

## 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.

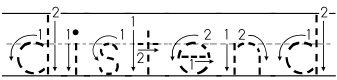
## Example Sentence

Having gas may **distend** your belly.

**SAY IT!**  
**distend**

**TRACE IT!**  
**distend**

**WRITE IT!**  
**distend**



Tracing guide for the word "distend". The word is written on a set of three horizontal lines (top, middle, bottom). Each letter has a number and an arrow indicating the starting point and direction of the stroke. The word is: d (1), i (1), s (1), t (1), e (1), n (1), d (1).

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