


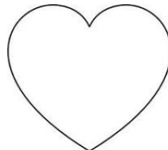




Habit 7: Sharpen The Saw

Homeside Activity

What Habit 7 means: I take care of my body, brain, soul & heart.

<p>Body exercise, eat right, sleep, relax</p> 	<p>Mind learn, read, write</p> 
<p>Soul journal, enjoy quiet time & nature</p> 	<p>Heart serve others, laugh, be a friend</p> 

Homeside Activity:

1. Discuss with your family how you sharpen the saw. Have your child share with you how he/she sharpens the saw.
2. Ask your child which area of his/hers might need some sharpening.
3. After your discussion, using the attached paper have your child cut out the symbol that represents the area he/she plans to work on and write on the symbol his/her plan for making improvements in this area.
4. Turn the shape into your teacher by Thursday, March 10th!

Here are some discussion starters.....

BODY: What do you do/don't do to take care of your body? What could you do better?

MIND: What do you do to sharpen your mind & "feed" your brain?

SOUL: What are some songs, books or movies that make you want to be a better person? Is there a person that makes YOU want to be better?

HEART: Are you serving/helping anyone? What things do you do to make friends and/or to make other people happy?

