

Real World Projects That Impact Our Lives

Course: Healthful Living

Instructor: Mr. Hershey

Project Overview:

Students will research Blue Zones and identify the factors affecting longevity. Students will identify leveled changes and actions they can adopt to live longer.

Instructor Reflection:

"The most memorable part of this PBL was **reviewing the students' videos** and **listening to the goals** they set for themselves. In the future I would like to **extend the project**, so we can track their progress towards meeting the goals they have set. Hopefully the goals they have set will become lifelong habits, which will contribute to an overall **better quality of life.**"

Student Reflections:

"I learned that **I can do the same things that people in blue zones do**, and not have to necessarily live there. I also learned that in order to make a smooth video, **I need to make a script** or memorize exactly what I am speaking on in order to not make it seem like the video lacked effort."

"Before this project, I had never heard of blue zones. Now, I'm **definitely going to make some changes** to my diet and lifestyle."

"I **realized the value and importance** of sleep. How sleep impacts your growth in your intelligence and emotional intelligence. This information **gave me the motivation** to develop a consistent sleep schedule (7-8 hrs of sleep every day)."

"The way you treat your body right now **can effect you in the long run** and the choices we have as a young adult can **change our future.**"

"I believe that being able to redo and watch the video really helped, because I was **able to see where I looked unsure or nervous** and fixed those spots."

"**Clear instructions helped me** get this done efficiently and quickly."

"Writing notes and a script for this project contributed to my success because it **helped me to be more organized** and up to date with deadlines."

"This project has **made me more self aware** of actions contributing to a healthy life."

"This project will **open me up in the future** to always look for ways to build a healthy lifestyle, and **motivate my peers and family** to do the same."

"If I did this project again, I **would change how I read my script** because sometimes I would not make eye contact with the audience so **I will practice** doing that by doing presentations in front of my family and friends to improve that."

Driving Question:

How can "Blue Zones" impact our longevity and quality of life?

