

# Holiday Homework!

## “Sharpen the Saw”

Ahhhh...You finally made it to winter break! Now it’s time for family, friends, rest and relaxation.

What does that mean? You need to **rejuvenate (sharpen your saw)**. In order to work hard to achieve your goals and enjoy life, you need to stay sharp! We need to pay attention to all of our parts:

- Body: sleep, exercise, play sports, eat healthy foods
- Brain: **READ**, play board games, do puzzles, play on educational websites
- Heart/Soul: spend time with friends & family, play an instrument, write in a diary, laugh

Everyday over the break, I want you to think of ways to sharpen your saw. At the end of each day reflect on which part(s) you sharpened and record it on the back of this sheet. List the part(s) you sharpened (body, brain, heart/soul) and write or draw about the activities.

Example:

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Have some fun... I look forward to seeing all of you in the New Year!



	<p><b>SHARPEN THE SAW!</b> <i>Have a little fun...</i></p> 	



