

## 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

He pulled his **hamstring** during track practice. Spelled as one word.

**SAY IT!**

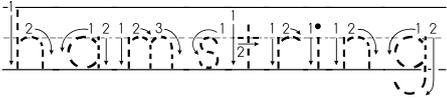
**hamstring**

**TRACE IT!**

**hamstring**

**WRITE IT!**

**hamstring**



hamstring

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)