



Days *with* Dyslexia

Head-to-Hand

High Frequency Words



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List 1-50

Short Vowel 'a'

as in "cat"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



 a **s**

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

_____ **as** _____

How many **tiny sounds** do you hear?



How many **beats** do you hear?



 a **t**

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

_____ **at** _____



How many **tiny sounds** do you hear?



How many **beats** do you hear?



a n

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

an

How many **tiny sounds** do you hear?



How many **beats** do you hear?



th a t

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

that



How many **tiny sounds** do you hear?



How many **beats** do you hear?



h a d

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

had

How many **tiny sounds** do you hear?



How many **beats** do you hear?



h a ve

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

have



How many **tiny sounds** do you hear?



How many **beats** do you hear?



 a **n** **d**

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

_____ **and** _____

Say the word
in a sentence.

How many **tiny sounds** do you hear?



How many **beats** do you hear?



 c **a** **n**

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

_____ **can** _____

Say the word
in a sentence.



List 1-50

Short Vowel 'e'

as in "bed"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



w h e n

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

_____ *when* _____

Say the word
in a sentence.

How many **tiny sounds** do you hear?



How many **beats** do you hear?



s ai d

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

_____ *said* _____

Say the word
in a sentence.



List 1-50

Short Vowel 'i'

as in "fish"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



i *n*

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

in

How many **tiny sounds** do you hear?



How many **beats** do you hear?



i *s*

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

is



How many **tiny sounds** do you hear?



How many **beats** do you hear?



i t

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

it

How many **tiny sounds** do you hear?



How many **beats** do you hear?



i f

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

if



How many **tiny sounds** do you hear?



How many **beats** do you hear?



w i t h

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

with

Say the word
in a sentence.

How many **tiny sounds** do you hear?



How many **beats** do you hear?



h i s

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

his

Say the word
in a sentence.



How many **tiny sounds** do you hear?



How many **beats** do you hear?



th i s

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

this

Say the word
in a sentence.

How many **tiny sounds** do you hear?



How many **beats** do you hear?



wh i ch

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

which

Say the word
in a sentence.



List 1-50

Short Vowel 'o'

as in "pot"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



o n

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

on

Say the word
in a sentence.

How many **tiny sounds** do you hear?



How many **beats** do you hear?



a r e

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

are

Say the word
in a sentence.



How many **tiny sounds** do you hear?



How many **beats** do you hear?



a **ll**

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

all

Say the word
in a sentence.

How many **tiny sounds** do you hear?



How many **beats** do you hear?



n **o** **t**

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

not

Say the word
in a sentence.



List 1-50

Short Vowel 'u'

as in "cup"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



th e

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

the

How many **tiny sounds** do you hear?



How many **beats** do you hear?



o f

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

of



How many **tiny sounds** do you hear?



How many **beats** do you hear?



w a s

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

was

Say the word
in a sentence.

How many **tiny sounds** do you hear?



How many **beats** do you hear?



b u t

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

but

Say the word
in a sentence.



How many **tiny sounds** do you hear?



How many **beats** do you hear?



wh a t

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

- - - - -

what

How many **tiny sounds** do you hear?



How many **beats** do you hear?



f r o m

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

- - - - -

from



How many **tiny sounds** do you hear?



How many **beats** do you hear?



o n e

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

one

How many **tiny sounds** do you hear?



How many **beats** do you hear?



INTENTIONALLY BLANK

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.



List 1-50

Long Vowel 'a'

as in "ape"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



a

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

a

How many **tiny sounds** do you hear?



How many **beats** do you hear?



th ey

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

they



How many **tiny sounds** do you hear?



How many **beats** do you hear?



there

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

there

How many **tiny sounds** do you hear?



How many **beats** do you hear?



their

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

their



List 1-50

Long Vowel 'e'

as in "bee"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



h e

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

he

How many **tiny sounds** do you hear?



How many **beats** do you hear?



b e

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

be



How many **tiny sounds** do you hear?



How many **beats** do you hear?



w e

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

we

How many **tiny sounds** do you hear?



How many **beats** do you hear?



sh e

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

she



How many **tiny sounds** do you hear?



How many **beats** do you hear?



ea ch

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

each

How many **tiny sounds** do you hear?



How many **beats** do you hear?



INTENTIONALLY BLANK

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.



List 1-50

Long Vowel 'i'

as in "bike"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



I

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

_____ **I** _____

How many **tiny sounds** do you hear?



How many **beats** do you hear?



b y

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

_____ **by** _____



List 1-50

Long Vowel 'o'

as in "rope"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



o r

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

or

Say the word
in a sentence.

How many **tiny sounds** do you hear?



How many **beats** do you hear?



f o r

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

for

Say the word
in a sentence.



How many **tiny sounds** do you hear?



How many **beats** do you hear?



y ou r

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or **word relative**?

you

Say the word
in a sentence.

Write the word while sounding it out.

_____ *your* _____

How many **tiny sounds** do you hear?



How many **beats** do you hear?



INTENTIONALLY BLANK

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or **word relative**?

Say the word
in a sentence.

Write the word while sounding it out.



List 1-50

Long Vowel 'u'

as in "tube" or "cube"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



 t **o**

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

_____ **to** _____

How many **tiny sounds** do you hear?



How many **beats** do you hear?



 d **o**

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

_____ **do** _____



How many **tiny sounds** do you hear?



How many **beats** do you hear?



u s e

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

use

How many **tiny sounds** do you hear?



How many **beats** do you hear?



y ou

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

you



List 1-50

Syllabic-'r'

as in "bird"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



w ere

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

were

Say the word
in a sentence.

How many **tiny sounds** do you hear?



How many **beats** do you hear?



w or d

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Write the word while sounding it out.

word

Say the word
in a sentence.



List 1-50

Other Vowels

as in "cow, book, boy, & saw"



Days *with* Dyslexia

How many **tiny sounds** do you hear?



How many **beats** do you hear?



h ow

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

how

How many **tiny sounds** do you hear?



How many **beats** do you hear?



INTENTIONALLY BLANK

Is the word a **Base** or **Base+**?

_____ + _____ + _____

Word part or word relative?

Say the word
in a sentence.

Write the word while sounding it out.

