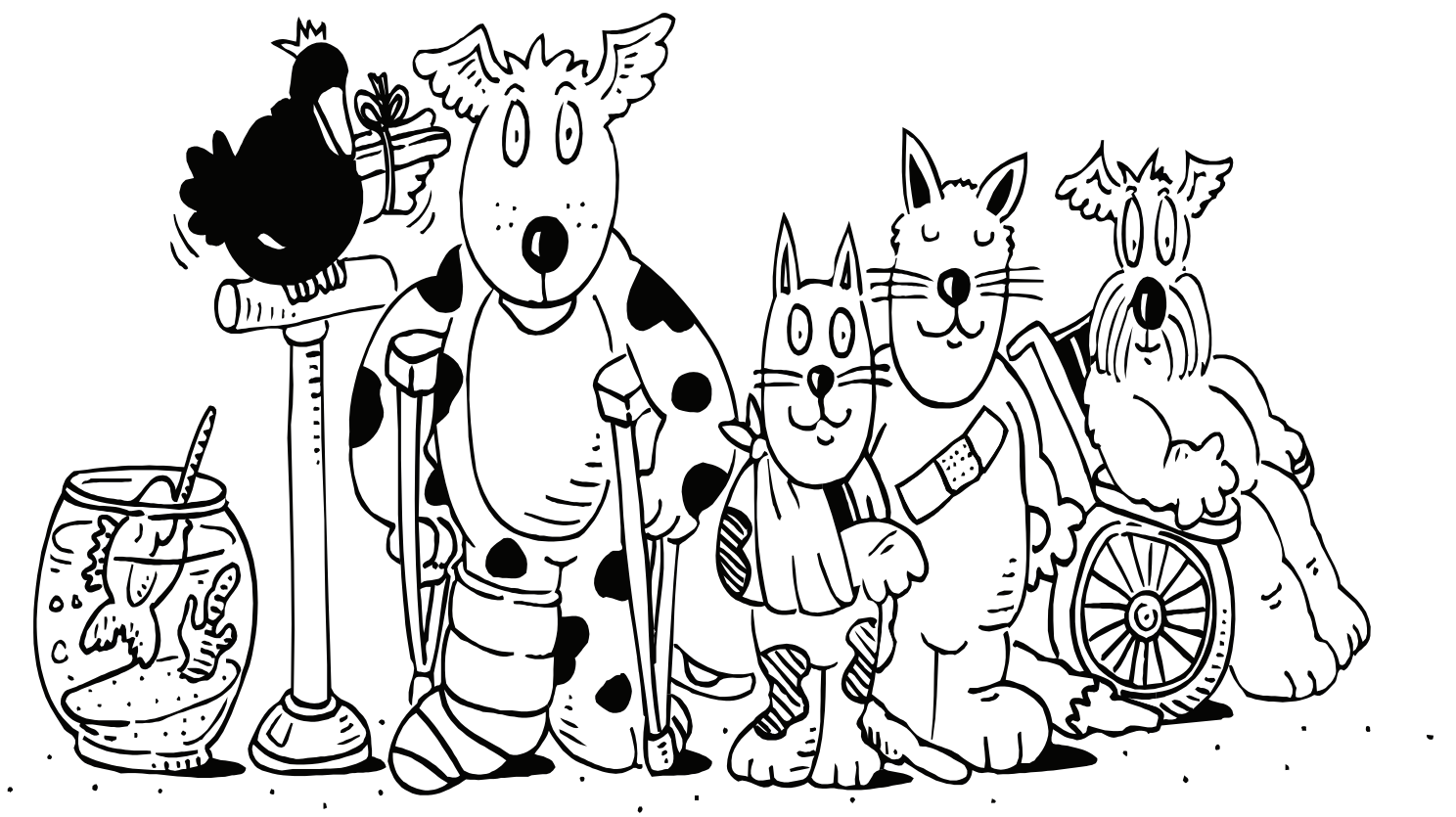
Write your name.

Trace the word and say it aloud.

hurt hurt hurt

Write the word 2–3 times.

Hurt is to cause or feel pain, e.g., hurt my arm.