**Habit #7- Sharpen the Saw**

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.

**Hand sign for habit #7-Sharpen the Saw**

Pretend you are sawing a tree.

**Practise at home:** (taken from The 7 Habits of Healthy Kids by Sean Covey)

-For two nights in a row, go to bed early and see how great you feel when you wake up.

-For one whole week, read for 20 minutes every day.

-Today go play or hang out with someone you haven’t played with or seen for a long time.

-Go to one of your favorite spots in nature, like a mountain, a park or a stream. When you get there, think about all the things in your life that make you happy, like your grandparents, your pet, a fun toy, or playing and hanging out with your friends.

