

The Seven Habits of Highly Effective Teenagers Lesson Plan

Sharpen the Saw! – Lesson Plan

Here is the lesson plan for Habit 7's advisory activity. Please read over the lesson plan ahead of time.

Introduction:

"Did you ever hear this story growing up? A woodcutter strained to saw down a tree. A young man who was watching asked "What are you doing?" "Are you blind?" the woodcutter replied. "I'm cutting down this tree." The young man was unabashed. "You look exhausted! Take a break. Sharpen your saw." The woodcutter explained to the young man that he had been sawing for hours and did not have time to take a break. The young man pushed back... "If you sharpen the saw, you would cut down the tree much faster." The woodcutter said "I don't have time to sharpen the saw. Don't you see I'm too busy?" This story is an example of how it is important to take breaks in life to renew yourself and rest. Sharpen the Saw means preserving and enhancing the greatest asset you have—you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual. Here are some examples of activities: Exercising, making meaningful friendships, listening to music, learning something new that interests you, or adding a new hobby. It is important to take time for yourself."

Discussion – Everyone takes time for themselves in different ways. Some people enjoy fishing, running, playing words with friends, or even watching viral YouTube videos for hours. Everyone needs time to unwind and re-energize. Physical activities help you to have more energy. Some activities like Farmville help you to zone out. Everyone has a different routine or hobby to help them de-stress and regain energy. (Discuss the following questions.)

1. What is a task you have worked on that dragged on forever and wore you down?
2. How do you know if you are feeling stressed?
3. What are things that stress you out?
4. How do you relieve stress in your life or regain energy?
5. Do you have any activities to help you zone out?

Activity:

Read the attached article, and take the quiz. Discuss the stress ratings of several students in your class. Identify and discuss activities to help relieve stress and find support.

Conclusion:

"This year we have talked about 7 habits that will help you to be a successful adult. They included Be Proactive, Begin with the end in mind, Put first things first, Think win-win, Seek first to understand then to be understood, synergize, and sharpen the saw. **As we finish this school year, hold on strong, practice the habits, and leave a strong legacy here at Mayo Middle School where you can be proud to be a redbird.**"