

## 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

One myth is that **lactic** acid causes the stiffness felt after running a marathon.

**SAY IT!**

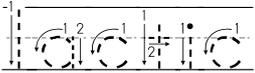
**lactic**

**TRACE IT!**

**lactic**

**WRITE IT!**

**lactic**



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