

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 a long week at work, she needed to **destress** with a good book and a cup of tea.

SAY IT!

destress

TRACE IT!

destress

WRITE IT!

destress

d e s t r e s s

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