


# HABIT #7

SHARPEN THE  
SAW

# **BRIEF INFORMATION ABOUT HABIT #7**

- Sharpen the Saw means to have balance in your life.
- Habit 7 reminds us that we are more productive when we are in balance- body, brain, heart and soul. Just like the four tires on a car, if one area is being ignored or overused, the rest will feel the results.
- Explain the four parts of each person (body, brain, heart, and soul) and how important it is to take care of each part to make them all work better.

# ACTIVITIES FOR ALL AGES

- Join a gymnasium or start a regular exercise program with your child
  - Pick an organization to volunteer with for you and your child(ren)
  - Visit a new museum or try a new type of cuisine- expand your horizons and try new things
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# YOUNGER CHILD ACTIVITIES

- Develop a Sharpen the Saw activity center in your home. Include arts-and-crafts supplies, learning games, puzzles, classical music, books, etc.
- Read inspiring books

# YOUNGER CHILD ACTIVITIES

- Discuss various ways to Sharpen the Saw in all areas. Ideas might include: **body** (playing outside, riding your bikes), **brain** (balancing reading with TV watching or making smarter choices about what you watch, **heart** (making a list of what makes you happy and doing something on the list every day, spending time with special friends and family), and **soul** (attending religious services, starting a journal)

# **PRIMARY- AGE CHILDREN'S** **READING LIST – HABIT #7**

- **Don't Let the Pigeon Stay Up Late! – Mo Willems**
- **Owl Moon- Jane Yolen**
- **The Snowy Day- Ezra Jack Keats**
- **Henry Hikes to Fitchburg- D.B. Johnson**
- **Me, I Am! – Jack Prelutsky**

# TEEN ACTIVITIES

- Encourage your child to keep a regular journal or blog
- Subscribe to magazines that have educational value or read good books
- Encourage your teen to get in the habit of reading a newspaper every day. Online works too!
- Make sure you are modeling the behaviours in steps 1-3 yourself.

# **UPPER- AGE CHILDREN'S** **READING LIST- HABIT #7**

- **The Mysteries of Harris Burdick- Chris Van Allsburg**
- **Uncle Willie and the Soup Kitchen – DyAnne DiSalvo Ryan**
- **The New Kid on the Block – Jack Prelutsky**
- **A Light in the Attic – Shel Silverstein**
- **The Chalk Box Kid – Clyde Robert Bulla**