This is a word-game where you change one word into another. You can only replace one letter at a time and each move you make must create a proper word. You keep on changing a letter at a time until you have the word you require.

- Turn *smile* into *scare* in 4 moves – *smile, stile, stale, stare, scare*
- Turn *soft* into *loud* in 4 moves: *soft, soot, loot, lout, loud*
- Turn *cold* into *warm* in 6 moves: *cold, fold, food, wood, word, ward, warm*

Try it for yourself! In how many moves can you turn:

- **fast** into **slow**?
- **heavy** into **light**?
- **fresh** into **stale**?
- **north** into **south**?
- **work** into **play**?

The most frequently used letter of the alphabet in English words is the letter **e**.