

## Blast Foundations High-Frequency Words

the, of, you, and, to

in, is, for, that, it

he, was, his, on, are

as, with, this, they, if

at, be, or, have, from

one, had, by, but, not

what, all, were, we, when

your, can, said, there, down

an, come, which, she, do

how, their, want, will, up

may, no, now, came, out

many, these, then, so, some

them, her, would, make, like

him, into, put, has, look

take, go, see, could, where

any, about, old, here, saw

little, ask, over, long, very

good, around, know, too, every

pretty, away, after, think, going

walk, before, again, who, been

goes, always, because, own, only

give, our, both, does, write

