

Name: _____ Grade: _____ Teacher Name: _____

Sharpen the Saw Challenge

We hope you have a wonder winter break! Here are a lot of great ideas of ways to Sharpen the Saw. Complete one or both challenges and return it after break. Put a star or smiley face by anything you do.

Mind

- Read a book for fun
- Do something crafty
- Crossword/Jigsaw puzzle
- No screen time for 1 hour
- Visualize how you want things to be
- Listen to Music
- Vacation/Stay-Cation
- Practice being present

Body

- Savor a cup of coffee/tea
- Take a nap
- Bake Something
- Go to bed early
- Take a hike/walk
- Take a long bath/shower
- Take 5 deep, calming breaths
- Hug Someone

Soul

- Relax in the shade/daydream
- Sit outside and listen to nature
- Put on your favorite music and dance/sing
- Watch the sun rise
- Make a vision board. Dream Big!
- Say "goodbye" to feeling guilty
- Say "no" to the unimportant
- Stop the comparisons
- Plant a garden

Heart

- Play with a pet
- Look through old photo albums
- Phone a friend you have not connected with in awhile
- Volunteer
- Write down 3 things you are grateful for every day
- Smile at a stranger
- Allow others to help you
- Have some family fun

Winter Break Bingo

Write



Write about your favorite day of Winter Break

Read



Upload a book review for each book you finish

Draw



Create a masterpiece!

Get Active



Invent a new sport using the items at your house

FREE

Complete as many acts of kindness as you can



Be Curious



Come up with a scientific question, then experiment!

Math



Create a math problem and challenge your family!

Music



Create a song. Try composing a school anthem!

History



Interview your family to create a family tree together