

# Morning Work- The Last 90 Days

This workbook was created to support students as they grow into confident, capable, and independent young adults—one skill at a time. With just 15–20 minutes a day, students will build social communication skills, learn how to navigate real-world situations, and reflect on their own habits, choices, and goals.

Each daily page includes a short, realistic conversation, comprehension questions, social reflections, functional math, functional reading and writing practice, and journaling prompts that are easy to complete independently or in small groups. Whether you're starting the school day, transitioning between activities, or using it as a daily SEL check-in, this workbook is ready to slip easily into your routine.

Why it works:

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- **Teacher-approved** — Builds strong routines while providing meaningful discussion and skill growth.

Photo Credit: Matthew C. Florence - Lake Umbagog at Sunrise

# Morning Routine Last 90 Days

**Zhe Xu**



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Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Morning Routine Last 90 Days** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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