти
- **Meaning:** To breathe in repeated short gasps.
- **Example:** He puffed after climbing the stairs.
- **Difference / Nuance:** Noisy, repeated; often shows exertion.

Scream – пронизливо кричати
- **Meaning:** To give a long, loud, piercing cry, usually from fear or anger.
- **Example:** She screamed when the balloon popped.
- **Difference / Nuance:** Sharp, high-pitched; strong emotion.

Sigh – зітхати
- **Meaning:** To emit a long, deep audible breath expressing tiredness, sadness, or relief.

LIVEWORKSHEETS

- **Example:** He sighed with relief.
- **Difference / Nuance:** Soft, emotional; often voluntary.

Slurp – сьорбати
- **Meaning:** To drink or eat noisily.
- **Example:** He slurped his soup.
- **Difference / Nuance:** Often considered rude; emphasizes sound of consumption.

Snap – клацати
- **Meaning:** To make a sharp, short sound with fingers or voice; speak sharply.
- **Example:** She snapped her fingers to get attention.
- **Difference / Nuance:** Can be sound-making or verbal; sudden and sharp.

Snarl – бурчати, огризатися
- **Meaning:** To make an angry, growling noise or speak angrily.
- **Example:** The dog snarled at the stranger.
- **Difference / Nuance:** Aggressive; conveys anger.

Sneeze – чхати
- **Meaning:** To have air come suddenly and noisily out through your nose and mouth.
- **Example:** He sneezed because of the dust.
- **Difference / Nuance:** Involuntary; sharp, sudden sound.

Sniff – сопіти, чмихати
- **Meaning:** To breathe air in through the nose, often noisily.
- **Example:** She sniffed after crying.
- **Difference / Nuance:** Can indicate cold, sadness, or suspicion.

Snore – хропіти
- **Meaning:** To breathe noisily during sleep.
- **Example:** He snores loudly at night.
- **Difference / Nuance:** Involuntary; during sleep only.

Snuffle – шумно вдихати через ніс
- **Meaning:** To breathe noisily because of a cold or crying.
- **Example:** The child snuffled after waking up.
- **Difference / Nuance:** Similar to sniff but softer, repeated.

Stammer – заїкатися, затинатися
- **Meaning:** To speak with difficulty, hesitating and repeating words or sounds.
- **Example:** He stammered during his speech.
- **Difference / Nuance:** Verbal hesitation; can be nervousness or speech difficulty.

Whistle – свистіти
- **Meaning:** To make a high-pitched sound by forcing air through lips or teeth.
- **Example:** He whistled a happy tune.
- **Difference / Nuance:** Musical or attention-getting; controlled sound.

Yawn – позіхати
- **Meaning:** To open your mouth wide and breathe in deeply, usually due to tiredness or boredom.
- **Example:** She yawned during the lecture.
- **Difference / Nuance:** Involuntary; can be contagious.

5. Water Sounds

LIVEWORKSHEETS

Bloop – вити, ревіти

- **Meaning:** To emit a short low-pitched noise, usually in water.
- **Example:** A fish made a bloop as it surfaced.
- **Difference / Nuance:** Short, low sound; often used for small water movements or bubbles.

Dribble – капати, текти тоненьким струмочком

- **Meaning:** To let liquid fall slowly in drops or a thin stream.
- **Example:** Water dribbled from the leaky tap.
- **Difference / Nuance:** Continuous, slow dripping; often small and weak flow.

Drip – стікати, капати

- **Meaning:** To fall in individual drops.
- **Example:** Rain dripped from the roof.
- **Difference / Nuance:** Can be louder than dribble; emphasizes each drop separately.

Drizzle – мрячити, дрібний дощ

- **Meaning:** Light rain falling in very fine drops.
- **Example:** It drizzled all morning.
- **Difference / Nuance:** Continuous light rain; gentler than rain or shower.

Splash – плескіт, хлюпання

- **Meaning:** To cause liquid to strike or fall on something in irregular drops.
- **Example:** The children splashed in the puddles.
- **Difference / Nuance:** Energetic, messy movement of water; louder and noticeable.

Spray – розприскувати

- **Meaning:** To scatter or cover with tiny drops of liquid.
- **Example:** She sprayed perfume on her neck.
- **Difference / Nuance:** Controlled fine drops; can be from a bottle, nozzle, or sea spray.

Sprinkle – посипати, бризкати

- **Meaning:** To scatter small drops or particles over a surface.
- **Example:** He sprinkled sugar over the cake.
- **Difference / Nuance:** Smaller and lighter than spray; often intentional.

Squirt – впорскувати, бризкати струменем

- **Meaning:** To eject liquid in a thin, forceful stream.
- **Example:** He squirted ketchup on his fries.
- **Difference / Nuance:** Strong, directed stream; more forceful than sprinkle or drip.

LIVEWORKSHEETS