Old: One morning, their breakfast porridge was too hot to eat, so they decided to go for a walk in the forest.

Nominalisations: ingestion; a decision; exit

Noun groups: Hot breakfast porridge; a forest perambulation (to go for a walk)

New: One morning, their too hot breakfast porridge prompted the decision for a forest perambulation.

Old: While they were out, a little girl called Goldilocks came through the trees and found their house.

Nominalisations: Egress/absence; journey; a discovery

Noun groups: Goldilocks, a little girl; a woodland walk (came through the trees)

New: Upon their egress, Goldilocks, a little girl on a woodland walk, made the discovery of their house. OR During their absence…

Old: She knocked on the door and, as there was no answer, she pushed it open and went inside.

Nominalisations: a knock; a push; entrance

Noun groups: an unanswered knock (she knocked on the door and as there was no answer)

New: An unanswered knock encouraged her entrance