Sharpen the saw Sarah:

a social story about staying balanced

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Thank you for your purchase. I created this book as an easy resource to explain the idea of “Sharpen the Saw” or keeping a balance in your life, to my kindergarten students.

For this resource, I’ve included a big Teacher Edition of the book and smaller books that can easily be printed for each child to take home. At the end, I also included a version missing the word “to.” To integrate spelling/word study into this book, you can have students write the missing word on each page.

Please let me know if you have any questions and follow my blog for more ideas:
Sharpen the Saw Sarah: a Social Story about Staying Balanced
Sharpen the Saw
Sarah stays balanced.
She takes time to sharpen the saw.
She knows she needs to do things to help her body, mind, heart, and soul.
To help her body, Sarah plays basketball and eats healthy foods.
To help her mind, she reads and does puzzles.
Sarah helps her heart by spending time with her family and her friends.
She takes quiet walks outside to help her soul.
To stay balanced, Sarah spends a little time doing each thing. What can you do to sharpen the saw?
Ways to sharpen the saw:
1. Body
2. Mind
3. Heart
4. Soul
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1. Body
   ![Image of a person resting in bed]

2. Mind
   ![Image of children studying]

3. Heart
   ![Image of a family and a key]

4. Soul
   ![Image of a person painting and holding a heart]

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Thank you for your purchase. Please contact me with questions or feedback via TeachersPayTeachers or at danielle.faerber@gmail.com

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