



My First Words Book

Phonics Word Families Workbook · CVC words · Short vowels

Level 3 · Ages 5-7



-at	-an	-ap	-ad
-et	-ed	-ell	-est
-it	-in	-ip	-ig
-ot	-op	-og	-ock
-ug	-un	-ub	-ump

Name:



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My First Words Book · Level 3 · Ages 5-7



Guide for parents & teachers

Read this first — goals & set-up · **Level 3** · **Ages 5–7**



What your child will learn

- 1 **Level 3 (ages 5–7):** for children who know their letter sounds and can write letters alone (**Level 2**, ABC Handwriting Workbook).
- 2 **Goal:** blend sounds into words, read 20 short-vowel word families, write simple words and read first sentences.
- 3 **Skills:** blending · rhyming · hearing the middle (vowel) sound · spelling short words · first sight words.
- 4 **Not ready yet?** if your child still mixes up letter sounds, spend more time on Level 2 first. That is normal.



How to blend

- 1 **Short, clean sounds:** say /c/ not “cuh”. Long sounds like /s/ /m/ /f/ can be stretched: “sssun”.
- 2 **Finger under each box:** c... a... t. Then slide the finger fast under all three: cat!
- 3 **Start with two sounds:** if three are hard, blend the family first (“a-t → at”), then add the first sound.
- 4 **Same family, new word:** change only the first sound: cat → hat → mat. This is why families work.



Tools & set-up

- 1 **A4 paper:** print at **100%** (Actual size), not “Fit to page”.
- 2 **A wipe-clean marker** and a soft cloth. Laminate the pages or use clear sleeves.
- 3 **Optional:** magnetic letters or letter tiles to build the words with your hands.
- 4 **Little and often:** one family a day, 10–15 minutes, is better than many pages at once.



If your child gets stuck

- 1 **Drop the pressure:** stop, smile, and come back later. Stuck is part of learning.
- 2 **Go one step back:** read the family chip together, then try one word only.
- 3 **Real things help:** point to a real cat, cap or sock in the house and say its sounds.
- 4 **Praise the try:** praise the effort and the sounds that were right, not only the full word.

If reading stays very hard for months, talk to your child’s teacher or a specialist.



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Parents' guide · 1 of 2



Guide for parents & teachers

Each page, step by step · Level 3 · Ages 5–7



How to use a family page

- 1 • **Sound it out:** blend the sound boxes. In the last row your child picks a first sound and makes a word.
- 2 • **Read the family:** read every word, then again a little faster. ★ Challenge words have two first sounds.
- 3 • **Write it:** trace the word → fill in the missing sound → write it alone.
- 4 • **The sentence:** read it, then copy it on the line. Color a star in the Bravo box.
- 5 • **Review pages:** after each vowel: sort, rhyme and real-or-silly. Use them to check, not to test.



Talk about it

- 1 What sound do all these words share?
- 2 Can you think of another word in this family? Is it a real word or a silly word?
- 3 Which sound is in the middle of “cat”? And of “sit”?
- 4 Can you change one sound to make a new word? (cat → cot → cut)



Sight words in this book

- 1 Some short words do not follow the rules. We learn them by sight: **the · a · I · is · on · in · my · to · and · has**
- 2 They are **highlighted** in the sentences. Read them together until your child knows them at a glance.



Notes for parent / teacher

Child's name: _____

Families they read well: _____

Families that need time: _____

Sight words they know: _____

Notes matter most: write what you saw and start the next session from it.



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Parents' guide · 2 of 2



Meet the short vowels

Level 3 · Ages 5–7 · every word in this book has one of them



1 Five short vowel sounds Say each sound with the picture. Keep the sound short!



apple

Say it: /a/ /a/ **apple**

Families: -at · -an · -ap · -ad



egg

Say it: /e/ /e/ **egg**

Families: -et · -ed · -ell · -est



insect

Say it: /i/ /i/ **insect**

Families: -it · -in · -ip · -ig



octopus

Say it: /o/ /o/ **octopus**

Families: -ot · -op · -og · -ock



umbrella

Say it: /u/ /u/ **umbrella**

Families: -ug · -un · -ub · -ump

2 How blending works This is the key skill of Level 3.



Point under each box and say the sounds: **c... a... t**. Say them again, faster, until they join: **cat!** Change only the first sound and you get a new word in the same family: **hat, mat, sat**.



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Level 3 · Ages 5–7 · Short vowels



Can you read the -at words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



cat

c + a + t → cat

h + a + t → hat

□ + a + t → _____ Make your own word!

2 Read the -at family Read every word. Then write the word for each picture.

bat

cat

fat

hat

mat

pat

rat

sat

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 mat □ at ☆

2 bat b □ t ☆

3 sat sa □ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

The cat sat on a mat.



Bravo! You can read the -at family!

My journey: family 1 of 20



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Level 3 · Ages 5-7 · Short a · -at · 1 of 20



Can you read the -an words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



v + a + n → van

m + a + n → man

□ + a + n → _____ Make your own word!

2 Read the -an family Read every word. Then write the word for each picture.

ban

can

fan

man

pan

ran

tan

van

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1

fan

□ an



2

pan

p □ n



3

can

ca □



4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

A man ran to the van.



Bravo! You can read the -an family!

My journey: family 2 of 20



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Can you read the -ap words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



c + a + p → cap

m + a + p → map

□ + a + p → _____ Make your own word!

2 Read the -ap family Read every word. Then write the word for each picture.

cap

gap

lap

map

nap

sap

tap

zap

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 nap □ ap _____ ☆

2 top t □ p _____ ☆

3 lap l a □ _____ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

The cat has a nap on my lap.



Bravo! You can read the -ap family!

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Can you read the -ad words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



sad

s + a + d → sad

d + a + d → dad

□ + a + d → _____ Make your own word!

2 Read the -ad family Read every word. Then write the word for each picture.

bad

dad

fad

had

lad

mad

pad

sad

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 had □ ad ☆

2 pad p □ d ☆

3 mad ma □ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

My dad is not mad.



Bravo! You can read the -ad family!

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Level 3 · Ages 5-7 · Short a · -ad · 4 of 20



Short a review

Level 3 · Ages 5-7 · sort it, rhyme it, read it!



1 Sort the words

Read each word and write it under its family.

cat

ran

zap

pat

sad

van

dad

sat

gap

mad

can

sap

-at

-an

-ap

-ad

2 Rhyme time

Write a word that rhymes with each word.

cat

→

van

→

cap

→

sad

→

3 Real or silly?

Read each sentence and circle real or silly.

The cat sat on a map.

real

silly

A van can nap.

real

silly



Bravo! You finished the short a families!

Read the words to a grown-up. Can you read them faster today?



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Level 3 · Ages 5-7 · Short a review



Can you read the -et words?

Level 3 • Ages 5-7 • blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



n + e + t → net

j + e + t → jet

□ + e + t → _____ Make your own word!

2 Read the -et family Read every word. Then write the word for each picture.

bet

get

jet

let

met

net

pet

wet

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1			_____	
2			_____	
3			_____	

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

I met a wet pet.



Bravo! You can read the -et family!

My journey: family 5 of 20



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Level 3 • Ages 5-7 • Short e • -et • 5 of 20



Can you read the -ed words?

Level 3 • Ages 5-7 • blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



bed

b + e + d → bed

r + e + d → red

□ + e + d → _____ Make your own word!

2 Read the -ed family Read every word. Then write the word for each picture.

bed

fed

led

red

wed

★ Challenge:

fled

shed

sled

Now read it again, faster!



3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 fed _____ □ ed _____ ☆

2 led _____ l □ d _____ ☆

3 wed _____ we □ _____ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

The bed is red.



Bravo! You can read the -ed family!

My journey: family 6 of 20



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Level 3 • Ages 5-7 • Short e • -ed • 6 of 20



Can you read the -ell words?

Level 3 • Ages 5-7 • blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



bell

b + e + ll → bell

w + e + ll → well

□ + e + ll → _____ Make your own word!

2 Read the -ell family Read every word. Then write the word for each picture.

bell

fell

sell

tell

well

yell

★ Challenge:

shell

smell

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1		ell	
2		t ll	
3		ye	

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

The bell fell in the well.



Bravo! You can read the -ell family!

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Level 3 • Ages 5-7 • Short e • -ell • 7 of 20



Can you read the -est words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



nest

n + e + st → nest

v + e + st → vest

□ + e + st → _____ Make your own word!

2 Read the -est family Read every word. Then write the word for each picture.

best

nest

pest

rest

test

vest

west

zest

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 rest □ est ☆

2 best b □ st ☆

3 test te □ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

I rest in my best vest.



Bravo! You can read the -est family!

My journey: family 8 of 20



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Level 3 · Ages 5-7 · Short e · -est · 8 of 20



Short e review

Level 3 · Ages 5-7 · sort it, rhyme it, read it!



1 Sort the words

Read each word and write it under its family.

get

red

yell

net

zest

wed

nest

wet

fell

vest

fed

well

-et

-ed

-ell

-est

2 Rhyme time

Write a word that rhymes with each word.

net

→

bed

→

bell

→

nest

→

3 Real or silly?

Read each sentence and circle real or silly.

The pet is in the bed.

real

silly

The nest can yell.

real

silly



Bravo! You finished the short e families!

Read the words to a grown-up. Can you read them faster today?



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Level 3 · Ages 5-7 · Short e review



Can you read the -it words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



k + i + t → kit
s + i + t → sit
□ + i + t → _____

Make your own word!

2 Read the -it family Read every word. Then write the word for each picture.

bit

fit

hit

kit

lit

pit

sit

★ Challenge:

quit

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 hit □it _____ ☆

2 fit f□t _____ ☆

3 bit bi□ _____ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

Sit and fit in the kit.



Bravo! You can read the -it family!

My journey: family 9 of 20



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Level 3 · Ages 5-7 · Short i · -it · 9 of 20



Can you read the -in words?

Level 3 • Ages 5-7 • blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



p + i + n → pin

f + i + n → fin

□ + i + n → _____ Make your own word!

2 Read the -in family Read every word. Then write the word for each picture.

bin

fin

pin

tin

win

★ Challenge:

chin

grin

spin

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 win _____ □ in _____ ☆

2 tin _____ t □ n _____ ☆

3 bin _____ bi □ _____ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

I can win a pin.



Bravo! You can read the -in family!

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Can you read the -ip words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



ship

sh + i + p → ship

l + i + p → lip

□ + i + p → _____ Make your own word!

2 Read the -ip family Read every word. Then write the word for each picture.

dip

hip

lip

rip

sip

tip

zip

★ Challenge:

ship

Now read it again, faster!





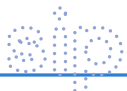


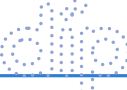
3 Write it Trace the word, fill in the missing sound, then write it alone.

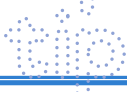
Trace

Fill in the missing sound

Write it on your own

1  _____  _____ ★

2  _____  _____ ★

3  _____  _____ ★

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

The ship can dip and tip.



Bravo! You can read the -ip family!

My journey: family 11 of 20



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Level 3 · Ages 5-7 · Short i · -ip · 11 of 20



Can you read the -ig words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



f + i + g → fig
w + i + g → wig
□ + i + g → _____

Make your own word!

2 Read the -ig family Read every word. Then write the word for each picture.

big

dig

fig

gig

jig

rig

wig

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1

dig

□ ig



2

big

b □ g



3

jig

ji □



4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

The wig is big.



Bravo! You can read the -ig family!

My journey: family 12 of 20



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Level 3 · Ages 5-7 · Short i · -ig · 12 of 20



Short i review

Level 3 · Ages 5-7 · sort it, rhyme it, read it!



1 Sort the words Read each word and write it under its family.

fit

tin

zip

lit

wig

win

dig

sit

hip

jig

fin

sip

-it

-in

-ip

-ig

2 Rhyme time Write a word that rhymes with each word.

kit

→

pin

→

ship

→

fig

→

3 Real or silly? Read each sentence and circle real or silly.

The wig is big.

real

silly

A pin can win.

real

silly



Bravo! You finished the short i families!

Read the words to a grown-up. Can you read them faster today?



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Level 3 · Ages 5-7 · Short i review



Can you read the -ot words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



pot

p + o + t → pot

d + o + t → dot

□ + o + t → _____ Make your own word!

2 Read the -ot family Read every word. Then write the word for each picture.

cot

dot

got

hot

lot

not

pot

rot

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 hot _____ □ ot ☆

2 got _____ g □ t ☆

3 not _____ no □ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

The pot is hot.



Bravo! You can read the -ot family!

My journey: family 13 of 20



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Level 3 · Ages 5-7 · Short o · -ot · 13 of 20



Can you read the -op words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



m + o + p → mop

t + o + p → top

□ + o + p → _____ Make your own word!

2 Read the -op family Read every word. Then write the word for each picture.

cop

hop

mop

pop

top

★ Challenge:

drop

shop

stop

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 hop _____ □ op _____ ☆

2 pop _____ p □ p _____ ☆

3 cop _____ co □ _____ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

I can hop to the top.



Bravo! You can read the -op family!

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Can you read the -og words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



dog

d + o + g → dog

l + o + g → log

□ + o + g → _____ Make your own word!

2 Read the -og family Read every word. Then write the word for each picture.

bog

dog

fog

jog

log

★ Challenge:

clog

frog

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1

log

□ og



2

fog

f □ g



3

bog

bo □



4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

The dog and the frog sit on a log.



Bravo! You can read the -og family!

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Level 3 · Ages 5-7 · Short o · -og · 15 of 20



Can you read the -ock words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



s + o + ck → sock

r + o + ck → rock

□ + o + ck → _____ Make your own word!

2 Read the -ock family Read every word. Then write the word for each picture.

★ Challenge:

dock

lock

rock

sock

block

clock

flock

shock



3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 lock □ock ☆

2 dock d□ck ☆

3 rock ro□ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

My sock is on the rock.



Bravo! You can read the -ock family!

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Level 3 · Ages 5-7 · Short o · -ock · 16 of 20



Short o review

Level 3 · Ages 5-7 · sort it, rhyme it, read it!



1 Sort the words

Read each word and write it under its family.

dot

pop

log

not

sock

top

lock

rot

dog

rock

hop

jog

-ot

-op

-og

-ock

2 Rhyme time

Write a word that rhymes with each word.

pot

→

mop

→

dog

→

sock

→

3 Real or silly?

Read each sentence and circle real or silly.

The dog can hop.

real

silly

A sock can jog.

real

silly



Bravo! You finished the short o families!

Read the words to a grown-up. Can you read them faster today?



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Level 3 · Ages 5-7 · Short o review



Can you read the -ug words?

Level 3 • Ages 5-7 • blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



bug

b + u + g → bug

r + u + g → rug

□ + u + g → _____ Make your own word!

2 Read the -ug family Read every word. Then write the word for each picture.

bug

dug

hug

jug

mug

rug

tug

★ Challenge:

plug

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 hug _____ □ ug ☆

2 mug _____ m □ g ☆

3 jug _____ ju □ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

The bug is on the rug.



Bravo! You can read the -ug family!

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Level 3 • Ages 5-7 • Short u • -ug • 17 of 20



Can you read the -un words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



s + u + n → sun

b + u + n → bun

□ + u + n → _____ Make your own word!

2 Read the -un family Read every word. Then write the word for each picture.

bun

fun

nun

pun

run

sun

★ Challenge:

spun

stun

Now read it again, faster!



3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 run □un ☆

2 fun f□n ☆

3 bun bu□ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

I run in the sun.



Bravo! You can read the -un family!

My journey: family 18 of 20



I tried Good Great



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Level 3 · Ages 5-7 · Short u · -un · 18 of 20



Can you read the -ub words?

Level 3 • Ages 5-7 • blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



tub

t + u + b → tub

c + u + b → cub

□ + u + b → _____ Make your own word!

2 Read the -ub family Read every word. Then write the word for each picture.

cub

hub

rub

sub

tub

★ Challenge:

club

grub

scrub

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 rub _____ □ub _____ ☆

2 sub _____ s□b _____ ☆

3 hub _____ hu□ _____ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

The cub is in the tub.



Bravo! You can read the -ub family!

My journey: family 19 of 20



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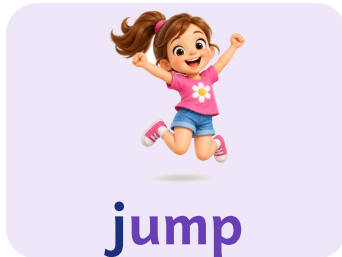


Can you read the -ump words?

Level 3 · Ages 5-7 · blend it, read it, write it!



1 Sound it out Say each sound, then blend them fast: c... a... t → cat!



j + u + mp → jump

b + u + mp → bump

□ + u + mp → _____ Make your own word!

2 Read the -ump family Read every word. Then write the word for each picture.

bump

dump

hump

jump

lump

pump

★ Challenge:

stump

thump

Now read it again, faster!







3 Write it Trace the word, fill in the missing sound, then write it alone.

Trace

Fill in the missing sound

Write it on your own

1 pump □ump _____ ☆

2 lump l□mp _____ ☆

3 hump hu□ _____ ☆

4 Read and copy the sentence Highlighted words are sight words: learn them by heart.

I can jump on the bump.



Bravo! You can read the -ump family!

My journey: family 20 of 20



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Level 3 · Ages 5-7 · Short u · -ump · 20 of 20



Short u review

Level 3 · Ages 5-7 · sort it, rhyme it, read it!



1 Sort the words

Read each word and write it under its family.

dug

run

tub

mug

pump

sun

dump

tug

hub

lump

fun

sub

-ug

-un

-ub

-ump

2 Rhyme time

Write a word that rhymes with each word.

bug

→

sun

→

tub

→

jump

→

3 Real or silly?

Read each sentence and circle real or silly.

The bug is in the tub.

real

silly

The sun can run.

real

silly



Bravo! You finished the short u families!

Read the words to a grown-up. Can you read them faster today?



I tried Good Great



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Level 3 · Ages 5-7 · Short u review



My progress & certificate

Level 3 · Ages 5-7



 **My progress** Color a star for every family you can read!

-at	☆	-an	☆	-ap	☆	-ad	☆	-et	☆
-ed	☆	-ell	☆	-est	☆	-it	☆	-in	☆
-ip	☆	-ig	☆	-ot	☆	-op	☆	-og	☆
-ock	☆	-ug	☆	-un	☆	-ub	☆	-ump	☆

 **Certificate of achievement**



Congratulations!

Reader:

can read 20 word families — “My First Words Book”, Level 3

Date: Parent / teacher signature:



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Progress & certificate

Bravo! You can read words!



Want to learn more?

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