

### 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 **disciplines** the child. OR He practices various **disciplines** in the triathlon.

**SAY IT!**  
**disciplines**

**TRACE IT!**  
**disciplines**

**WRITE IT!**  
**disciplines**

disciplines

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