

Spelling list: Sleep well e3

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