

## 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**

de stress

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