



Sharpen the Saw

April 16, 2018

Students Will Be Able To

- 1. Understand that it is important to take for themselves.*
 - 2. Know the 4 key dimensions of their life that need to be kept sharp.*
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Materials

Depending on the Activity, you might need to copy some worksheets ahead of time.

Introduction

Sharpen the Saw / “It’s Me Time”. Habit 7 is all about keeping your personal self sharp so that you can better deal with life. It means regularly renewing and strengthening the four key dimensions of your life- YOUR BODY (The Physical Dimension), YOUR BRAIN (The Mental Dimension), YOUR HEART (The Emotional Dimension), and YOUR SOUL (The Spiritual Dimension). You need to find balance and time for all these dimensions in your life.

Activity 1 – YouTube Videos and Discussion

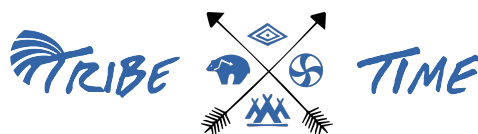
In this activity, students will watch the YouTube videos (<https://youtu.be/PRep5UamYoA>) or others that you might find. Then after watching the video have a class discussion or hand out the table worksheet (Activity 2).

Activity 2 – Sharpen the Saw Table

In this activity, students will fill out a table with the all the things they would like to do to sharpen their saw. If you would like you could set a timer for this activity and then discuss and share their ideas.

Activity 3 – Sharpen the Saw Question Sheet

Teacher will hand out the worksheet and guide the students through a discussion along with time to answer the questions.





Activity 2

Sharpen the Saw Table

In the boxes below, list all of the things you want to do to sharpen your saw in each of the four categories.

<p>BODY (Physical)</p>	<p>HEART (Relationships)</p>
<p>SOUL (Spiritual)</p>	<p>BRAIN (Mental)</p>



Activity 3

Sharpen the Saw Question Sheet

Regularly renewing & strengthening the 4 key dimensions of your life.
 Body , Brain , Heart , Soul

BODY: Exercise

1. Explain your exercise routine. Write down the activities you do, how many times a week you do them, and how long you do them for.

Activity	Number of times a week	Length of Participation

2. Compare your physical activity to the recommended 30-60 minutes, 3 times a week. How did you do?
(Could you improve? If yes, how could you improve? What kind of enjoyable activities could you do to motivate you to exercise? If no, why?)

3. How can exercising help you care for your body?

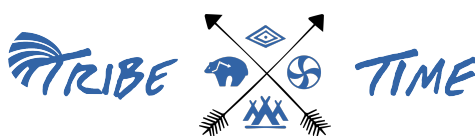
BODY: Nutrition

1. Create your own plate. Think about the foods that you eat the most and make that the biggest group. Then figure out what other foods you eat and make them smaller groups.



2. Are there areas that you could improve in? If yes, what are they and how could you improve?

3. How can making healthier food choices help you care for your body?





BRAIN: Sharpen Your Mind

1. Make a list of skills or talents you enjoy or might like to learn.

- Chess
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-
-
-
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2. What new skill can you commit to learn in the next month?

HEART: Caring

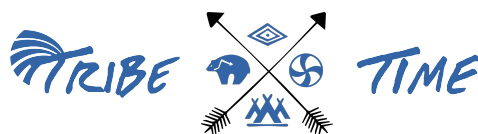
1. Caring for your HEART is how you sharpen the saw socially and emotionally. Look at it as a Relationship Bank Account. Care for your heart by making deposits. Add your own ideas of deposits to the list below. Be specific.

- Write a Thank-You note to _____
-
-
-
-

2. Which of your relationships are the most important?

3. Are you making deposits into these relationships? What are you doing?

4. How can you improve your most important relationships?





HEART: Laughter

1. Think about videos that make you laugh or that you have found funny. How do you feel after watching them? Do you feel more relaxed and less stressed out?

2. What are two things you could do throughout the day to laugh more?

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3. Why is laughter so important to help you care for your heart?

SOUL: Spirituality

1. Caring for your SOUL is how you sharpen the saw spiritually. You could include activities like Mediating, Volunteering to read to a child or Listening to inspiring music. What other activities do you enjoy that will help awaken your soul? List them below.

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-
-
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2. Select one or two items from the list above and set up a plan to sharpen your saw spiritually. Be sure to think about people that can participate with you or encourage you to sharpen your saw.

ACTIVITY	WHEN, WHERE, HOW	LENGTH OF TIME
Read to a child	Thursdays, after school, at the library	1 hour

