

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

After his first day at the gym, he experienced **delayed onset muscle soreness** in his legs.

SAY IT!

**delayed onset muscle
soreness**

TRACE IT!

**delayed onset muscle
soreness**

WRITE IT!

**delayed onset muscle
soreness**

delayed onset muscle soreness

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