

## 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.

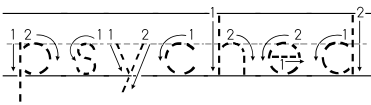
## Example Sentence

I was **psyched** for the track meet.

**SAY IT!**  
**psyched**

**TRACE IT!**  
**psyched**

**WRITE IT!**  
**psyched**



Tracing guide for the word "psyched". The word is written on a set of three horizontal lines (top, middle, bottom). Each letter has a number and an arrow indicating the starting point and direction of the stroke. For example, the 'p' has a '1' and a downward arrow, and the 'y' has a '1' and a downward arrow, and a '2' and a downward arrow.

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