

Habit #7- Sharpen the Saw
Learning Target: Balance Feels Best

Week Of	K-2 Foundational Skills Success Criteria <i>I will know I have been successful when..</i>	3-5 Digging Deeper Success Criteria <i>I will know I have been successful when..</i>
	<p><u>Day #1:</u> <u>TP:</u> Leaders know that in order to do their best work, they need to stop and take time to sharpen their saw. <u>Model:</u> The reason this habit is called this is from the story of a a man who was walking through a forest when he came across a frustrated lumberjack. The lumberjack was trying to cut down a tree with and was extremely frustrated.“What’s the problem?” The man asked.“My saw’s blunt and won’t cut the tree properly.” The lumberjack responded.“Why don’t you just sharpen it?”“Because then I would have to stop sawing.” Said the lumberjack.“But if you sharpened your saw, you could cut more efficiently and effectively than before.”“But I don’t have time to stop!” The lumberjack retorted, getting more frustrated.The man shook his head and kept on walking, leaving the lumberjack to his pointless frustration. There are times we all need to stop and make sure our body, mind, soul, and heart feel balanced. We need to take time to be sure we are balancing each area of our lives. Brainstorm with students different activities we could do for our body, mind, soul, and heart to make us feel balanced.</p> <p>Examples:</p> <p>Body: Exercise, eat right, rest, relaxation, sleep</p> <p>Mind: Learn something new, read, research,write, educate</p>	

	<p>Soul: journal, dance, sing, draw, church, meditate, pray</p> <p>Heart: Build relationships, service, give, laugh, love</p> <p><u>Day #2:</u></p> <p>Have students reflect and share on the ways they sharpen their saw</p>
	<p><u>Day #1</u></p> <p>TP: One way we can keep our saws sharp and our brain open is by taking deep breaths throughout the day. Go noodle has several different games to help students learn to take deep breaths. Practice one with the students.</p> <p>Taking Deep Breaths: https://app.gonoodle.com/channels/game-on/airtime-space</p> <p><u>Day #2</u></p> <p>TP: Leaders make sure they are telling themselves positive things about themselves. We call those positive affirmations. Watch the video of the girl below telling herself positive things about herself. Then, have the kids write their own positive affirmations.</p> <p>Positive Affirmations: https://www.youtube.com/watch?v=gR3rK0kZFkg</p>
Additional Resources	