

One Breath Boxes

Fun Word Fluency Practice

Fry Words 1-300

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one breath boxes
Take one deep breath and try to read all the words in a box without stopping. As an extra challenge, read 2 boxes with just one breath.

FFY 1-25

FFY 25-50

FFY 25-50

the of and a to in is yo the

not if but all she which how we

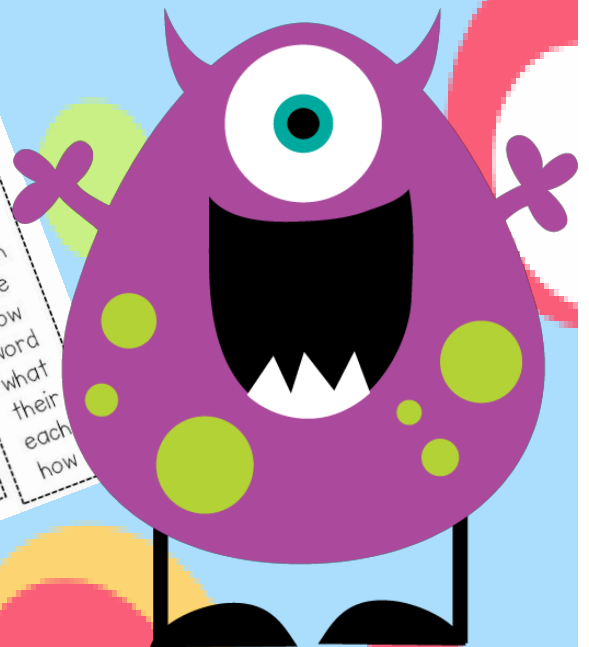
what there can do but each said use when word

or one had by word but not what all

were we when your can said there use and each

which she do how their if but not all there and we

your when said can use which she how word what their each how



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Thank You
for purchasing
One Breath Boxes.
I hope you enjoy them!

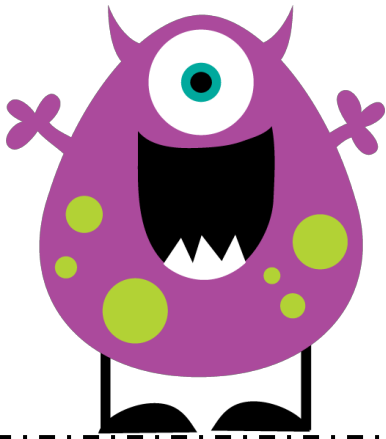
The idea of One Breath Boxes came from *teachertipster.com*. Here's how they work: the student takes 'one deep breath' and tries to read all of the words in a box. The number of words in the box increases and the words become more challenging as you move from left to right on the page. This set contains 2 pages for each set of 25 Fry words. Changing the order of the words ensures mastery rather than memorization of word order.

Some options for classroom use:

- ~ Laminate for use in a center {good for **reading buddies** or **word work** station}
- ~ Use on **SmartBoard** with whole group or as a center
- ~ Keep in **daily take home folder** {great practice for those students who do not have support at home because they can do them on their own}
- ~ **Guided Reading Warm Up or Morning Work** {they start as soon as they get to the table - no wasted time!}
- ~ Have **students create their own** with the blank template included {may focus on: word wall words, word families, phonics patterns, new vocabulary, or theme words from a unit}

If you have any questions or concerns, please do not hesitate to contact me. Thank you again for your purchase. Happy teaching!

Warm Regards,
Donna Coleman



one breath BOXES

Take one deep breath and try to read all the words in a box without stopping. As an extra challenge, try to read 2 boxes with just one breath!

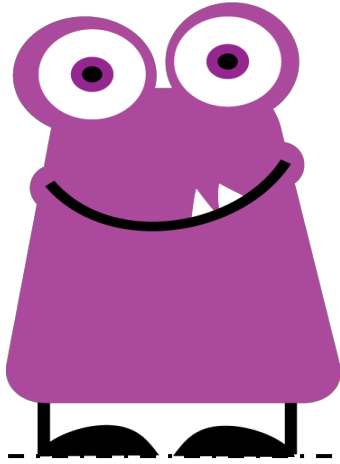
FRY 1-25

the
of
and
a
to
in
is
you
that

it
he
was
for
on
are
as
with
his
they

I
at
be
this
have
from
and
you
that
are
with
was

the
have
are
they
in
with
from
his
be
that
is
was
this



one Breath BOXES

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FRY 1-25

from
have
in
are
this
be
is
was
they

and
I
for
it
with
as
on
you
the
was

is
for
have
that
he
a
you
are
from
that
at
this

with
they
are
I
this
from
and
it
his
on
as
that
you



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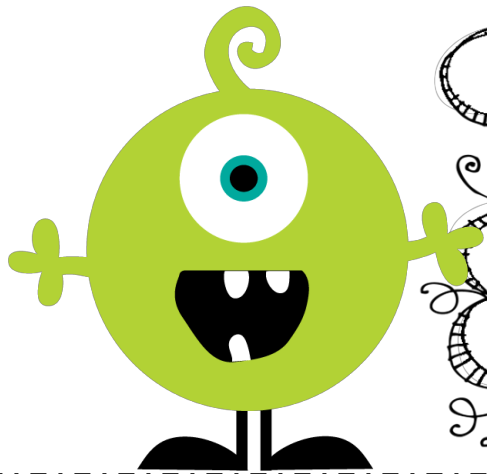
FRY 26-50

or
one
had
by
word
but
not
what
all

were
we
when
your
can
said
there
use
and
each

which
she
do
how
their
if
but
not
all
there
and
we

your
when
said
can
use
which
she
how
word
what
their
each
by



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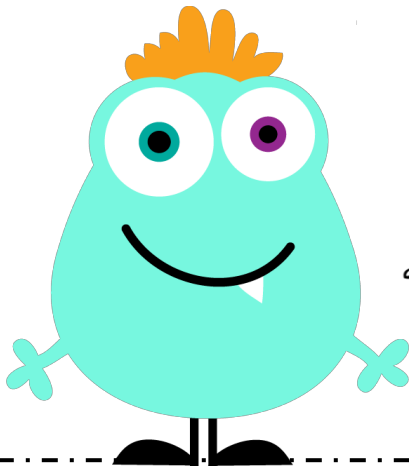
FRY 26-50

not
if
but
all
she
which
how
we
your

what
there
can
do
but
each
said
use
when
word

or
if
their
one
do
had
how
by
said
can
your
were

there
which
what
use
do
she
and
their
said
but
word
when
each



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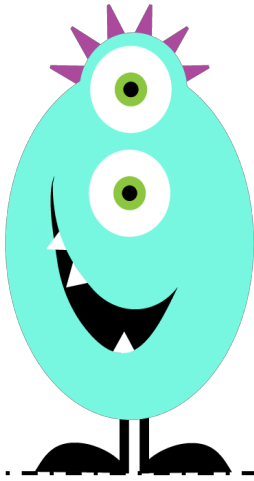
FRY 51-75

will
up
other
about
out
many
them
then
these

so
some
her
would
make
like
him
into
time
has

look
two
more
write
go
see
them
make
has
up
then
would

write
other
like
some
look
them
her
two
go
more
many
these
will



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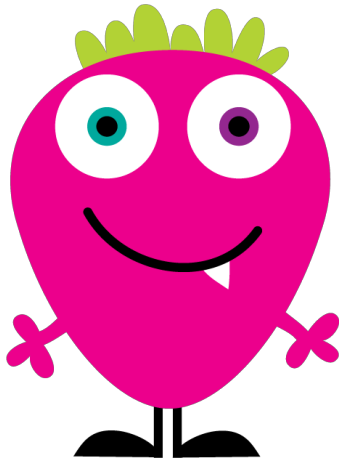
FRY 51-75

more
has
up
will
make
two
look
some
them

go
these
see
then
write
would
many
about
like
into

time
out
him
other
her
some
many
will
these
up
then
make

about
write
go
these
will
two
some
like
make
into
has
out
them



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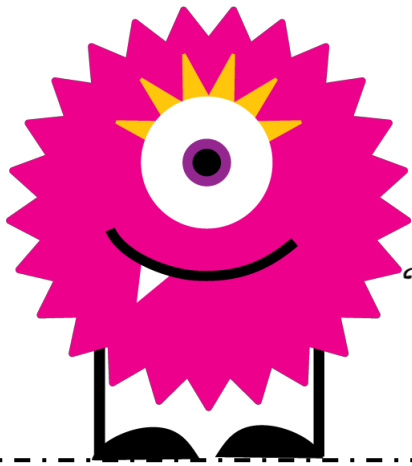
FRY 76-100

number
no
way
could
people
my
than
first
water

been
call
who
oil
now
find
long
down
day
did

get
come
made
may
part
over
my
number
been
did
people
first

call
down
day
could
than
oil
now
come
part
over
way
get
long



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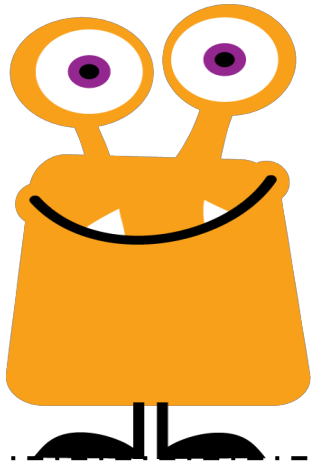
FRY 76-100

did
been
day
call
down
who
long
may
find

now
oil
water
number
first
no
than
way
my
could

people
over
get
part
come
made
first
now
long
been
call
find

number
who
may
oil
get
no
made
could
over
people
than
part
day



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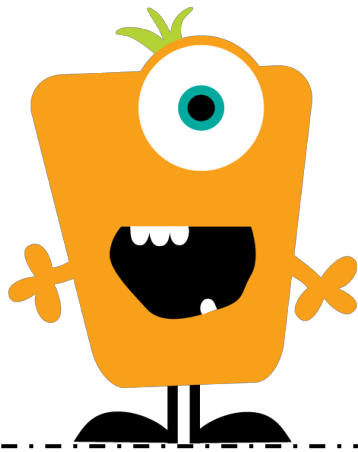
FRY 101-125

new
sound
take
only
little
work
know
place
year

live
me
back
give
most
very
after
thing
our
just

name
good
sentence
man
think
say
know
thing
after
live
back
very

give
man
only
take
year
me
just
think
most
name
our
place
sentence



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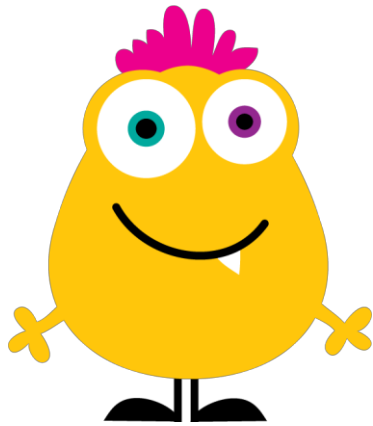
FRY 101-125

very
good
just
after
say
know
sound
new
take

most
live
man
year
little
only
me
back
give
think

sentence
thing
good
new
sound
give
just
most
place
after
take
very

me
our
name
give
think
just
place
work
little
most
say
know
live



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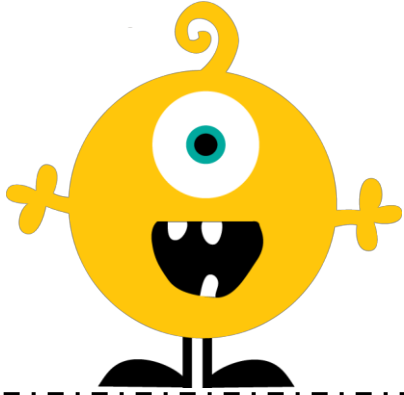
FRY 126-150

great
where
help
through
much
before
line
right
too

mean
old
any
same
tell
boy
follow
came
want
show

also
around
form
three
small
set
tell
much
line
too
great
old

any
through
same
boy
want
help
before
old
mean
small
around
set
also



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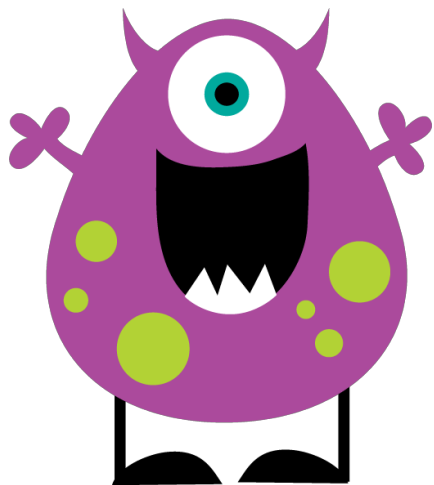
FRY 126-150

before
same
much
tell
any
show
old
too
line

help
three
follow
came
great
through
where
around
also
set

mean
any
boy
right
too
want
same
help
old
same
tell
great

through
around
same
want
much
line
where
small
before
came
mean
follow
right



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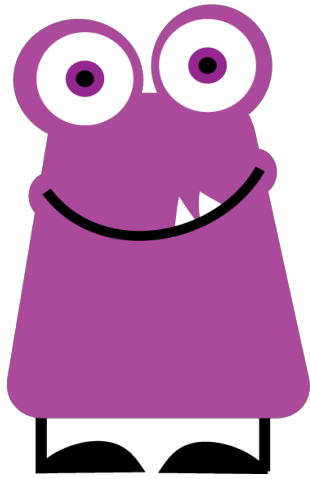
FRY 151-175

put
end
does
another
well
large
must
big
even

such
because
turn
here
why
ask
went
men
read
need

land
different
home
us
move
try
ask
turn
must
put
went
even

big
such
well
another
here
read
why
because
us
need
home
turn
large



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FRY 151-175

land
big
here
ask
even
went
turn
end
large

need
men
such
does
try
different
read
why
us
why

move
because
put
must
well
another
us
here
land
why
home
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ask
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turn
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such
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another



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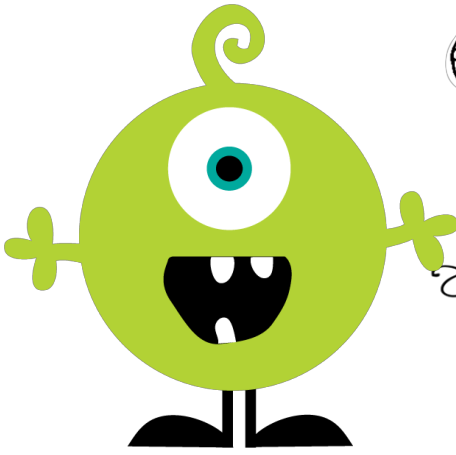
FRY 176-200

kind
hand
picture
again
change
off
play
spell
air

away
animal
house
point
page
letter
mother
answer
found
study

still
learn
should
America
world
high
air
kind
spell
hand
play
picture

off
again
change
study
away
animal
found
house
answer
letter
mother
world
still
should
high



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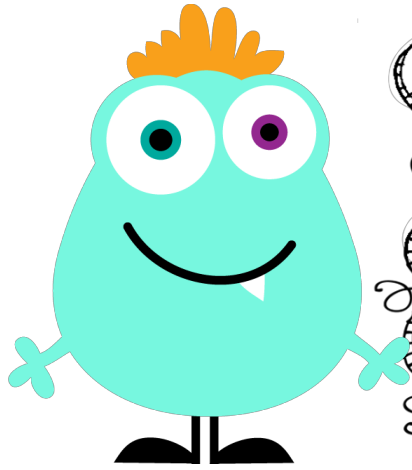
FRY 176-200

air
kind
hand
spell
picture
play
off
again
change

away
study
animal
found
answer
point
house
letter
mother
world

high
still
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learn
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air
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page
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play
house
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spell
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America
learn
high
change



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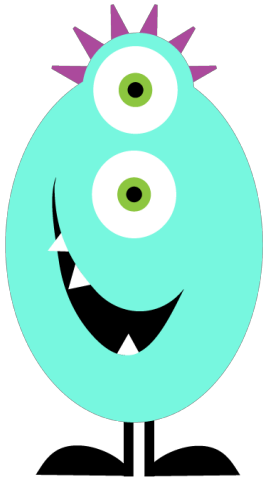
FRY 201-225

every
near
add
food
between
own
below
country
plant

last
school
father
keep
tree
never
start
city
earth
eye

light
thought
head
under
story
saw
last
eye
school
earth
keep
father

city
tree
never
every
plant
country
near
add
below
under
head
story
last
saw
light



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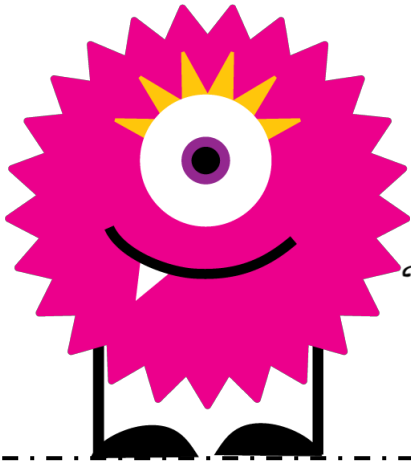
FRY 201-225

father
light
keep
thought
earth
head
under
story
saw

last
eye
school
plant
every
near
add
food
own
between

below
light
never
start
country
city
keep
saw
tree
every
under
head

under
between
plant
school
earth
story
head
start
add
own
thought
light
father
tree
saw



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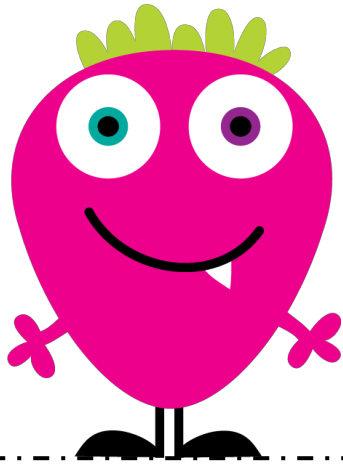
FRY 226-250

left
don't
few
while
along
might
close
something
seem

next
hard
open
example
begin
life
always
those
both
paper

together
got
group
often
run
important
while
along
few
might
don't
close

left
something
seem
paper
next
hard
both
open
those
example
always
life
begin



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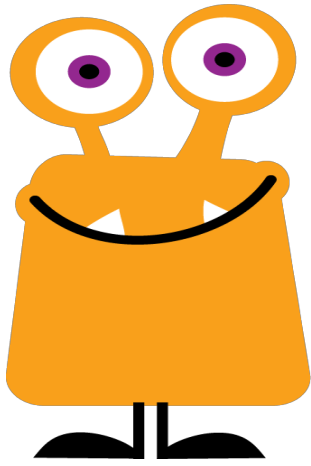
FRY 226-250

paper
next
both
hard
those
open
always
example
life

seem
left
something
don't
close
while
few
might
along
run

often
important
got
often
group
together
paper
life
don't
while
example
next

both
always
hard
open
close
those
important
few
group
might
along
got
run
while
seem



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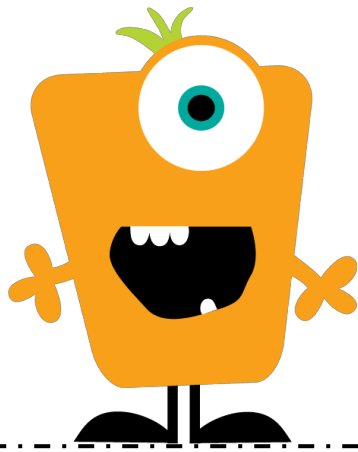
FRY 251-275

until
children
side
feet
car
mile
night
walk
white

sea
began
grow
river
took
four
carry
state
once
book

hear
stop
without
second
late
miss
white
until
walk
children
night
side

mile
feet
car
book
sea
once
began
state
grow
carry
river
four
took
side
hear



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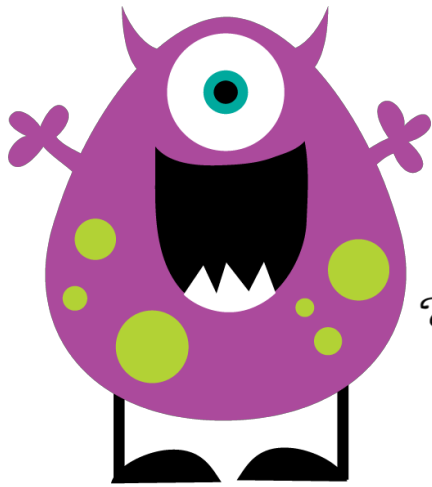
FRY 251-275

side
hear
night
stop
children
without
walk
second
until

late
white
miss
book
sea
once
began
state
grow
carry
river

took
white
until
walk
children
side
night
feet
mile
car
hear
book

began
state
river
carry
night
sea
without
second
walk
late
book
once
grow
until
mile



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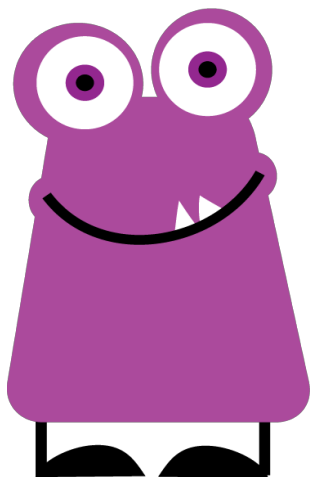
FRY 276-300

idea
enough
eat
face
watch
far
Indian
real
almost

let
above
girl
sometimes
mountain
cut
young
talk
soon
list

song
leave
family
body
music
color
almost
idea
real
enough
Indian
eat

far
face
watch
list
let
soon
above
talk
girl
young
sometimes
cut
mountain
song
music



one Breath BOXES

Take one deep breath and try to read all the words in a box without stopping. As an extra challenge, try to read 2 boxes with just one breath!

FRY 276-300

eat
song
leave
Indian
family
enough
body
real
music

idea
color
almost
list
let
soon
above
talk
girl
young

sometimes
cut
mountain
body
leave
family
music
far
face
list
song
enough

color
real
cut
family
mountain
soon
almost
eat
body
far
list
above
young
face
song

NAME: _____

Make Your Own One Breath Boxes

Write your words in the boxes. Remember to start with the easier words and make them more tricky as you go. You may even want to challenge a friend to try your One Breath Boxes!

A vertical rectangular box with a dashed border, containing ten sets of handwriting lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.

A vertical rectangular box with a dashed border, containing ten sets of handwriting lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.

A vertical rectangular box with a dashed border, containing ten sets of handwriting lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.

NAME: _____

one Breath BOXES

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