

Virtual Learning With Leadership Guides: Habit 7

TOPIC	AUDIENCE	INTRODUCTORY MESSAGE	RESOURCE TYPE	RESOURCE LINK
<p>Habit 7: Sharpen the Saw®</p> <p>We can combat feelings of stress and anxiety by sharpening our mind, body, heart, and spirit and build resilience within ourselves, our families, and our students by practicing daily self-renewal.</p>	<p>Student Learning</p>	<p>“Now is an important time to do a self-check. Am I taking care of my body, mind, heart, and spirit? This week we will [<i>learn more about/reconnect</i>] with the idea that when we keep ourselves “sharp” we can do everything else better. This assignment has three parts: first, explore Habit 7 content; second, practice the learning; and third, reflect on the experience. Remember to share your final work with me via [<i>method for submission</i>].”</p> <p>“You’ll notice I said ‘body, mind, heart, and spirit’. In the guides we use synonyms for two of those words: ‘brain’ for ‘mind’ and ‘soul’ for ‘spirit’.”</p>	<p>Interactive PDF</p>	<p>Kindergarten, 1st Grade, 2nd Grade, 3rd Grade, 4th Grade, 5th Grade, 6th Grade, 7th Grade, 8th Grade, 9th Grade, 10th-12th Grades</p>
	<p>Family Learning</p>	<p>“Chances are we are spending more time with our family (and in close quarters) than usual! When we work to sharpen our body, mind, heart, and spirit as a family, we show that we value the needs of both individuals and the group. Renewing our family in each of these areas is where family bonding, identity, fulfillment, and happiness are found. This resource will help your family Sharpen the Saw.”</p> <p>“You’ll notice I said ‘body, mind, heart, and spirit’. In the guides we use synonyms for two of those words: ‘brain’ for ‘mind’ and ‘soul’ for ‘spirit’.”</p>	<p>PDF</p>	<p>Sharpen the Saw Family Worksheet</p>
	<p>Professional Learning</p>	<p>“Even though we know how important it is to renew in body, mind, heart, and spirit, it can feel like there’s just not enough time. COVID-19 may have shifted our work-life balance, leaving us feeling even more pressed for time. Investing time to win the Daily Private Victory every day will have a positive impact on every decision we make and each relationship we’re in. Utilize these tools to develop a plan for daily self-renewal.”</p>	<p>PDF</p>	<p>Self Renewal Menu Renewal Tracker</p>