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

## 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

## **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

### 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



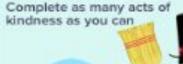
Create a masterpiece!

### Active



Invent a new sport using the items at your house

## FREE







## 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