

## 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

What does **'Hard and fast'** mean?

**SAY IT!**

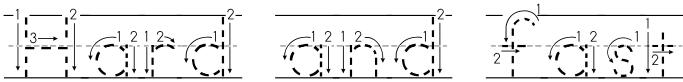
**Hard and fast**

**TRACE IT!**

**Hard and fast**

**WRITE IT!**

**Hard and fast**



Tracing guide for the words "Hard and fast". The words are written in a cursive font on a set of three horizontal lines (top, middle, bottom). The letters are numbered to indicate the starting point and direction of each stroke. For "Hard", the 'H' has three strokes (1: vertical down, 2: vertical down, 3: horizontal across), 'a' has two (1: counter-clockwise curve, 2: vertical down), 'r' has two (1: vertical down, 2: curve), and 'd' has two (1: counter-clockwise curve, 2: vertical down). For "and", 'a' has two (1: counter-clockwise curve, 2: vertical down), 'n' has two (1: vertical down, 2: curve), and 'd' has two (1: counter-clockwise curve, 2: vertical down). For "fast", 'f' has two (1: counter-clockwise curve, 2: vertical down), 'a' has two (1: counter-clockwise curve, 2: vertical down), 's' has two (1: counter-clockwise curve, 2: vertical down), and 't' has two (1: vertical down, 2: horizontal across).

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