

## 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

He **strained** to lift the heavy weight with every fiber of his body.

**SAY IT!**  
**strained**

**TRACE IT!**  
**strained**

**WRITE IT!**  
**strained**

strained

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