

# Blue Zones Project

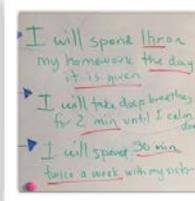
HEALTH



**Driving Questions:** What is the relationship between healthy behaviors and personal health? What is my plan to turn these healthy behaviors into habits?

## Project Description:

Students learned about the components of the "Wellness Wheel" which include physical, social, emotional, and mental health. Students were also introduced to the concept of Blue Zones, demographic of geographic areas where people live measurably longer lives. They listened to a podcast by an expert in Blue Zones and developed questions and fierce wonderings. Students then researched and investigated different Blue Zones, and came up with ideas on how to make their lives, lives of peers, lives of family members, and school more like a Blue Zone. Students also set personal Blue Zone goals, and created a podcast in pairs about those goals and Blue Zones overall.



## Student Products

- ▶ Investigate health scenarios related to the Wellness Wheel.
- ▶ Set S.M.A.R.T. goals related to Blue Zones
- ▶ Create a Blue Zones podcast including interviews and individual student goals

## Teacher Reflections

"We needed to emphasize themselves in their projects. Having them make a connection between the Blue Zones and their own goals is really something we had to emphasize, so it's not an weird transition." - Mrs. Leah Hefte

"I would like them to check back in their partner at the end of the semester. Students really enjoyed the project, but often with goal setting projects, it's challenging to check-in." - Amy Lauren Smith

## Student Reflections

"The most important thing I learned from this project was that doing little things in your life can contribute to a healthier lifestyle. My favorite part was being able to try things that people do in blue zones in their daily lives. Some students in our school aren't that aware of the fact that what you eat or the amount of physical activities you do can really affect your health." - Andrew

"I liked the podcast. You write a script about Blue Zones, and why they live so long. You also talk about your goals on the wellness wheel. The hardest part was making the goals super specific." - Megan

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<http://cards.buildingculturebybuildingpractice.com>