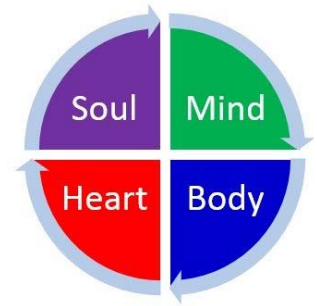


The Leader in Me

Habit 7 – Sharpen the Saw



- I take care of my body by eating right, exercising and getting sleep.
- I spend time with my family and friends.
- I learn in lots of ways and lots of places, not just at school.
- I find meaningful ways to help others.



Hi Parents!

Our leadership habit for this week, Habit 7, Sharpen the Saw, is one of the keys to personal wellness. Our Cubs learned about the central concept of this habit, balance is best. We discussed the importance of striving for balance in four areas - our body, heart, mind and soul. This helps us be our happiest, healthiest selves.

Tips for Home:

- Discuss the quote of the week and how it relates to sharpening the saw.
- Read a book from the included book list with your child and discuss how the characters did or did not show habit 7.
- Discuss the 4 parts we need to sharpen ourselves, (body, heart, mind and soul) and why it's important to have balance in those areas.
- Give examples of things you can do to "sharpen" each of the 4 areas.
- Brainstorm & implement a family service project.
- Each night at dinner, have everyone share one thing they did to sharpen the saw that day.
- Play a game of Charades with kids showing actions of things they do to sharpen the saw.
- Tell a family joke of the day.
- Have a quick, spontaneous dance party or do something with movement for a quick brain break.
- Practice *mindful breathing, yoga poses or go through a relaxation exercise (YouTube has a bunch).
- Link Habit 7 to other habits by creating If/then statements such as... "If I go to bed early and get enough sleep, then it helps me to be able to focus and be proactive."
- Begin with the End in Mind and set a personal health goal with your child. Track the progress and then discuss the results. Setting goals is a great way to put other habits into action and build a growth mindset.
- At the end of the week, share things that were learned outside of school or work.
- Have a family game night.

Quote of the Week:

"Almost everything will work again if you unplug it for a few minutes, including YOU."

- Anne Lamott

Habit 7 Picture Books

The Three Questions (Tolstoy)
Have Fun Molly Lou Melon (Lovell)
Violet the Pilot (Breen)
The Curious Garden (Brown)
Incredible You (Dyer)
Owl Moon (Yolen)
The Snowy Day (Keats)
Don't Let the Pigeon Stay Up Late! (Willems)
Henry Hikes to Fitchburg (Johnson)
Me I Am! (Prelutsky)
An Ant's Day Off (Becker)
Uncle Willie and the Soup Kitchen (Ryan)
The Gardener (Stewart)
Sing (Raposo & Lichtenheld)

*Mindfulness

"What if you could help your child cope with stress & calm down, navigate difficult emotions, control impulses, focus on what matters, and nurture empathy, kindness & positivity? The good news is that...with mindfulness practice, you can nurture all of those skills."

A couple resources to learn more & get you started...

* blissfulkids.com (quote above is from here)

* <https://sites.google.com/nv.ccsd.net/the-calm-toolbox/home> (created by 5th grade teacher at Givens ES)