

Kindergarten High Frequency Words

First 30

I	have	go	what	like	with
we	is	are	has	to	my
the	and	you	in	for	at
a	she	this	it	said	of
see	he	do	on	was	they

30

Grizzly BEAR

can	look	one	that	his
play	me	big	be	had
little	where	small	am	as
here	down	come	no	

49

Polar BEAR - K

up	two	did	into	brown	ate
not	run	so	good	eat	say
blue	find	get	want	who	under
red	three	will	too	new	please
jump	funny	yes	pretty	must	
away	but	went	four	black	
help	all	now	saw	white	
make	there	came	well	soon	
yellow	out	ride	ran	our	

98

Polar BEAR - I

him	them	how	after	stop	thank
her	ask	know	think	fly	
some	an	put	let	round	
then	over	take	going	give	
could	just	every	walk	once	
when	from	old	again	open	
were	any	by	may	live	

134

Second Grade

would	their	off	always	pull	best
very	call	cold	made	both	upon
your	sleep	tell	gave	sit	these
its	five	work	us	which	sing
around	wash	first	buy	read	wish
don't	or	does	those	why	many
right	before	goes	use	found	
green	been	write	fast	because	

180

Third Grade

if	eight	ten	full	fall	clean
long	today	bring	done	carry	grow
about	myself	drink	light	own	together
got	much	only	pick	show	shall
six	keep	better	hurt	hot	laugh
never	try	hold	cut	far	
seven	start	warm	kind	draw	

220

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see	he	do	on	was	they

Grizzly BEAR

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play	me	big	be	had
little	where	small	am	as
here	down	come	no	

To earn the Polar BEAR Award, students must earn at least 25 of the Polar BEAR—K words, and more than 50 total from of both lists below

Polar BEAR – K

up	two	did	into	brown	ate
not	run	so	good	eat	say
blue	find	get	want	who	under
red	three	will	too	new	please
jump	funny	yes	pretty	must	
away	but	went	four	black	
help	all	now	saw	white	
make	there	came	well	soon	
yellow	out	ride	ran	our	

Polar BEAR – I

him	were	from	every	going	round
her	them	any	old	walk	give
some	ask	how	by	again	once
then	an	know	after	may	open
could	over	put	think	stop	live
when	just	take	let	fly	thank