One Breath Boxes
Fun Word Fluency Practice
Fry Words 1-300
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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
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

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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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 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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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 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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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 51-75

will
up
other
about
out
many
them
then
these

so
some
her
would
make
like
him
into
time

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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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 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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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 76-100

number
call
been
no
come
no
way
made
find
people
now
part
my
long
down
than
over
water
get
first
long
could
part
call
did
than
over
get
my
first
now
than
my
water
long

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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, try to read 2 boxes with just one breath!

Fry 76-100

did
been
day
call
down
who
long
may
find

now
oil
water
number
first
no
than
way
my
could

people
over
got
part
made
first
no
now
long
been
call
find

number
who
may
oil
get
no
made
could
over
people
than
part
day
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 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
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 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, most, say, know, live
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 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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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 126-150

before  help  three  great  mean  through
same  follow  came  any  want
much  same  through
tell  great  help
show  around  small
old  same  before
too  line  came
line  where

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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, try to read 2 boxes with just one breath!

Fry 151-175

- put
- end
- does
- another
- well
- large
- must
- big
- even

- 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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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 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
does
different
even
big
ask
went
read
try
turn
because
such
ask
us
another

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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, try to read 2 boxes with just one breath!

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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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 176-200

- air
- kind
- hand
- spell
- picture
- play
- off
- again
- change
- away
- study
- animal
- found
- answer
- point
- house
- letter
- mother
- world
- high
- still
- America
- learn
- should
- spell
- world
- air
- again
- page
- study
- animal
- picture
- hand
- found
- kind
- letter
- play
- house
- away
- spell
- air
- found
- America
- learn
- high
- change

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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 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
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 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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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 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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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 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  

both  
always  
hard  
open  

close  

those  
important  

few  

paper  
life  
don’t  

while  
example  

next  

along  
got  
run  

while  
seem

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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, try to read 2 boxes with just one breath!

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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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 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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**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**

- 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

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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, 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

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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!
Name: ________________________________

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!