

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

A lower **resting heart rate** is generally a sign of good cardiovascular health.

SAY IT!

resting heart rate

TRACE IT!

resting heart rate

WRITE IT!

resting heart rate

resting heart rate

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