

Fry 1000 Instant Words: Free Flash Cards and Word Lists For Teachers



Fry 1000 Instant Words Bulletin Board Display Banner and 26 Letter Cards

- The **Fry 1000 Instant Words** are a list of the **most common words** used for teaching reading, writing, and spelling.
- These high frequency words should be **recognized instantly** by readers.
- Dr. Edward B. Fry's Instant Words (which are often referred to as the "Fry Words") are the **most common words** used in English **ranked in order of frequency**.
- In 1996, Dr. Fry expanded on [Dolch's sight word lists](#) and research and published a book titled "*Fry 1000 Instant Words*." In his research, **Dr. Fry found the following results:**
 - **25 words** make up approximately **1/3** of all items published.
 - **100 words** comprise approximately **1/2** of all of the words found in publications.
 - **300 words** make up approximately **65%** of all written material.
- Over **half** of every newspaper article, textbook, children's story, and novel is **composed of these 300 words**. It is difficult to write a sentence without using several of the first 300 words in the Fry 1000 Instant Words List. Consequently, **students need to be able to read the first 300 Instant Words** without a moment's hesitation.
- **Do not bother** copying these 3 lists. You will be able to download free copies of these lists, plus 7 additional lists that are not shown (words 301 - 1000), using the free download links that are found **later** on this page.
- In addition to these **10 free lists** of Fry's sight words, I have created **1000 color coded flashcards** for all of the Fry 1000 Instant Words.
- Elementary school **teachers** and **parents** can use the free download links that are found later on this page to download free copies of 1000 color coded flashcards for all of the **Fry 1000 Instant Words!**

Fry's First 100 Words

1. the	21. at	41. there	61. some	81. my
2. of	22. be	42. use	62. her	82. than
3. and	23. this	43. an	63. would	83. first
4. a	24. have	44. each	64. make	84. water
5. to	25. from	45. which	65. like	85. been
6. in	26. or	46. she	66. him	86. called
7. is	27. one	47. do	67. into	87. who
8. you	28. had	48. how	68. time	88. am
9. that	29. by	49. their	69. has	89. its
10. it	30. words	50. if	70. look	90. now
11. he	31. but	51. will	71. two	91. find
12. was	32. not	52. up	72. more	92. long
13. for	33. what	53. other	73. write	93. down
14. on	34. all	54. about	74. go	94. day
15. are	35. were	55. out	75. see	95. did
16. as	36. we	56. many	76. number	96. get
17. with	37. when	57. then	77. no	97. come
18. his	38. your	58. them	78. way	98. made
19. they	39. can	59. these	79. could	99. may
20. I	40. said	60. so	80. people	100. part

Above: Fry 1000 Instant Words - Fry's First 100 Sight Words

Fry's Second 100 Words

101. over	121. name	141. boy	161. such	181. change
102. new	122. good	142. following	162. because	182. off
103. sound	123. sentence	143. came	163. turn	183. play
104. take	124. man	144. want	164. here	184. spell
105. only	125. think	145. show	165. why	185. air
106. little	126. say	146. also	166. asked	186. away
107. work	127. great	147. around	167. went	187. animals
108. know	128. where	148. farm	168. men	188. house
109. place	129. help	149. three	169. read	189. point
110. years	130. through	150. small	170. need	190. page
111. live	131. much	151. set	171. land	191. letters
112. me	132. before	152. put	172. different	192. mother
113. back	133. line	153. end	173. home	193. answer
114. give	134. right	154. does	174. us	194. found
115. most	135. too	155. another	175. move	195. study
116. very	136. means	156. well	176. try	196. still
117. after	137. old	157. large	177. kind	197. learn
118. thing	138. any	158. must	178. hand	198. should
119. our	139. same	159. big	179. picture	199. America
120. just	140. tell	160. even	180. again	200. world

Above: Fry 1000 Instant Words - Fry's Second 100 Sight Words

Fry's Third 100 Words

201. high	221. light	241. life	261. sea	281. watch
202. every	222. thought	242. always	262. began	282. far
203. near	223. head	243. those	263. grow	283. Indians
204. add	224. under	244. both	264. took	284. really
205. food	225. story	245. paper	265. river	285. almost
206. between	226. saw	246. together	266. four	286. let
207. own	227. left	247. got	267. carry	287. above
208. below	228. don't	248. group	268. state	288. girl
209. country	229. few	249. often	269. once	289. sometimes
210. plants	230. while	250. run	270. book	290. mountains
211. last	231. along	251. important	271. hear	291. cut
212. school	232. might	252. until	272. stop	292. young
213. father	233. close	253. children	273. without	293. talk
214. keep	234. something	254. side	274. second	294. soon
215. trees	235. seemed	255. feet	275. later	295. list
216. never	236. next	256. car	276. miss	296. song
217. started	237. hard	257. miles	277. idea	297. being
218. city	238. open	258. night	278. enough	298. leave
219. earth	239. example	259. walked	279. eat	299. family
220. eyes	240. beginning	260. white	280. face	300. it's

Above: Fry 1000 Instant Words - Fry's Third 100 Sight Words

Later on this page, you will find [free download links](#) for elementary school teachers and parents for all of my free teaching resources for the Fry 1000 Instant Words (free flashcards and word lists).

- The Fry 1000 Instant Words have been arranged in the **order of frequency** in which they occur in printed material.
- A list of **100 Fry Picture Nouns** were developed to supplement the Fry 1000 Instant Words.
- Later on this page, you will also find a **download link** for a [free set](#) of **Fry's Picture Nouns Flashcards** and word lists.
- After Fry developed his word lists, he worked to inspire young children to **memorize these sight words** to **jump-start** the reading process. The Fry 1000 Instant Words and lists are **widely used** today and highly respected by both **teachers** and **parents**.
- Many of the Fry 1000 Instant Words are difficult to portray with pictures or **hard to sound out** through phonics methods. Therefore, these words must be **learned as sight words** and they must be **quickly recognized** in order to achieve **reading fluency**.
- Once children have learned and memorized these basic sight words, they **read more fluently** and with **greater comprehension**. It is **recommended** that:
 - The First 100 words should be mastered by **Grade 1**.
 - The Second 100 Words should be mastered by **Grade 2**.
 - The Third 100 Words should be mastered by **Grade 3**.
 - The remaining lists (words 301 - 1000) should be mastered in **Grades 4 - 5**.
- I have **divided** this list into **ten groups** of one-hundred words each. Below you will find **free download links** for these **10 sets** of **free Fry Flashcards** and **word lists**.
 - I have divided the Fry 1000 Instant Words into **10 sets** of teaching resources.
 - There is an **11th set** of flashcards for **Fry's 100 Picture Nouns**.
 - I have designed my flashcards so that the **print is large** and easily read, and so that the flashcards **fit** into traditional **pocket charts**.
 - Each set of Fry 1000 Instant Words flashcards has a **different color border** around it.

- I have placed a **small number** in the top right hand corner of each flash card, **indicating the order** in which that word appears in Fry's list.
- For the **100 Fry Nouns**, I have included a **colorful picture cue** on each flashcard.

Example: Free Flashcards For List #4
(Fry 1000 Instant Words: Sight words 301 - 324 are shown.)

2. Numbered list of 100 Fry sight words

Fry's Third 100 Words

201. high	221. light	241. life	261. sea	281. watch
202. every	222. thought	242. always	262. began	282. far
203. near	223. head	243. those	263. grow	283. Indians
204. add	224. under	244. both	264. took	284. really
205. food	225. story	245. paper	265. river	285. almost
206. between	226. saw	246. together	266. four	286. let
207. own	227. left	247. got	267. carry	287. above
208. below	228. don't	248. group	268. state	288. girl
209. country	229. few	249. often	269. once	289. sometimes
210. plants	230. while	250. run	270. book	290. mountains
211. last	231. along	251. important	271. hear	291. cut
212. school	232. might	252. until	272. stop	292. young
213. father	233. close	253. children	273. without	293. talk
214. keep	234. something	254. side	274. second	294. soon
215. trees	235. seemed	255. feet	275. later	295. list
216. never	236. next	256. car	276. miss	296. song
217. started	237. hard	257. miles	277. idea	297. being
218. city	238. open	258. night	278. enough	298. leave
219. earth	239. example	259. walked	279. eat	299. family
220. eyes	240. beginning	260. white	280. face	300. it's

Example: Free Numbered List For Set #3
(Fry 1000 Instant Words: Sight words 201 - 300 are shown.)

3. Assessment page with a place for the student's name, date, and score

Fry's Third 100 Words

Name: _____		Date: _____		Score: _____/100	
201. __high	221. __light	241. __life	261. __sea	281. __watch	
202. __every	222. __thought	242. __always	262. __began	282. __far	
203. __near	223. __head	243. __those	263. __grow	283. __Indians	
204. __add	224. __under	244. __both	264. __took	284. __really	
205. __food	225. __story	245. __paper	265. __river	285. __almost	
206. __between	226. __saw	246. __together	266. __four	286. __let	
207. __own	227. __left	247. __got	267. __carry	287. __above	
208. __below	228. __don't	248. __group	268. __state	288. __girl	
209. __country	229. __few	249. __often	269. __once	289. __sometimes	
210. __plants	230. __while	250. __run	270. __book	290. __mountains	
211. __last	231. __along	251. __important	271. __hear	291. __cut	
212. __school	232. __might	252. __until	272. __stop	292. __young	
213. __father	233. __close	253. __children	273. __without	293. __talk	
214. __keep	234. __something	254. __side	274. __second	294. __soon	
215. __trees	235. __seemed	255. __feet	275. __later	295. __list	
216. __never	236. __next	256. __car	276. __miss	296. __song	
217. __started	237. __hard	257. __miles	277. __idea	297. __being	
218. __city	238. __open	258. __night	278. __enough	298. __leave	
219. __earth	239. __example	259. __walked	279. __eat	299. __family	
220. __eyes	240. __beginning	260. __white	280. __face	300. __it's	

Example: Free Teacher Assessment Worksheet For Set #3
(Fry 1000 Instant Words: Sight words 201 - 300 are shown.)

4. 100 words divided into five groups of words for students to learn

Fry's Third 100 Words

List 3A	List 3B	List 3C	List 3D	List 3E
high	light	life	sea	watch
every	thought	always	began	far
near	head	those	grow	Indians
add	under	both	took	really
food	story	paper	river	almost
between	saw	together	four	let
own	left	got	carry	above
below	don't	group	state	girl
country	few	often	once	sometimes
plants	while	run	book	mountains
last	along	important	hear	cut
school	might	until	stop	young
father	close	children	without	talk
keep	something	side	second	soon
trees	seemed	feet	later	list
never	next	car	miss	song
started	hard	miles	idea	being
city	open	night	enough	leave
earth	example	walked	eat	family
eyes	beginning	white	face	it's

Example: Set #3 divided into 5 groups (A - E) of 20 words
(Fry 1000 Instant Words: Sight words 201 - 300 are shown.)

5. 100 words divided into ten groups of words for students to learn

Fry's Third 100 Words

List 3A	List 3C	List 3E	List 3G	List 3I
high	light	life	sea	watch
every	thought	always	began	far
near	head	those	grow	Indians
add	under	both	took	really
food	story	paper	river	almost
between	saw	together	four	let
own	left	got	carry	above
below	don't	group	state	girl
country	few	often	once	sometimes
plants	while	run	book	mountains
List 3B	List 3D	List 3F	List 3H	List 3J
last	along	important	hear	cut
school	might	until	stop	young
father	close	children	without	talk
keep	something	side	second	soon
trees	seemed	feet	later	list
never	next	car	miss	song
started	hard	miles	idea	being
city	open	night	enough	leave
earth	example	walked	eat	family
eyes	beginning	white	face	it's

Example: Set #3 divided into 10 groups (A - J) of 10 words
(Fry 1000 Instant Words: Sight words 201 - 300 are shown.)

6. Set of 100 Fry Picture Nouns: Word List and Flashcards

Fry's Picture Nouns

1. boy	21. cat	41. bread	61. bush	81. farmer
2. girl	22. dog	42. meat	62. flower	82. policeman
3. man	23. bird	43. soup	63. grass	83. cook
4. woman	24. fish	44. apple	64. plant	84. doctor
5. baby	25. rabbit	45. cereal	65. tree	85. nurse
6. ball	26. table	46. water	66. sun	86. television
7. doll	27. chair	47. milk	67. moon	87. radio
8. train	28. sofa	48. juice	68. star	88. movie
9. game	29. chest	49. soda	69. cloud	89. ball game
10. toy	30. desk	50. tea	70. rain	90. band
11. one	31. cup	51. six	71. lake	91. pen
12. two	32. plate	52. seven	72. rock	92. pencil
13. three	33. bowl	53. eight	73. dirt	93. crayon
14. four	34. fork	54. nine	74. field	94. chalk
15. five	35. spoon	55. ten	75. hill	95. computer
16. shirt	36. car	56. fruit	76. horse	96. book
17. pants	37. truck	57. orange	77. cow	97. newspaper
18. dress	38. bus	58. grape	78. pig	98. magazine
19. shoes	39. plane	59. pear	79. chicken	99. sign
20. hat	40. boat	60. banana	80. duck	100. letter

Example: Free Numbered List For Fry's 100 Picture Nouns

Example: Fry 100 Picture Nouns Flashcards
(Fry 1000 Instant Words: Fry picture nouns 1 - 12 are shown.)

- [FREE: Fry's First 100 Word List and Free Flashcards](#)
- [FREE: Fry's Second 100 Word List and Free Flashcards](#)
- [FREE: Fry's Third 100 Word List and Free Flashcards](#)
- [FREE: Fry's Fourth 100 Word List and Free Flashcards](#)
[FREE: Fry's Fourth 100 Word List and Free Flashcards \(UK Version\)](#)
- [FREE: Fry's Fifth 100 Word List and Free Flashcards](#)
- [FREE: Fry's Sixth 100 Word List and Free Flashcards](#)
[FREE: Fry's Sixth 100 Word List and Free Flashcards \(UK Version\)](#)
- [FREE: Fry's Seventh 100 Word List and Free Flashcards](#)
- [FREE: Fry's Eighth 100 Word List and Free Flashcards](#)
[FREE: Fry's Eighth 100 Word List and Free Flashcards \(UK Version\)](#)
- [FREE: Fry's Ninth 100 Word List and Free Flashcards](#)
- [FREE: Fry's Tenth 100 Word List and Free Flashcards](#)
- [FREE: Fry's 100 Picture Nouns List and Free Flashcards](#)

Share this page with your students' parents:

🔗 If you are using these free **Fry 1000 Instant Words** teaching resources with your students, please feel free to **give** your students' **parents the address of this webpage** (shown **below**) so that they can print flashcards for their child to practice with at home.

<http://www.uniqueteachingresources.com/Fry-1000-Instant-Words.html>

On the right, you will find a photograph of me outside of **my classroom**.

I hope that you have found these free **Fry 1000 Instant Words** teaching resources useful in helping your students to **learn to read** these high frequency sight words.

I designed these flashcards for some of **my own students** who were **not native English speakers** that were experiencing difficulty in reading high frequency words with fluency.

I wanted to **share** these Fry 1000 Instant Words resources with other teachers for **free** in hopes that the time that I spent developing these flashcards would be more beneficial by **reaching even more children** who were having difficulty in reading.

I received the following letter from a teacher who found that these free Fry flashcards helped a **middle school student** who was **struggling with reading**.

Name: Monica

Subject/Grade: Instructional Coach - Middle School Level

From: Colorado, United States

Date: February 2010

Comment: *Thank you so much for your website, and for providing free teaching resources (when so many sites are asking for \$).*

You saved the day for a young bilingual 7th grader who is struggling to read. He looked at me and said, "If people would have just let me practice at my speed, I could get better at this", which broke my heart. His teachers have been looking for answers, but their prescriptive programs weren't working. When we handed our young man the Fry 1000 instant words on flashcards (THANKS! to your website), and he realized he would be able to read 65%+ of his textbooks once he had them mastered, his motivation was electric.

Again, I can't thank you enough for having the flashcards ready to use and download. If I (we) had needed to create them, it could have been several days or weeks before he had them in his hands. I am an instructional coach at several schools and have access to hundreds of teacher email accounts. As soon as I finish this note, they'll all be getting an email from me with your link.

*Thank you again for your marvelous website
and caring about teachers and kids.*

Monica

Learning to Spell the Fry 1000 Instant Words:

After children have mastered reading the **Fry 1000 Instant Words** at each level, it would be beneficial for them to [learn how to spell](#) these words, as they are also the most common words that students use in their own writing.

The [Dolch Sight Words](#) are a list of the most frequently used words in the English language. These sight words make up 50 to 70 percent of any general text. The Dolch list was developed by **Edward William Dolch, PhD.** in 1948 and published in his book "*Problems in Reading.*"

I have also created **free teaching resources**, word lists, and flashcards for **Dolch's Sight Words** for elementary school teachers to download for **free** to use with their students.

If you are interested in viewing
the [spelling teaching resources](#) or
the [Dolch sight words](#) that are available on
Unique Teaching Resources, click on the links below:

[Go to Spelling Teaching Resources Page](#)

[Go to Dolch Sight Words Page](#)

Using Fun Book Report Projects To Engage Your Students In Reading:

- Learning to read the **Fry 1000 Instant Words** will certainly help pave the way for your students to become proficient readers. But, the **#1 way** for children to become **successful readers** is for them to **love reading books!**
- Do you use fun book report projects as a way to **engage your students** in reading and responding to literature?
- If you answered "no" to this question, then you have found the right place to find unique [book report templates and projects!](#)
- My students love completing the [fun book report projects](#) that I have designed. They are always **eager to begin reading their next books** so that they can start working on their next reading response projects.
- One of the best **compliments** that I hear each year from **parents** is that their son or daughter now **enjoys reading books**. Many parents have shared with me that their child now has a **love for literature** due to the fun book report projects that he or she completed in my class during that school year.
- Your students will find these uniquely shaped book report projects **fun** and **challenging** to complete.
- The **writing responses** are **different** for each book report set and are related to the project's shape and theme.
- The book report projects that I have created come in a variety of different **shapes, sizes, and themes**. Below you will find examples of some of my uniquely shaped **project templates**.

If you are interested in viewing all of the **book report projects** that are available on **Unique Teaching Resources**, click on the link below: