Welcome to the...BLUE ZONES!!!!

Hey all you 6th graders! So you just learned about the Wellness Wheel and the four main areas of our health: Physical, Social, Emotional and Mental. You also learned that you are at your best when these four areas are at healthy balance. But sometimes knowing actually HOW to maintain balance in these four areas can be tricky!

This is where you come in. We need your help. I know you just saw the slideshow and pictures of people living in BLUE ZONES. It’s crazy! People can’t stop talking about these places and we heard people who live in Blue Zones are special for some reason but we have yet to find out why. For some reason, I think the information we learn about blue zones could help us in some way. So let’s find out more about these BLUE ZONES!!!!

Please answer the questions below thoroughly and have fun learning!!!

1. What is so special about these Blue Zones?

1. Where are the known Blue Zones in our World right now?
2. Research one blue zone that you are most interested in.

City, Country \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What about this Blue Zone makes it special? List 5-6 ways this place is a considered a blue zone.

What other useful information did you learn?

4. How do you think this information about blue zones can help you and others that you know?

6. Do you think we can make our Middle School a BLUE ZONE? How so? Be SPECFIC!

5. Do you have any relatives who are 80 years old or older? IF so, how old are they and where do they live?

Cool links about Blue Zones. Copy and paste them here!!!!