

## 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

**Swallow** your food before you talk!

**SAY IT!**  
**swallow**

**TRACE IT!**  
**swallow**

**WRITE IT!**  
**swallow**

swallow

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