

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Which sentences can be revised to reduce wordiness?*

## ***SEAL Strategy #4: Leave Out “Filler Words”***

**Directions:** Reducing wordiness in one’s writing can be achieved through the editing and revising process. To solve this challenge, writers can use the SEAL Strategy. The fourth step is to get rid of “filler words”. Use the activity below to practice finding and eliminating these words.

**Filler words** don’t add quality to your writing– that’s why it’s important to eliminate them. By doing so, you can make room for more meaningful vocabulary in your writing.

**Filler Words include:** *just, literally, basically, actually, really, you know, okay, I guess*

Find and eliminate the “filler words” from the sentence below by putting a line through them.

- 1. I was just walking down the street when I literally saw a wild turkey and its whole family. It basically scared me so much that I really didn’t know what to do, so I just ran into my house I guess and locked the door behind me.***
- 2. Okay so I was just reading my book at school and having a nice time at lunch. I guess I was enjoying my book so much I actually didn’t hear the bell ring.***
- 3. I really dislike swimming in the ocean because I feel like I can’t see the bottom and that makes me actually a little nervous.***
- 4. I basically played on my computer all day after school which was really all I wanted to do since I just got a new game to play.***