

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

Exercising can be a very positive influence on your **mental health**.

SAY IT!

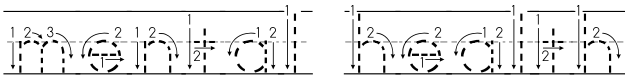
mental health

TRACE IT!

mental health

WRITE IT!

mental health



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