

## 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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