

HFW (List 1 to 4)

List One		List Two		List Three		List Four	
1.	my	19.	one	37.	can	55.	some
2.	is	20.	two	38.	make	56.	how
3.	I	21.	four	39.	put	57.	many
4.	am	22.	ten	40.	who	58.	there
5.	this	23.	he	41.	her	59.	small
6.	a	24.	they	42.	take	60.	why
7.	it	25.	what	43.	draw	61.	here
8.	in	26.	has	44.	cut	62.	of
9.	on	27.	have	45.	out	63.	green
10.	she	28.	yellow	46.	brown	64.	run
11.	the	29.	and	47.	do	65.	seven
12.	no	30.	are	48.	you	66.	eight
13.	like	31.	play	49.	where	67.	write
14.	six	32.	his	50.	see	68.	open
15.	old	33.	our	51.	under	69.	give
16.	red	34.	we	52.	at	70.	fly
17.	five	35.	to	53.	me	71.	drink
18.	blue	36.	for	54.	three	72.	sing

HFW (List 5 to 8)

List Five		List Six		List Seven		List Eight	
1.	today	19.	up	37.	together	55.	sleep
2.	going	20.	live	38.	now	56.	read
3.	go	21.	these	39.	too	57.	will
4.	by	22.	from	40.	so	58.	think
5.	must	23.	best	41.	don't	59.	try
6.	keep	24.	your	42.	eat	60.	ask
7.	not	25.	soon	43.	little	61.	use
8.	first	26.	black	44.	buy	62.	tell
9.	them	27.	with	45.	let	63.	say
10.	big	28.	always	46.	help	64.	call
11.	funny	29.	cold	47.	kind	65.	start
12.	look	30.	away	48.	new	66.	fall
13.	again	31.	want	49.	much	67.	carry
14.	jump	32.	when	50.	all	68.	wash
15.	sit	33.	come	51.	does	69.	laugh
16.	down	34.	every	52.	goes	/	/
17.	very	35.	thank	53.	but	/	/
18.	hot	36.	get	54.	fast	/	/

HFW (List 9 to 12)

List 9		List 10		List 11		List 12	
1.	an	21.	as	41.	over	61.	before
2.	or	22.	be	42.	him	62.	did
3.	please	23.	any	43.	could	63.	would
4.	know	24.	well	44.	ate	64.	been
5.	find	25.	done	45.	then	65.	round
6.	light	26.	good	46.	long	66.	once
7.	into	27.	stop	47.	ride	67.	better
8.	off	28.	us	48.	saw	68.	hold
9.	if	29.	were	49.	both	69.	warm
10.	about	30.	clean	50.	their	70.	full
11.	because	31.	found	51.	wish	71.	those
12.	pretty	32.	was	52.	myself	72.	pick
13.	only	33.	after	53.	said	73.	hurt
14.	bring	34.	got	54.	walk	74.	pull
15.	may	35.	gave	55.	never	75.	own
16.	which	36.	went	56.	made	76.	grow
17.	that	37.	ran	57.	just	77.	upon
18.	yes	38.	around	58.	show	78.	shall
19.	its	39.	came	59.	work	79.	far
20.	White	40.	had	60.	right	/	/