

## 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!**

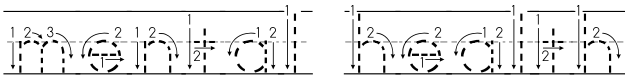
**mental health**

**TRACE IT!**

**mental health**

**WRITE IT!**

**mental health**



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