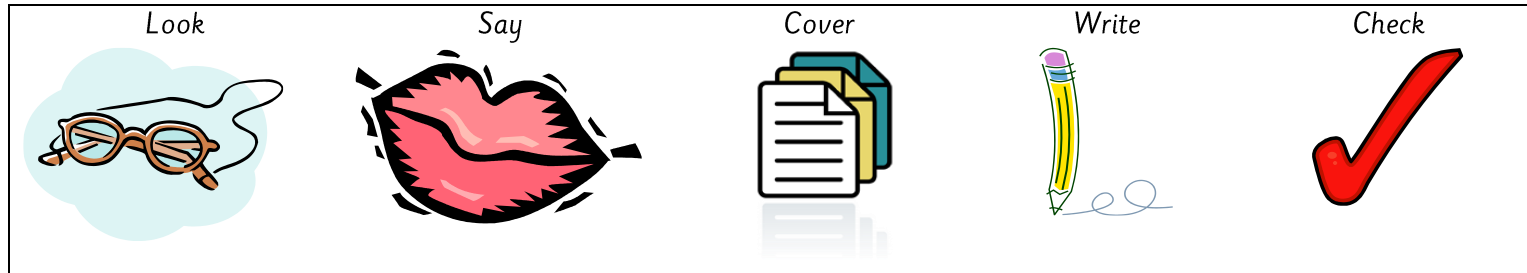


This week's spelling is for words that end in *one vowel* then *one consonant*, the final consonant is usually **doubled** before a suffix beginning with a vowel if the last syllable is stressed.

Practice writing in a sentence with your neatest joint up handwriting. On the next page there are more examples.



Words	Practice 1	Practice 2	Practice 3
forgetting			
visited			
beginner			
admitted			
limiting			
upsetting			
deepening			
regretted			
permitted			
permitting			

**Last syllable before  
suffix is stressed**

forgetting      transmitter  
permitted      Committing  
beginner      admitted  
regretted      upsetting

*(Many of these can have other  
suffixes beginning with vowels.)*

**Last syllable before suffix  
is NOT stressed**

benefiting      deposited  
darkened      visited  
happened      deepening  
limiting      hardened

*(Many of these can have other  
suffixes beginning with vowels.)*

**Exceptions**

**Some words do not follow the rule:**

travelled  
cancelled  
labelled

For words ending in 'c', add a 'k' to  
keep the 'hard' 'k' sound at the end  
of the root word.

picnicked  
trafficking  
panicked