



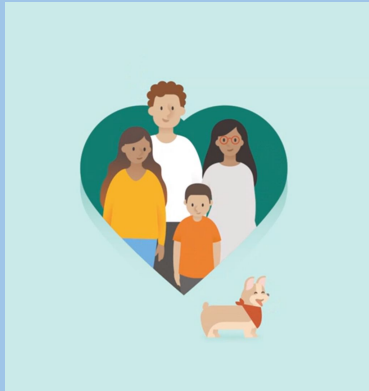
# ***BLUE ZONES***

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***Family plan***

# *Have a game night once a week* Natalia

Gather with your family one night a week and have a great time together, which also helps you to forget your worries. Friday would be a good day to do this activity as a way to rest and have fun after a hard week. Some examples of fun games are: Trivial Pursuit, Monopoly, Pictionary, Hedbanz, Twister, Clue, Guess who? ...



# *Prepare a healthy diet* Irene

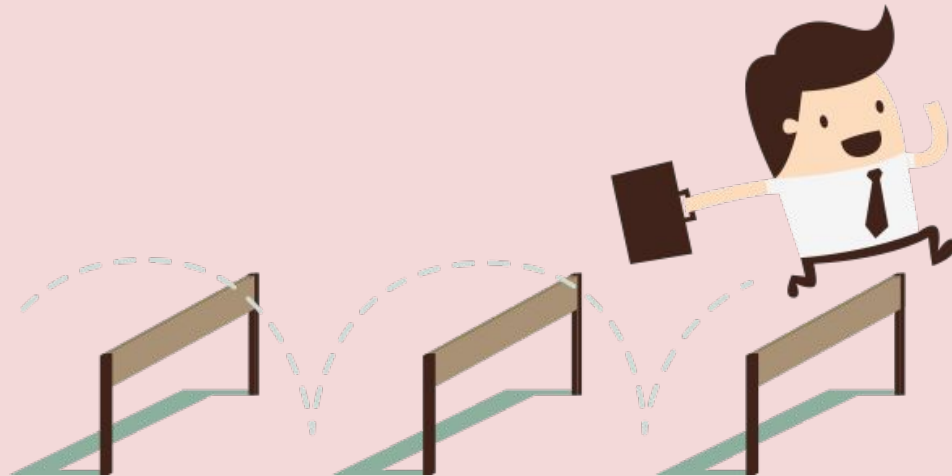
Is important to have a healthy diet to feel better with ourselves and to be healthier



# *Have an everyday purpose of why doing things*

Alicia

Live your everyday life with a purpose, try to be motivated by even the smallest things in life. This is very important for mental health, if you have a motivation, everything you do, you will do it happier, you will be more optimistic, and things will be better.



# ***Resting together can be a great time and will make you feel better***

Having times to chill out with your small circle can improve in several ways knowing about each other more and also speaking with people who have lived more can expand your knowledge. Relaxing activities are a nice thing to do while you interact so it goes linked to a good vibe.



***Anabel***





# *School plan*



# *Have a wider variety of sports in physical education* Natalia

Allow students once a month to choose the sport they like the most, this would motivate them. This would consist on giving several options, ex: basketball, badminton, volleyball, football and dancing... The students should choose between the options given. They would form groups among themselves with people who agree on their preferences.



# ***Change the teaching and assessment method***

Change the study method, exams that you have to learn things by hard really stress students, so if we change it the students see studying as something fun, and they can develop their creativity. Work by projects, so you will get two things, students learn the theme of the subject and they will develop their creativity.



Alicia

# *Down shift* Irene

Have a moment of relax to take care of our mental health and to afront the problems or difficulties in a better way.



# *A mind without overstress weights less*

Giving some lessons about planning and organisation skills so students organize themselves, help each other and don't overstress. Personally I would offer it as an elective subject or implementing it as compulsory in the tutorships that we are supposed to have once a week.



## ***Walking route***

Doing a walking route consists of everyone who normally go in the normal rout can go together to accompany the other to their houses always accompanied by an adult, it could be a teacher or someone hired specifically for this.





# *Town plan*

# *Practise sports in nature*

Alicia

Try to do every sport you can in nature, you will obtain the benefits of practising that sport and the benefits of being in contact with nature, also, gyms can create a program in where they teach some classes in the countryside.





# ***Create a wall purpose on the town hall*** Natalia

It does not necessarily need to be located at the town hall, perhaps there could be a wall every x streets. The idea is to create moral support for the inhabitants of (in our case) Boadilla, through a way in which they can express themselves freely. Offering them a place where they can reflect their purposes, feelings, thoughts... Only good comments allowed ;)



# *Use electric cars and buses*

Using electrical cars and buses can improve our health because we will contaminate less and we will take care of the environment.



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# *Checking your shopping list can give you a lift*

If each town hall offered a discount of the rents if supermarkets having healthier products, civils who buy in local stores would have healthier options to include in their diet. Maby economically isn't better but also the supermarkets or the town's management can give the population some positive points and, then turning this points into advantages among the town



# Volunteering

Organising groups of volunteering can be a great idea, the volunteers can have same time with the elders so they won't feel alone, help people with any type of disability or just cleaning the town such as collecting rubbish.



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