

## 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.

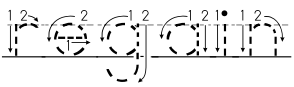
## Example Sentence

Lizzy needs to **regain** her strength from being sick.

**SAY IT!**  
**regain**

**TRACE IT!**  
**regain**

**WRITE IT!**  
**regain**



Tracing guide for the word "regain". 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. 'r' has a 1 and an arrow pointing down and right. 'e' has a 1 and an arrow pointing right. 'g' has a 1 and an arrow pointing down and right, and a 2 and an arrow pointing up and right. 'a' has a 1 and an arrow pointing down and right. 'i' has a 1 and an arrow pointing down, and a 2 and an arrow pointing right. 'n' has a 1 and an arrow pointing down and right, and a 2 and an arrow pointing down and right.

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