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Workbook

TOP 100 sight words

Reading Skills Trainer

Part 1

Keys included

2024

Introduction

Эта тетрадь-тренажер предназначена для отработки навыка распознавания слов «с первого взгляда», чтобы читать бегло и без запинок.

Этот навык необходим тем, кто только начинает читать на иностранном языке, или тем, кто испытывает трудности с чтением.

Тетрадь состоит из двух частей, каждая из которых содержит 50 наиболее часто употребляемых слов английского языка.

Первая часть тренажера содержит 5 блоков по 10 слов и ключи для самопроверки.

Все упражнения оформлены в соответствии с Dyslexic-Friendly Guide:

- крупный шрифт
- увеличенный интервал между буквами в словах, между словами в предложениях и между абзацами
- однотонный фон бежевого цвета
- шрифт Arial без засечек

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He, from, that, it, with, and, is, you, all, but

Word Search

Find the words in the puzzle below. Words are hidden → and ↓.

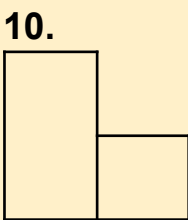
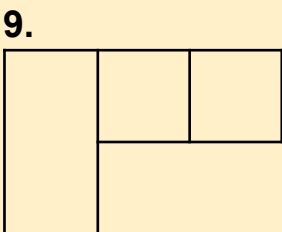
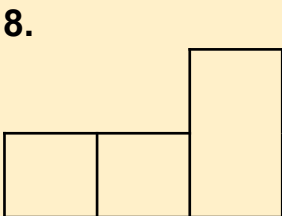
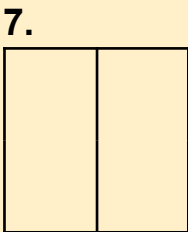
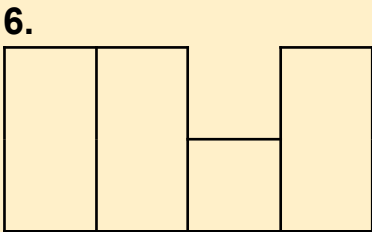
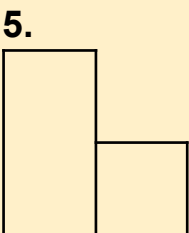
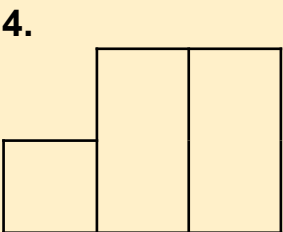
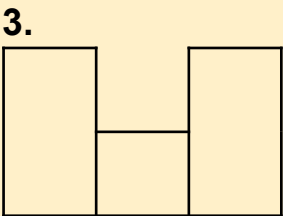
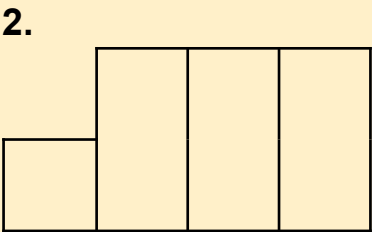
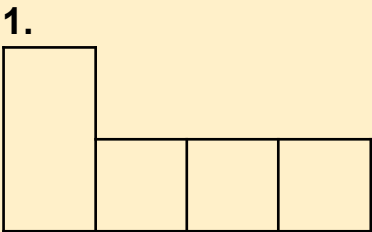
he from that it with and is you all but

w	k	j	q	o	a	n	d	p	g
i	l	f	t	n	z	q	h	x	y
t	a	h	e	d	y	l	d	r	q
h	f	r	a	f	h	f	l	s	b
r	h	i	g	j	f	r	m	j	u
j	m	s	d	t	d	o	b	f	t
k	c	g	k	e	c	m	r	d	d
t	h	a	t	a	z	f	e	y	y
w	v	h	p	u	i	c	y	o	u
a	l	l	n	b	t	b	q	p	r

Word Shape

Look at the words below and find the matching shape.

he from that it with and is you all but



Scrambled Words

Unscramble the letters to make the words from the list.

he from that it with and is you all but

1. t h i w

--	--	--	--

6. d n a

--	--	--

2. m o r f

--	--	--	--

7. u y o

--	--	--

3. t u b

--	--	--

8. e h

--	--

4. t a h t

--	--	--	--

9. s i

--	--

5. l a l

--	--	--

10. t i

--	--

Find & Circle

Find and circle the words from the list below in the letter rows.

he from that it with and is you all but

g e k t h a t o z i t v m i s l r a l l

c b u t y e f r o m n q o y o u k j x w

y u a n d v e r w i t h b s j h e k l z

Heads & Tails

Heads are the parts of letters that are above the line (e.g. letter t has the head).

Tails are the parts of letters that are below the line (e.g. letter g has the tail).

Fill in the table using the words from the list.

he from that it with and is you all but

Heads	Tails

Add three more examples in each column.

To, they, have, had, your, green, can, we, about, up

Word Search

Find the words in the puzzle below. Words are hidden → and ↓.

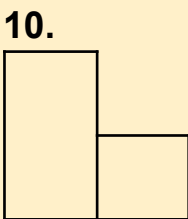
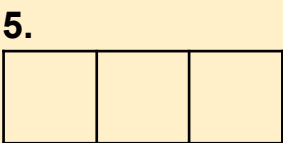
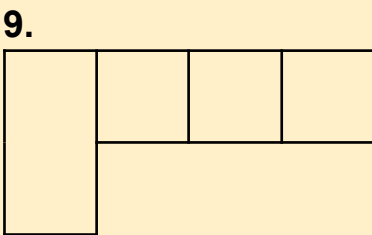
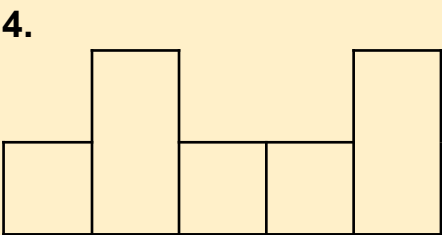
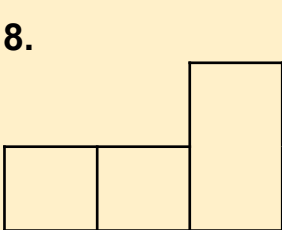
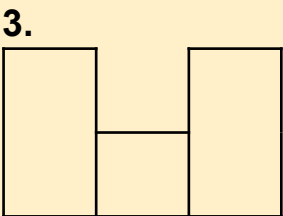
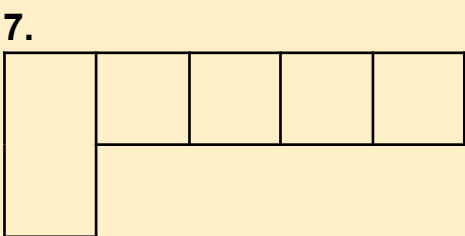
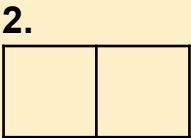
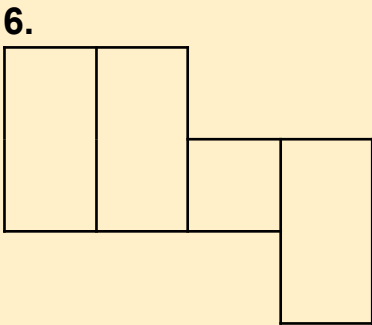
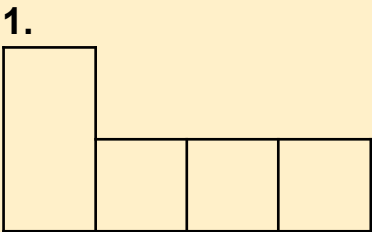
to they have had your green can we about up

g	q	u	c	s	v	l	c	s	o
a	t	h	e	y	d	f	a	j	k
z	v	b	n	e	u	p	n	m	y
r	h	a	d	y	p	j	f	V	o
x	b	r	y	x	a	q	w	k	u
a	b	o	u	t	s	c	e	h	r
e	t	j	f	a	j	d	l	e	n
h	a	v	e	s	u	w	t	o	v
s	h	e	g	k	l	j	v	x	z
u	p	g	r	e	e	n	c	b	r

Word Shape

Look at the words below and find the matching shape.

to they have had your green can we about up



Scrambled Words

Unscramble the letters to make the words from the list.

to they have had your green can we about up

1. v a h e

--	--	--	--

6. n a c

--	--	--

2. y u o r

--	--	--	--

7. t b u o a

--	--	--	--	--

3. h d a

--	--	--

8. p u

--	--

4. t y e h

--	--	--	--

9. e w

--	--

5. r g e n e

--	--	--	--	--

10. o t

--	--

Find & Circle

Find and circle the words from the list below in the letter rows.

to they have had your green can we about up

r j b t h e y t k v g r e e n m a u p y

d a b o u t g j c a n h n w e q z t o n

b t h a d h e y o u r m q h a v e k l s

Heads & Tails

Heads are the parts of letters that are above the line (e.g. letter t has the head).

Tails are the parts of letters that are below the line (e.g. letter g has the tail).

Fill in the table using the words from the list.

to they have had your green can we about up

Heads	Tails	Heads & Tails

Add three more examples in each column.

These, many, she, then, out, which, said, do, first, been

Word Search

Find the words in the puzzle below. Words are hidden → and ↓.

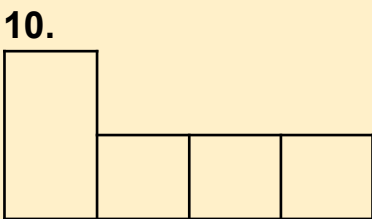
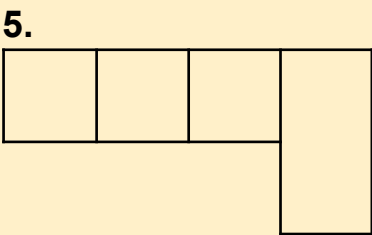
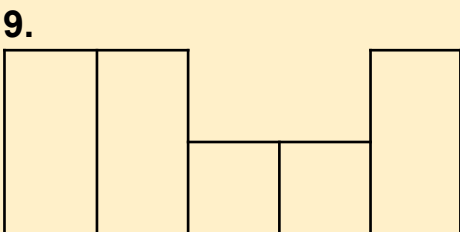
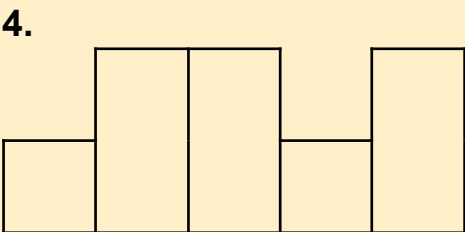
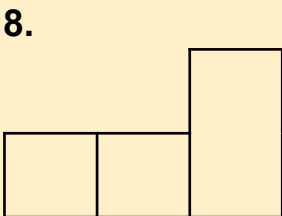
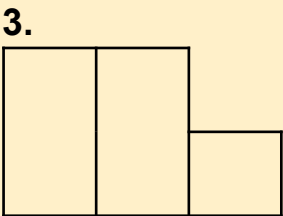
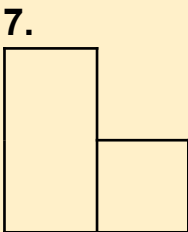
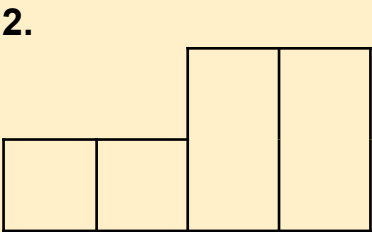
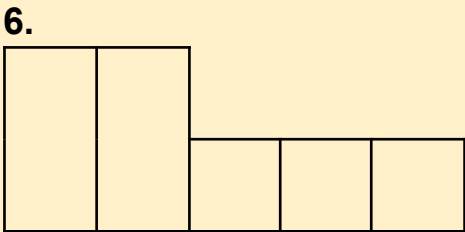
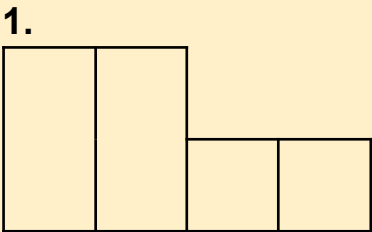
these many she then out which said do first been

b	t	a	h	t	h	e	n	i	s
d	h	e	a	r	d	v	b	y	h
k	e	k	m	a	n	y	h	g	e
q	s	p	g	p	j	q	g	f	r
l	e	o	s	a	i	d	n	b	f
o	t	r	k	s	u	f	x	e	a
u	j	w	h	i	c	h	a	e	p
t	f	v	g	f	h	e	y	n	g
g	z	b	f	i	r	s	t	l	k
d	o	m	o	h	d	f	a	k	v

Word Shape

Look at the words below and find the matching shape.

these many she then out which said do first been



Scrambled Words

Unscramble the letters to make the words from the list.

these many she then out which said do first been

1. t h i w

--	--	--	--

6. n e e b

--	--	--	--

2. a i s d

--	--	--	--

7. u y o

--	--	--

3. t u b

--	--	--

8. o d

--	--

4. t a h t

--	--	--	--

9. i r s t f

--	--	--	--	--

5. s e e h t

--	--	--	--	--

10. c h h i w

--	--	--	--	--

Find & Circle

Find and circle the words from the list below in the letter rows.

these many she then out which said do first been

k v g m a n y p f n w h i c h q t h e n

j q t h e s e o v b s a i d t f v o u t

f i r s t b j b e e n a o s h e r t d o

Heads & Tails

Heads are the parts of letters that are above the line (e.g. letter t has the head).

Tails are the parts of letters that are below the line (e.g. letter g has the tail).

Fill in the table using the words from the list.

these many she then out which said do first been

Heads	Tails

Add three more examples in each column.

Made, how, will, their, the, in, of, for, by, if

Word Search

Find the words in the puzzle below. Words are hidden → and ↓.

made how will their the in of for by if

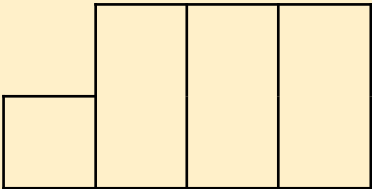
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b	z	v	c	s	q	p	m	n	o
y	c	b	v	m	a	d	e	j	r
u	t	r	e	q	s	d	h	f	g
p	h	o	w	b	t	c	x	z	a
d	f	j	h	t	h	p	i	n	m
s	d	w	h	j	e	a	g	j	k
g	v	i	x	d	i	s	o	d	n
x	p	l	v	l	r	p	f	s	k
c	z	l	o	u	e	s	c	i	f

Word Shape

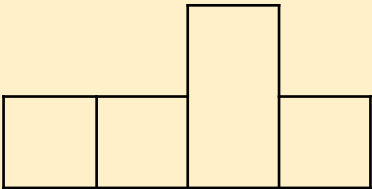
Look at the words below and find the matching shape.

made how will their the in of for by if

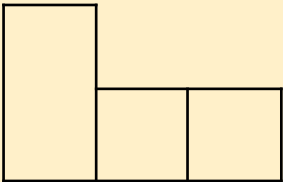
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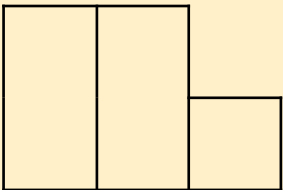
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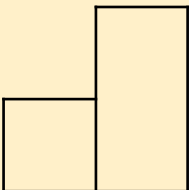
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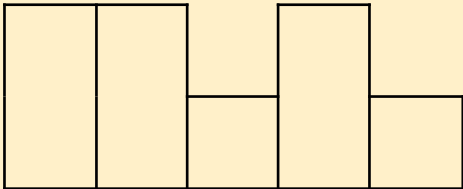
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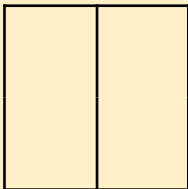
5.



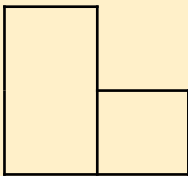
6.



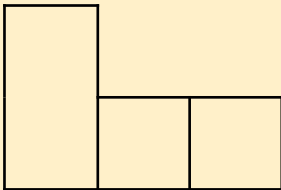
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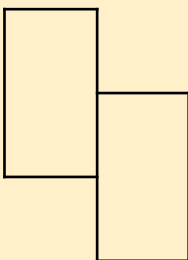
8.



9.



10.



Scrambled Words

Unscramble the letters to make the words from the list.

made how will their the in of for by if

1. l l i w

--	--	--	--

6. r o f

--	--	--

2. d a m e

--	--	--	--

7. h t e

--	--	--

3. w o h

--	--	--

8. y b

--	--

4. r i e h t

--	--	--	--	--

9. f i

--	--

5. n i

--	--

10. f o

--	--

Find & Circle

Find and circle the words from the list below in the letter rows.

made how will their the in of for by if

j q t **made** t j d s v t h e i r p i f

w i l l e y i n o v w q f o r b x z m n

t h o w f b t h e y u o f c j k b y a l

Heads & Tails

Heads are the parts of letters that are above the line (e.g. letter t has the head).

Tails are the parts of letters that are below the line (e.g. letter g has the tail).

Fill in the table using the words from the list.

made how will their the in of for by if

Heads	Heads & Tails

Add three more examples in each column.

After, long, use, find, only, way, each, no, its, be

Word Search

Find the words in the puzzle below. Words are hidden → and ↓.

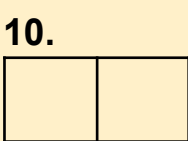
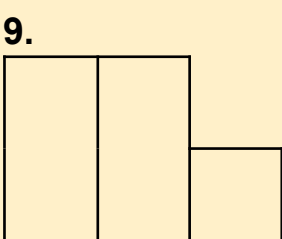
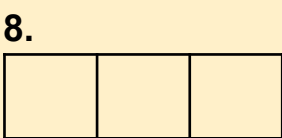
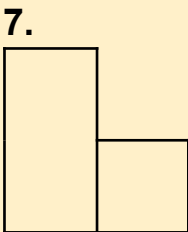
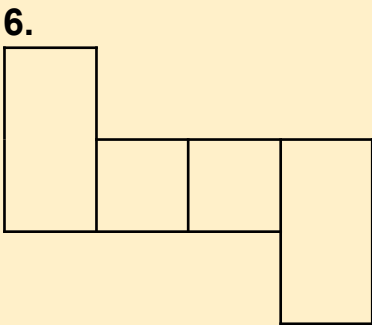
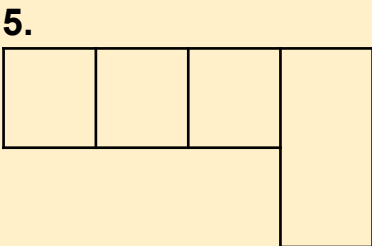
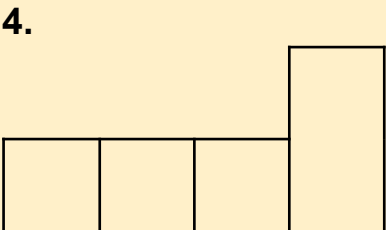
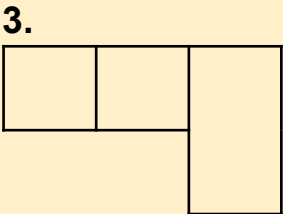
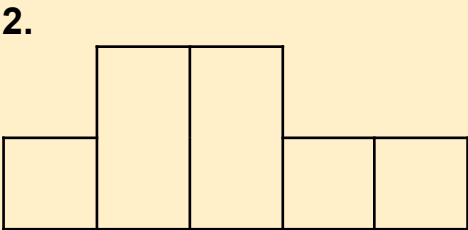
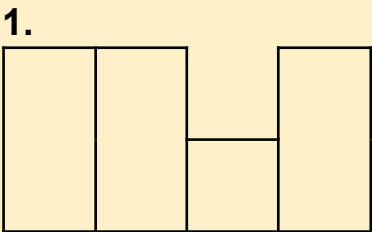
after long use find only way each no its be

n	a	n	t	w	a	y	x	c	v
d	f	v	d	e	u	z	m	n	b
q	t	w	f	i	n	d	f	o	n
p	e	i	v	r	e	w	q	a	s
o	r	l	f	g	o	p	e	z	d
r	h	z	p	h	n	i	a	x	h
l	o	n	g	j	l	k	c	n	g
g	a	x	b	k	y	j	h	v	a
d	b	w	k	l	w	h	f	d	p
C	e	h	u	s	e	g	i	t	s

Word Shape

Look at the words below and find the matching shape.

after long use find only way each no its be



Scrambled Words

Unscramble the letters to make the words from the list.

after long use find only way each no its be

1. g n o l

--	--	--	--

2. d i n f

--	--	--	--

3. h c a e

--	--	--	--

4. y n o l

--	--	--	--

5. y a w

--	--	--

6. s i t

--	--	--

7. f t r a e

--	--	--	--	--

8. e b

--	--

9. o n

--	--

10. e s u

--	--	--

Find & Circle

Find and circle the words from the list below in the letter rows.

after long use find only way each no its be

b c v l o n g k j w a y a p n o n d g t

b e y o e a c h s z x i t s u v o n l y

l q a f t e r m r u s e f g j f i n d u

Heads & Tails

Heads are the parts of letters that are above the line (e.g. letter t has the head).

Tails are the parts of letters that are below the line (e.g. letter g has the tail).

Fill in the table using the words from the list.

after long use find only way each no its be

Heads	Tails	Heads & Tails

Add three more examples in each column.

Keys

Word Search, page 3

w	k	j	q	o	a	n	d	p	g
i	l	f	t	n	z	q	h	x	y
t	a	h	e	d	y	l	d	r	q
h	f	r	a	f	h	f	l	s	b
r	h	i	g	j	f	r	m	j	u
j	m	s	d	t	d	o	b	f	t
k	c	g	k	e	c	m	r	d	d
t	h	a	t	a	z	f	e	y	y
w	v	h	p	u	i	c	y	o	u
a	l	l	n	b	t	b	q	p	r

Word Shape, page 4

1. from
2. with
3. but
4. all
5. is
6. that
7. it

8. and
9. you
10. he

Scrambled Words, page 5

1. with
2. from
3. but
4. that
5. all
6. and
7. you
8. he
9. is
10. it

Find & Circle, page 7

g e k t h a t o z i t v m i s l r a l l

c b u t y e f r o m n q o y o u k j x w

y u a n d v e r w i t h b s j h e k l z

Heads & Tails, page 8

Heads	Tails
he	you
from	
that	
it	
with	
and	
all	
but	

Word Search, page 9

g	q	u	c	s	v	l	c	s	o
a	t	h	e	y	d	f	a	j	k
z	v	b	n	e	u	p	n	m	y
r	h	a	d	y	p	j	f	V	o
x	b	r	y	x	a	q	w	k	u
a	b	o	u	t	s	c	e	h	r
e	t	j	f	a	j	d	l	e	n
h	a	v	e	s	u	w	t	o	v
s	h	e	g	k	l	j	v	x	z
u	p	g	r	e	e	n	c	b	r

Word Shape, page 10

1. have
2. we
3. had
4. about
5. can
6. they
7. up
8. green
9. your
- 10.to

Scrambled Words, page 11

1. have
2. your
3. had
4. they
5. green
6. can
7. about
8. up
9. we
- 10.to

Find & Circle, page 12

r j b t h e y t k v g r e e n m a u p y
d a b o u t g j c a n h n w e q z t o n
b t h a d h e y o u r m q h a v e k l s

Heads & Tails, page 13

Heads	Tails	Heads & Tails
to	your	they
have	green	
had	up	
about		

Word Search, page 14

b	t	a	h	t	h	e	n	i	s
d	h	e	a	r	d	v	b	y	h
k	e	k	m	a	n	y	h	g	e
q	s	p	g	p	j	q	g	f	r
l	e	o	s	a	i	d	n	b	f
o	t	r	k	s	u	f	x	e	a
u	j	w	h	i	c	h	a	e	p
t	f	v	g	f	h	e	y	n	g
g	z	b	f	i	r	s	t	l	k
d	o	m	o	h	d	f	a	k	v

Word Shape, page 15

1. then
2. said
3. she
4. which
5. many
6. these
7. do
8. out

9. first
- 10.been

Scrambled Words, page 16

1. then
2. said
3. out
4. many
5. these
6. been
7. she
8. do
9. first
- 10.which

Find & Circle, page 17

k v g m a n y p f n w h i c h q t h e n

j q t h e s e o v b s a i d t f v o u t

f i r s t b j b e e n a o s h e r t d o

Heads & Tails, page 18

Heads	Tails
these	many
she	
then	
out	
which	
said	
do	
first	
been	

Word Search, page 19

v	r	t	h	e	w	h	o	v	f
b	z	v	c	s	q	p	m	n	o
y	c	b	v	m	a	d	e	j	r
u	t	r	e	q	s	d	h	f	g
p	h	o	w	b	t	c	x	z	a
d	f	j	h	t	h	p	i	n	m
s	d	w	h	j	e	a	g	j	k
g	v	i	x	d	i	s	o	d	n
x	p	l	v	l	r	p	f	s	k
c	z	l	o	u	e	s	c	i	f

Word Shape, page 20

1. will
2. made
3. how
4. the
5. if
6. their
7. of
8. in
9. for

10.by

Scrambled Words, page 21

1. will
2. made
3. how
4. their
5. in
6. for
7. the
8. by
9. if
- 10.of

Find & Circle, page 22

j q t m a d e t j d s v t h e i r p i f

w i l l e y i n o v w q f o r b x z m n

t h o w f b t h e y u o f c j k b y a l

Heads & Tails, page 23

Heads	Heads & Tails
made	by
how	
will	
their	
the	
of	
for	
if	

Word Search, page 24

n	a	n	t	w	a	y	x	c	v
d	f	v	d	e	u	z	m	n	b
q	t	w	f	i	n	d	f	o	n
p	e	i	v	r	e	w	q	a	s
o	r	l	f	g	o	p	e	z	d
r	h	z	p	h	n	i	a	x	h
l	o	n	g	j	l	k	c	n	g
g	a	x	b	k	y	j	h	v	a
d	b	w	k	l	w	h	f	d	p
C	e	h	u	s	e	g	i	t	s

Word Shape, page 25

1. find
2. after
3. way
4. each
5. only
6. long
7. be
8. use
9. its

10.no

Scrambled Words, page 26

1. long
2. find
3. each
4. only
5. way
6. its
7. after
8. be
9. no
10. use

Find & Circle, page 27

b c v l o n g k j w a y a p n o n d g t

b e y o e a c h s z x i t s u v o n l y

l q a f t e r m r u s e f g j f i n d u

Heads & Tails, page 28

Heads	Tails	Heads & Tails
find	way	long
each		only
Its		
after		
be		

List of TOP 50 Words

About

After

All

And

Be

Been

But

By

Can

Do

Each

Find

First

For

From

Green

Had

Have

He

How

If

In

Is

It

Its

Long

Made

Many

No
Of
Only
Out
Said
She
That
The
Their
Then
These
They
To
Up
Use
Way
We
Which
Will
With
You
Your