

Learning High Frequency Words

High Frequency Words (HFW) are the most common words that students will encounter in their reading and writing. The goal is for students to be able to read them quickly and effortlessly. Because recognizing these words is so important during reading, using a variety of activities to teach, practice and memorize the words is critical in teaching children to read. Try using these activities to help your child learn and practice sight words:

Multi-sensory ways to learn and practice high frequency words:

- ★ Have your child write HF words with glitter glue.
- ★ Have your child write HF words with wikki stix.
- ★ Have your child write HF words with playdoh.
- ★ Have your child write HF words with puffy paint.
- ★ Put craft sand on a paper plate. Have your child practice tracing HF words in the sand.
- ★ Put hair gel in a zip lock baggie. Seal the baggie. Have your child write the letters of the HF word in the gel.
- ★ Squirt shaving cream on a plate or table. Spread the cream. Have your child write the HF words in the shaving cream.
- ★ Jump, hop, clap, tap out the letters of the HF word (t-h-e “the”).

High Frequency word games:

- ★ Make HF word flashcards on 3 x 5 index cards and place them on a ring. Short and frequent practice with naming the words works better than longer sessions. Try reviewing the cards during commercial breaks.
- ★ Draw a star on the back of a 3 x 5 index card. Place this card and the flash cards face down in a pile on the table. Take turns turning over a card and reading the words. Try to be the player who finds the card with a star.
- ★ Play “Slap Jack” with the HF word and star cards. When the star card is turned over, the first player to slap it wins.

- ★ Make duplicates of the HF word cards and play the memory game.
- ★ Make several 5 x 5 grids and write HF words in the squares. Make your own chips with the words written on them. Play bingo.
- ★ Write the HF words on sticky notes and place them on a wall. Turn down the lights and give your child a flashlight. Have your child shine a light on each word and read the word.
- ★ Write the HF words on sticky notes and place them on a wall. Have your child read a word and then try to hit it with a nerf gun.
- ★ Pick a board game. Play the game the normal way, but have your child read a HF word card before each turn.
- ★ Scavenger Hunt: Place HF words around the house or yard and have your child search for them. Once they are found, they have to read them. If read correctly, they get to keep the card. If read incorrectly, the card is hidden again.
- ★ Basketball: Play with an outdoor hoop if you have one, or use a ball, and a basket (a laundry basket or cardboard box both work great). Have your child read a HF word. If they read it correctly, they get to make a shot. If they are incorrect, they have an opportunity to read a second word. You can even keep score if you'd like.
- ★ Pathway: Create a pathway through your house by laying out HF word cards in a line. It can be an easy path, or a difficult one that goes under tables, behind couches, up stairs, etc. Have your child follow the path, reading each word as they go. You can even put some sort of surprise at the end.