

## **Habit #7- Sharpen the Saw**

Materials- Toy hand Saw

Directions- Teacher introduces the habit and discusses what the habit means. Tell a story of a woodcutter who works hard everyday cutting wood with his saw. Then he gets to Friday and he's not able to cut anymore wood. Why do you think he's not able to cut anymore wood? What could he do to be able to sharpen more wood?

This woodcutter is just like you and I, if we work hard everyday and don't take time to do things we enjoy we'll become stressed, irritably, and cranky. Therefore we must set aside time to focus on building ourselves so we can stay strong in order to get our work done.

What are some things you do to improve your mind, body, or soul?

Other suggestions

Another idea to illustrate this activity is have a student come up with the saw and demonstrate a sharpening motion as fast and hard as they can for as long as they can. Hopefully the student will become tired visibly and ask you to stop, if they don't you can tell them ahead of time to do this. When the student becomes tired ask them to keep going for a little while long. Discuss what happened, have the student describe how they felt without a break. Then go into your analogy of how it relates to the habit.