

## 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

Lizzy has arthritic pain which causes her **distress**.

**SAY IT!**  
**distress**

**TRACE IT!**  
**distress**

**WRITE IT!**  
**distress**

distress

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)