

## Say It! Trace It! Write It!

Learn it, practice it, spell it, and pronounce it.

**Instructions:** Say the word, trace it, then write it on your own.

## Example Sentence

I had to do curls with a weight to strengthen my **bicep** on my right arm.

SAY IT!

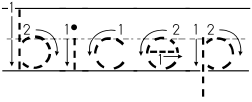
**bicep**

TRACE IT!

**bicep**

WRITE IT!

**bicep**



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