



HELP

Holistic Early Literacy Program

InstaWords

1

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InstaWords Introduction

Welcome to InstaWords - the most effective method for teaching high frequency words. Once developing readers can **instantly** recognize the most common words in English, they are well on their way to becoming a successful reader.

High-frequency words are essential for reading and writing proficiency because they are the most common words in English:

- The 100 highest frequency words account for approximately 50% of the words in children's books.
- The 300 highest frequency words make up about 65% of all written material.
- The 1,000 highest frequency words comprise roughly 90% of the words encountered in everyday English.

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InstaWords Method

The InstaWords method teaches students how to decode high frequency words using phonics associations.

- The parts of the word that follow the most common phonics associations are underlined in yellow.
- If decoding the word requires more advanced phonics knowledge, those parts of the word are underlined in green.
- If the word contains any rare or "irregular" phonics patterns that do not follow common phonics associations, those parts of there word are underlined in red.

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InstaWords Cards

InstaWords cards are designed to help facilitate systematic direct instruction in how to decode high frequency words.

- One side of the card features a high frequency word along with color-coded underlines.
- The other side of the card includes steps for explicitly teaching how to read the word:
 - ✦ Phonics associations and rules that apply to the word.
 - ✦ The word used in a sentence.
 - ✦ A list of words that contain the same ending (rime) and, therefore, are part of the "word family."

InstaWords are a versatile teaching tool. We suggest using a variety of strategies and activities to maximize student learning.

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InstaWords Instruction & Games

InstaWords are a versatile teaching tool. We suggest using a variety of strategies and activities to maximize student learning.

1 Direct Instruction

- Chooses 4-8 InstaWords to present one at a time.
- Demonstrate how to use phonics to decode the word.

2 Word Trading

- Give each student an InstaWord.
- Invite students to read and trade words.

3 Word Pointing

- Place 4-8 InstaWords face-up.
- Say one of the words.
- Invite students to point to the word.

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InstaWords Instruction & Games

4 Word Stack

- Place a stack of 4-8 InstaWords
- Demonstrate how to use phonics to decode the word.

5 Next Word

- Place 4-8 InstaWords face-up.
- Invite students to read and trade words.

6 Secret InstaWord

- Give each student an InstaWord.
- Give a clue to the secret InstaWord such as include the /b/ sound.
- Invite students to determine if they might have the secret word.

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 **am**

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1

 **InstaWord**

- Can you say this word?
- This word is **am**.
- The letter **a** represents /a/ as in apple.
- The letter **m** represents /m/ as in mom.
- Let's blend the sounds: /a/ + /m/ = **am**!

★

- I **am** four years old.
- VC and CVC words usually have a short vowel sound.
- Meet my family: **dam, ham, jam, ram, Sam**.

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 **an**

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2

 **InstaWord**

- Can you say this word?
- This word is **an**.
- The letter **a** represents /a/ as in ant.
- The letter **n** represents /n/ as in noon.
- Let's blend the sounds: /a/ + /n/ = **an**!

★

- It looks like **an** ant.
- VC and CVC words usually have a short vowel sound.
- Meet my family: **can, Dan, fan, man, pan, ran, tan, van**.

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 **as**

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3

 **InstaWord**

- Can you say this word?
- This word is **as**.
- The letter **a** represents /a/ as in apple.
- The letter **s** represents /z/ as in zoo. ❄️
- Let's blend the sounds: /a/ + /z/ = **as**!

❄️

- The letter **s** represents the /z/ in other words including the **was, is, his, and has**.

★

- VC words usually have a short vowel sound.
- It was **as** loud **as** a roar.

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 **at**

www.litart.com **4**

 **InstaWord**

- Can you say this word?
- This word is **at**.
- The letter **a** represents /a/ as in apple.
- The letter **t** represents /t/ as in tot.
- Let's blend the sounds: /a/ + /t/ = **at**!

★

- The game started **at** four o'clock.
- VC and CVC words usually have a short vowel sound.
- Meet my family: **bat, cat, fat, hat, mat, pat, rat, sat, vat.**

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 **be**

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 **InstaWord**

- Can you say this word?
- This word is **be**.
- The letter **b** represents /b/ as in Bob.
- The letter **e** represents /ē/ as in easy.
- Let's blend the sounds: /b/ + /ē/ = **be**!

★

- I want to **be** helpful.
- CV words usually have a long vowel sound.
- Meet my family: **he, me, be, she.**

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 **by**

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 **InstaWord**

- Can you say this word?
- This word is **by**.
- The letter **b** represents /b/ as in baby.
- The letter **y** represents /i/ as in ice. ❄️
- Let's blend the sounds: /b/ + /i/ = **by**!

❄️

- The letter **Y** usually represents a vowel sound.

★

- We went **by** your house yesterday.
- CV and CCV words usually have a long vowel sound.
- Meet my family: **try, shy, why, spy.**

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 **do**

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7

 **InstaWord**

- Can you say this word?
- This word is **do**.
- The letter **d** represents /d/ as in dad.
- The letter **o** represents /oo/ as in food.
- Let's blend the sounds: /d/ + /oo/ = **do**!



- CV words usually have a long vowel sound.

★

- What would you like to **do** for dinner?

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 **go**

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8

 **InstaWord**

- Can you say this word?
- This word is **go**.
- The letter **g** represents /g/ as in goggles.
- The letter **o** represents /ō/ as in open.
- Let's blend the sounds: /g/ + /ō/ = **go**!

★

- Can I **go** with you?
- CV words usually have a long vowel sound.
- Meet my family: **no, so, yo**.

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 **he**

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9

 **InstaWord**

- Can you say this word?
- This word is **he**.
- The letter **h** represents /h/ as in hah.
- The letter **e** represents /ē/ as in eat.
- Let's blend the sounds: /h/ + /ē/ = **he**!

★

- **He** went to a new school.
- CV and CCV words usually have a long vowel sound.
- Meet my family: **be, me, we, she**.

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 **if**

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 **InstaWord**

- Can you say this word?
- This word is **if**.
- The letter **i** represents /i/ as in it.
- The letter **f** represents /f/ as in fun.
- Let's blend the sounds: /i/ + /f/ = **if**!

★

- VC words usually have a short vowel sound.
- What **if** cats could fly?

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 **in**

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 **InstaWord**

- Can you say this word?
- This word is **in**.
- The letter **i** represents /i/ as in it.
- The letter **n** represents /n/ as in noon.
- Let's blend the sounds: /i/ + /n/ = **in**!

★

- The golf ball went **in** the hole.
- VC and CVC words usually have a short vowel sound.
- Meet my family: **bin, din, fin, pin, sin, win**.

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 **is**

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 **InstaWord**

- Can you say this word?
- This word is **is**.
- The letter **i** represents /i/ as in it.
- The letter **s** represents /z/ as in zap. *
- Let's blend the sounds: /i/ + /z/ = **is**!

✱

- The letter **s** represents the /z/ in other words including **was, as, his, and has**.

★

- VC words usually have a short vowel sound.
- It **is** time for bed.

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it

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13



InstaWord

- Can you say this word?
- This word is **it**.
- The letter **i** represents /i/ as in in.
- The letter **t** represents /t/ as in tot.
- Let's blend the sounds: /i/ + /t/ = **it**!

★

- VC words usually have a short vowel sound.
- **It** is time to go!
- Meet my family: **bit, fit, hit, lit, pit, sit**.

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me

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14



InstaWord

- Can you say this word?
- This word is **me**.
- The letter **m** represents /m/ as in mom.
- The letter **e** represents /ē/ as in ice.
- Let's blend the sounds: /m/ + /ē/ = **me**!

★

- Come with **me** to the garden.
- CV and CCV words usually have a long vowel sound.
- Meet my family: **be, he, we, she**.

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my

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15



InstaWord

- Can you say this word?
- This word is **my**.
- The letter **m** represents /m/ as in mom.
- The letter **y** represents /i/ as in ice. ✱
- Let's blend the sounds: /m/ + /i/ = **my**!

✱

- The letter **Y** usually represents a vowel sound.

★

- I think it is **my** turn now.
- CV words usually have a long vowel sound.
- Meet my family: **by, try, why**.

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no

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16

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InstaWord

- Can you say this word?
- This word is **no**.
- The letter **n** represents /n/ as in noon.
- The letter **o** represents /ō/ as in open.
- Let's blend the sounds: /n/ + /ō/ = **no**!

★

- I have **no** idea where I put my shoes.
- CV words usually have a long vowel sound.
- Meet my family: **go, so, yo**.

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of

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17

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InstaWord

- Can you say this word?
- This word is **of**.
- The letter **o** represents /u/ as in up. **ZAP!**
- The letter **f** represents /v/ as in violin. **ZAP!**
- Let's blend the sounds: /u/ + /v/ = **of**!

👁️

- The letter **o** does not usually represents the /u/ sound.
- The letter **f** does not usually represents the /v/ sound.

★

- This song is one **of** my favorites.

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on

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18

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InstaWord

- Can you say this word?
- This word is **on**.
- The letter **o** represents /o/ as in ox.
- The letter **n** represents /n/ as in noon.
- Let's blend the sounds: /o/ + /n/ = **on**!

★

- She put the glass **on** the table.
- VC words usually have a short vowel sound.

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 **or**

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 **InstaWord**

- Can you say this word?
- This word is **or**.
- The letters **or** represents /**ô(r)**/ as in order. *
- Let's say the word: /**ô(r)**/ = **or**!

*
• The vowel sound is changed by the r that follows it.

★
• Would you like an apple **or** an orange?

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 **so**

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 **InstaWord**

- Can you say this word?
- This word is **so**.
- The letter **s** represents /**s**/ as in sis.
- The letter **o** represents /**ô**/ as in open.
- Let's blend the sounds: /**s**/ + /**ô**/ = **so**!

★
• We were lost **so** we asked for help.
• CV words usually have a long vowel sound.
• Meet my family: **go**, **no**, **yo**.

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 **to**

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 **InstaWord**

- Can you say this word?
- This word is **to**.
- The letter **t** represents /**t**/ as in toot.
- The letter **o** represents /**ôô**/ as in food.
- Let's blend the sounds: /**t**/ + /**ôô**/ = **to**!

👁️
• In CV words the vowel sound is usually long.

★
• We went **to** the zoo.

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 **up**

www.litart.com **22**

 **InstaWord**

- Can you say this word?
- This word is **up**.
- The letter **u** represents /u/ as in under.
- The letter **p** represents /p/ as in pop.
- Let's blend the sounds: /u/ + /p/ = **up**!

★

- The cat jumped **up** and down.
- VC words usually have a short vowel sound.
- Meet my family: **cup, pup**.

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 **U S**

www.litart.com **23**

 **InstaWord**

- Can you say this word?
- This word is **us**.
- The letter **u** represents /u/ as in under.
- The letter **s** represents /s/ as in pop.
- Let's blend the sounds: /u/ + /s/ = **us**!

★

- VC words usually have a short vowel sound.
- She told **us** to wait at the stop sign.

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 **we**

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 **InstaWord**

- Can you say this word?
- This word is **we**.
- The letter **w** represents /w/ as in wow.
- The letter **e** represents /ē/ as in eat.
- Let's blend the sounds: /w/ + /ē/ = **we**!

★

- **We** had fun at the park.
- CV and CCV words usually have a long vowel sound.
- Meet my family: **be, me, he, she**.

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