

A Blue Zones School:  
Empowering Students to Explore, Question and Act

By Educational Development Services

The Blue Zones Project came out of National Geographic's eight-year exploration of communities around the globe where people are living long lives happily. A team of individuals, including medical researchers, anthropologists, demographers, and epidemiologists found nine common characteristics that help identify a way towards extra years of life, regardless of geographic location. These shared lifestyle behaviors are known as the "Power 9", focusing on helping individuals, among other things, connect with others and discover a purpose in life.

Many components of the Power 9 begin in childhood. Classrooms and schools can adopt the initiatives of the Blue Zones Project to improve school climate, as well as the emotional and physical health of our youth. The focus of a Blue Zones School is to "empower students to explore, question and act". This workshop will explore the components of a Blue Zones Classroom or School, which include:

- Mindfulness skills;
- Purpose workshops for students;
- Interdisciplinary projects;
- Youth leadership groups;
- Strategies to reduce screen time;
- Methods to develop peer connections and social circles.