



# MY OCTOBER MORNING MENU



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You can do hard things, but let's start our mornings with some easy things!

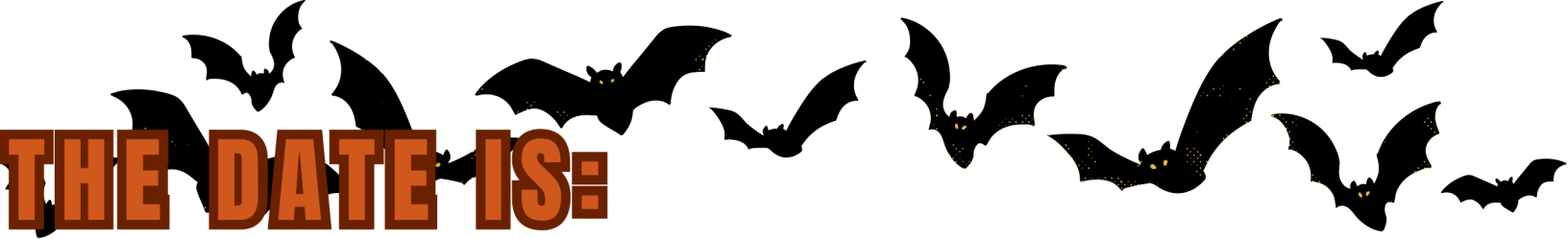
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**WARM UP YOUR BRAIN!**

**MY NAME IS:**

**MY ADDRESS IS:**

**MY PHONE NUMBER IS:**



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

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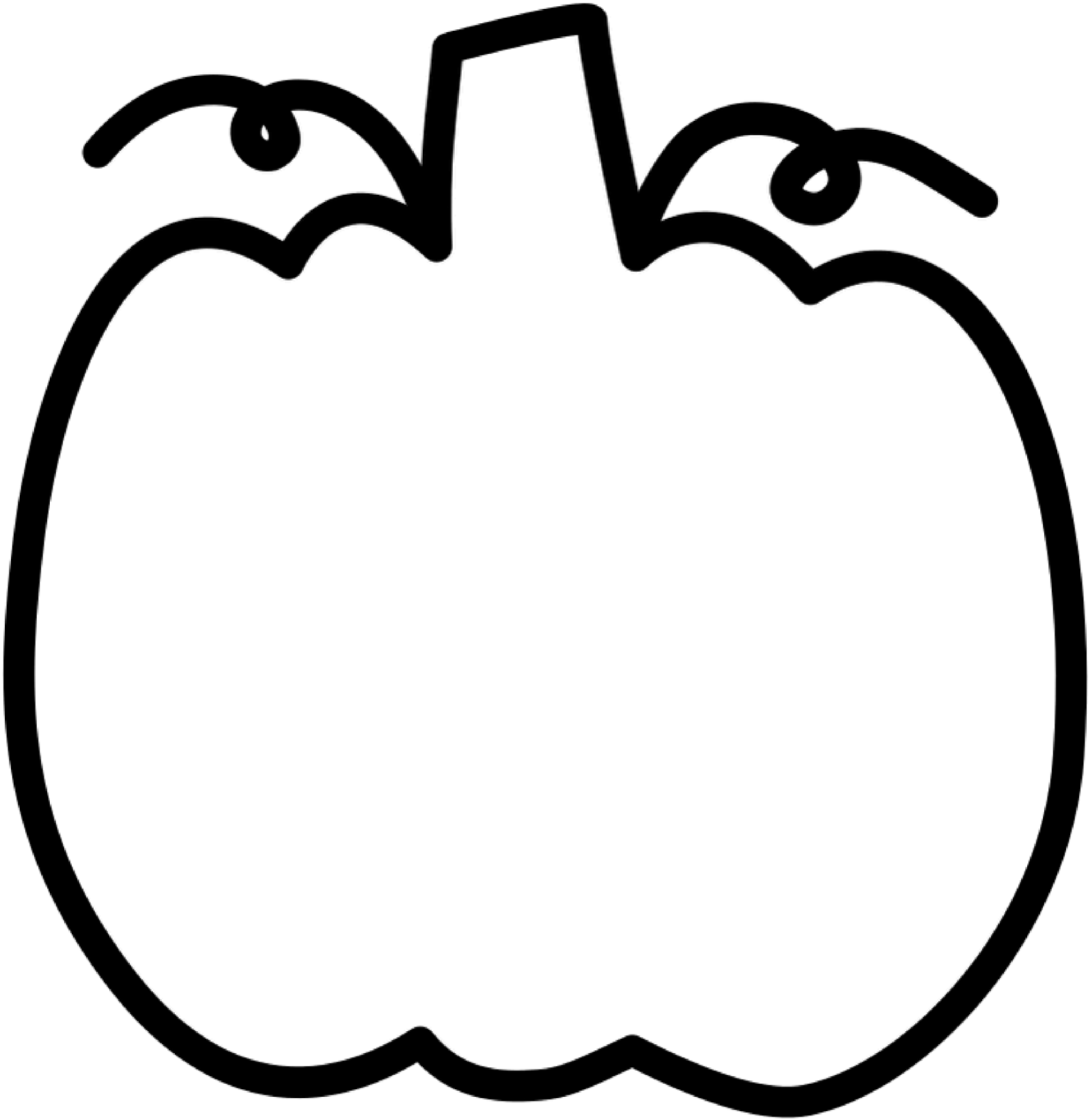
**JANUARY   FEBRUARY   MARCH   APRIL   MAY**  
**JUNE   JULY   AUGUST   SEPTEMBER   OCTOBER**  
**NOVEMBER   DECEMBER**

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**1 2 3 4 5 6 7 8 9 10 11 12 13**  
**14 15 16 17 18 19 20 21 22 23**  
**24 25 26 27 28 29 30 31**

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# CARVE YOUR PUMPKIN



# SPOOKY MATHEMATICS

$$\text{Pumpkin} = 10$$

$$\text{Leaves} = 3$$

$$\text{Bat} = 9$$

$$\text{Witch Hat} = 15$$

$$\text{Candy} = 1$$

$$\text{Spider} = 8$$

$$\text{Pumpkin} + \text{Bat} = \square$$

$$\text{Spider} + \text{Witch Hat} = \square$$

$$\text{Candy} + \text{Witch Hat} = \square$$

$$\text{Leaves} + \text{Bat} = \square$$

$$\text{Spider} + \text{Bat} + \text{Pumpkin} + \text{Leaves} + \text{Candy} + \text{Witch Hat} = \square$$

# Today, I feel...



**JOYFUL**



**ANGRY**



**LOVING**



**CONFUSED**



**UPSET**



**EXPLOSIVE**



**SICK**



**COOL**



**SILLY**



**UNSURE**



**EXHAUSTED**

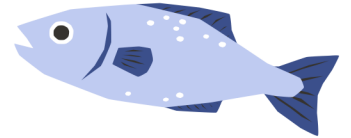
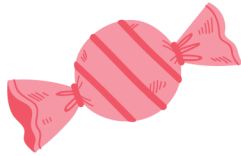
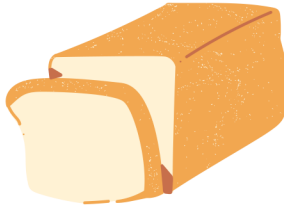
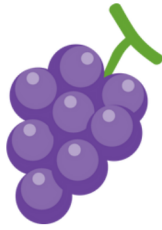
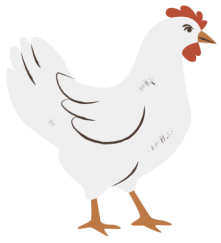


**INTRIGUED**

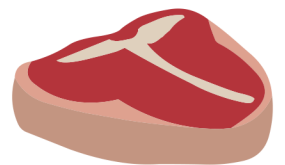
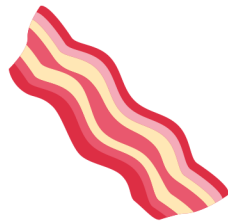


**FRUSTERATED**

# CIRCLE THE PROTEIN



# CIRCLE THE CALCIUM





**COPY YOUR FAVORITE AFFIRMATION**

**I AM SO SMART**

**I AM A GOOD STUDENT**

**I AM MORE THAN ENOUGH**

**I AM STRONG**

**I AM KIND HUMAN**

**I WORK HARD**

**I HAVE A BEAUTIFUL SOUL**

**I LOVE MYSELF**

**LIFE IS HARD, BUT SO AM I**





**CIRCLE THE NOUN**

**SPIDER**

**NOW**

**PURPLE**

**SPOOKY**

**GHOST**

**BECAUSE**

**CIRCLE THE BEING VERB**

**GHOST**

**ARE**

**RAN**

**AM**

**WAS**

**IS**

**PURPLE**

**JUMP**

**CIRCLE THE ACTION VERB**

**RAN**

**SHUFFLE**

**WITCH**

**STIR**

**GLIDE**

**WOLF**

**WERE**

**PUMPKIN**

**ROUND TO THE NEAREST TEN**



**57**

\_\_\_\_\_

**62**

\_\_\_\_\_

**98**

\_\_\_\_\_

**22**

\_\_\_\_\_

**86**

\_\_\_\_\_



Aa Bb Cc Dd Ee Ff  
Gg Hh Ii Jj Kk Ll  
Mm Nn Oo Pp Qq Rr  
Ss Tt Uuu Vvv Www Xxx  
Yyy Zzz 0 1 2 3 4 5 6 7 8 9

Aa Bb Cc Dd Ee Ff  
Gg Hh Ii Jj Kk Ll  
Mm Nn Oo Pp Qq Rr  
Ss Tt Uuu Vvv Www Xxx  
Yyy Zzz 0 1 2 3 4 5 6 7 8 9

