

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

An increase in **metabolic rate** can help with weight loss by burning more calories.

SAY IT!

metabolic rate

TRACE IT!

metabolic rate

WRITE IT!

metabolic rate

metabolic rate

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