

Try using this word in your own sentence:

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Practise spelling this word:

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Other words you might  
associate with this:

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**Define it:** To  
prevent (someone  
or something) from  
doing something;  
keep under control  
or within limits.

**Use it:** Politicians  
are reluctant to  
restrain spending.

**Read and say it:**  
**restrain (verb)**

**Link it:**  
Synonym: inhibit,  
limit  
Antonym :  
unrestrained,  
limitless

**Deconstruct it:**  
from Old  
French *restreign-*,  
stem of *restreindre*,  
from  
Latin *restringere*,  
from *re-* 'back'  
+ *stringere* 'to tie,  
pull tight'.

**Draw an image to  
represent this word.**

**In what situation might  
you hear people using this  
word?**



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WORD OF THE WEEK:  
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