

## 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.

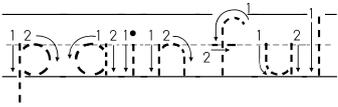
## Example Sentence

His hurt ankle was **painful**.

**SAY IT!**  
**painful**

**TRACE IT!**  
**painful**

**WRITE IT!**  
**painful**



Tracing guide for the word "painful". The word is written on a set of three horizontal lines (top, middle, bottom). Each letter has small numbers and arrows indicating the correct stroke order and direction for writing.

Two sets of handwriting practice lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement.

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