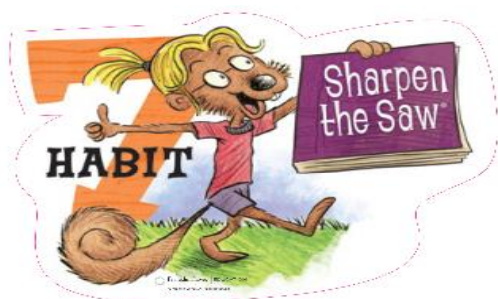


Habit 7: Sharpen the Saw – Balance Feels Best! To be healthy and happy, we need to exercise our mind, body, heart, and soul.

I eat right, exercise, and get enough sleep (body). I learn in lots of ways and lots of places, not just at school (brain). I spend time with family and friends (heart). I take time to find meaningful ways to help people (soul). I balance all four parts of myself.



Habit 7 Sharpen the Saw Family Challenge Activity Board!

We invite you to use the menu below to select activities or create your own to sharpen the saw activity. When your family has completed one or more items for each areas: body, heart, mind and soul, circle it on the menu. Then mark ☒ We DId It but continue to challenge your family to

sharpen the saw.

Body(Physical)	Heart(Emotional)	Mind	Soul
★ Family bike ride	★ Family game night	★ Read a book together	★ Have some quiet time to sit and reflect.
★ Family walk/hike	★ Share favorite family memories or photos	★ Visit a museum	★ Listen to some music
★ Eat a healthy meal	★ Visit with a grandparent, relative, or friend	★ Make your own family book club or set aside a time every day when everyone in the family reads	★ Take a break from electronics(unplug)
★ Go to bed early	★ Make a list of things that make you happy and do the things on your list	★ Take turns sharing an interesting fact at supper	★ Go on a family picnic
★ Play outside	★ Volunteer as a family in the community	★ _____	★ Spend some time in nature
★ Make healthy snacks	★ _____	★ _____	★ Start a journal
★ Eat more fruits and vegetables			★ _____
★ _____			
<input type="checkbox"/> We did it!	<input type="checkbox"/> We did it!	<input type="checkbox"/> We did it!	<input type="checkbox"/> We did it!

Child(ren)'s Name/Names _____
Teacher/Teachers _____