

Leader in Me: Lesson Plan Template

Title:	Sharpen the Saw		
Learning Objective:	Students will be able to define what it means to sharpen the saw.		
FranklinCovey Habit:	Sharpen the Saw		
21st Century Skill:	Creativity and Innovation Skills		
Subject Area:	Language Arts		
Activity Type:	<input checked="" type="checkbox"/> Individual	<input type="checkbox"/> Group	<input type="checkbox"/> Homework
Source:	Adapted from a lesson plan from the staff at Crestwood Elementary School		
Activity Time:	30 min.	Grade Level:	1-2

Set Up

Student Materials	Teacher Materials	Review
	Book-- <u>An Ant's Day Off</u> by Bonny Becker	<p>Review or introduce the following vocabulary:</p> <p>Four dimensions of renewal- physical, social/emotional, mental, spiritual, body, heart, mind and soul, Balance</p> <p>Caring for your body – nothing overmuch</p> <p>Nutrition</p> <p>Strengthen a Relationship – getting enough sleep (rest)</p> <p>You are what you eat – food affects mood</p>

Introduction

1. Read An Ant's Day Off by Bonny Becker.
2. Discuss why Bart wanted to take the day off (tired of working, wanted to see the sky, needed a mental health day)
3. Why is Floyd worried? (no ants have ever taken a day off and he's concerned what will happen to Bart)
4. Does Bart think he's made the right decision once he's out in the real world? (he questions his decision because he's anxious – he doesn't know what to expect and that scare him a little)
5. Discuss how it's okay to be a little scared of the unknown but trying new things is a good thing – it expands our knowledge and our experience.

Activity

1. The 7th Habit teaches us that taking care of our entire self is very important. The ancient Greeks have a famous saying “Nothing Over Much” which reminds us of the importance of balance in our lives. Taking care of the four dimensions of life – body, mind, heart and soul.
2. “What are examples of Over Much?” Brainstorm for ideas of doing things that are excessive.
 - Working too much
 - Over eating
 - Too much TV, X Box, Computer
3. Bart the Ant decided there was “overmuch” of something in his life – What does he consider is overmuch?
 - too much work!!
4. What dimensions in life is Bart trying to balance?
 - body, mind
5. What are examples of “Sharpening the Saw”?

BODY

exercise

eat healthy

HEART

build relationships

give service

sleep well

laugh out loud, often

relaxation

MIND

read

educate

write

learn new skills

SOUL

meditate

pray

keep a journal

watch quality media

(Discovery channel, animal planet,

Canadian Geographic)

Wrap Up

1. At the end of the story Bart realizes something about other ants. What does he learn?
 - a. -that other ants before him have taken the time to Sharpen the Saw.
2. As long as he contributes to his community he is still being a good citizen and a valuable, proactive member of society. He also learns that it is important to “Sharpen the Saw” because it keeps us healthy and happy. It is a time to let go of all the stress in your life and learn to love yourself.

Assessment

Students will be assessed on appropriate participation during the class discussion or activity.

Extensions & Integrations

