

## Spelling list: Sleep well e3

benefit	There are several areas which would <b>benefit</b> from regeneration.
essential	A raincoat will be <b>essential</b> for the school trip.
resist	I ate all the doughnuts. I couldn't <b>resist</b> a temptation.
obviously	You <b>obviously</b> need to be good at swimming to win the race!
focus	It was difficult to <b>focus</b> on the moving car.
rhythm	James plays <b>rhythm</b> guitar.
pattern	A lattice is a criss-cross <b>pattern</b> .
reason	His <b>reason</b> for being late was understandable.
memory	My <b>memory</b> for spelling is getting better.
information	I could not withhold the <b>information</b> any longer.