To know and not to do, is really not to know.” — Stephen Covey
Sharpening the Saw IDEA’s

An idea for all year round is to create an area in your home Eg: a “Sharpen the Saw activity Corner”. Include arts-and-crafts supplies, learning games, puzzles, classical music, books, etc. A place to go when in need of ‘slowing down’ or ‘when bored’ especially during school holidays.

Other IDEAS to address the four quadrants;

**BODY** – Playing outside, riding a bike, kicking a ball around, a trip to the park, a walk around the block, put some music on make up a dance- put on a show for the family, do some yoga/stretches etc

**MIND** - Balancing reading with TV watching or making better choices about what you watch, do puzzles, play a board or card game (Eg: Uno, Snap, Monopoly, Scrabble, Guess Who, Connect Four, Battle Ship etc), brain teasers, crosswords, find a word (maybe even have them make one of their own).

**HEART** – Create a list of what makes you happy and choosing to do something on the list every day could be spending time with special friends and family. Write a letter, make a card, draw a picture for someone ‘just because’, say I love you often, smile at people, and do something ‘nice’ for someone.

**SOUL** – start a journal, read inspiring books, attend religious services if applicable, meditate, sit quietly and listen to soft music, every night before bedtime talk about what you are grateful for.

Merry Christmas one and all. Take time out to sharpen the saw and enjoy the holidays!

**WANT MORE?**

By opting in to receive the fortnightly e-mail, you will be able to receive additional information and bonus resources.

To ‘opt in’ to receive the Mission I’mPossible email, please e-mail franciska@empowerkids.com.au to add you onto the mailing list.