

BLUE ZONE PROJECT

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We made this presentation to show some ideas of how we think we can make our zones into blue zones.

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4. Presentation editing(Celia Ferrís)

Family Plan

By: Carlos Cubino

Family Plan

Eating healthier food and more fresh products ,like fruit and fish two or three times a week. Don't eat too much pre-cooked food such as pizza, nuggets, fish stiks.

Family Plan

Do more exercise around the town and move more naturally without using the car.

You could go for a walk or go to a park to run and move, more or less two times a week with your parents and sisters or brothers.

Family Plan

Have chilling time to relax and disconnect from school and work.
Watching a tv show or play board games together for 30 minutes every day.

Family Plan

Always stay doing something ,don't be laying in the sofa without being doing nothing.

You could make up your bed ,clean up your bedroom, cook something .

Family Plan

Visit grandparents and have lunch with them while talking about life will make them happy and give them company.

If you can, go to see them ones a week.



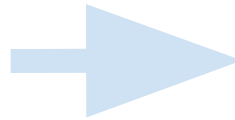
SCHOOL PLAN

MARINA GIL



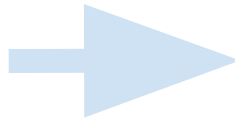
NO EXAMS TO REDUCE STRESS

Replace exams with other evaluation tests or activities like creative activities, cooperative projects, practical workshops... to reduce students stress



SELL HEALTHY FOOD IN THE CANTEEN

The canteen could sell healthy snacks like fruit snacks, banana chips... and eliminate others such as sweets, cookies, pizza...



TEACH HOW TO FACE ANXIETY ATTACKS

Have 2 or 1 class a week of tutoria to face anxiety attacks because some students are anxious about school work.



MARINA GIL

ORGANIZE SPORT LEAGUES IN FREE HOURS

During the break or after classes, sport games, matches and leagues such as basketball, soccer and volleyball will be held in the school



COLLABORATE WITH SOLIDARY ORGANIZATIONS

Our commitment in the school with organizations such as ACNUR or Cruz Roja to help them once a month with the collection of donations or other solidary activities.



TOWN PLAN



By:Alejandro Hernández

TOWN PLAN

Reduce pollution to have a clean environment.

We can reduce pollution by limiting the number of cars on the road or make a better use of factories so the air in the city would be cleaner and we can prevent respiratory diseases and have a cleaner city.



TOWN PLAN

No annoying noises in the town to prevent noise pollution.

Noise pollution can stress people and animals so we can prevent that by avoiding using vehicles horn, playing loud music and other city sounds such as an factories,alarms,sirens...



TOWN PLAN

Having green areas with vegetation and nature

All cities need to have green areas, parks or fields with vegetation and nature so people could go and relax and also to clean the environment and have less pollution.



TOWN PLAN

The city should have good emergency services.

Each city should have police, firefighters and medical services which work correctly the 24 hours of the day, so in case of emergency they could help.



TOWN PLAN

Cleaning public services everyday to prevent diseases.

Every city have its public services, areas and places which need to be clean so we can prevent diseases and feel comfortable at there.

