

# HABIT 7: Sharpen the Saw

Dear Families,

Habit 7 of the 7 Healthy Habits for Effective Kids is to sharpen the saw. When we say "habit 7" at school, that prompts our students to remember:

## Balance is Best!

When we think about balance in our smallest learners, we think about the things that keep them happy and safe. They remember:

- I take care of my body, mind, heart, and spirit.
- I eat the right foods and spend time with my family.
- I find meaningful ways to help others.
- I learn in many ways and places, not just at school.

When we work to build family traditions together, we show we are valuing the needs of individuals AND families. Renewing our family in each of these areas is where family bonding, identity, fulfillment, and happiness are found. Many of these renewal times come when we are giving time to the BIG ROCKS we learned about in Habit 3: regular meals together, regular family time, and creating family traditions. Simply meeting the four basic needs of balance will lead to happiness and growth among all families and DPS learners.

### Four Basic Needs of Families and Individuals

#### Physical – Body

- Exercise and do physical activities together
- Clarify or reclarify expectations and goals around financial and physical assets
- Do family work together

#### Mental - Mind

- Learn new things together
- Share and discuss ideas
- Develop talents
- Write/keep a journal

#### Emotional - Heart

- Love and affirm one another
- Laugh at inside jokes and relax together
- Build relationships of trust and unconditional love

#### Spiritual - Spirit

- Renew commitments
- Clarify directions and goals
- Read inspiration literature together