**Activity: At each table in the library, we will have some discussion questions from the documentary. Students will have 5 minutes at each table to discuss a couple of the questions that are cut up on strips of paper and put at the table. Once the timer sounds, students break up their group and go to a new table with new questions.**

1. Defining "Blue Zones": After watching the first episode, how would you define a "Blue Zone"? What key characteristics make these areas stand out in terms of health and longevity?

2. Dietary Habits: What are some of the common dietary patterns observed in the Blue Zones? How do these diets differ from typical Western diets, and what lessons can we take from them?

3. Role of Physical Activity: How does the concept of physical activity in the Blue Zones differ from conventional exercise routines in other parts of the world? Discuss the importance of natural movement in daily life.

4. Community and Social Connections: The documentary highlights the role of community and social engagement in the Blue Zones. Why do you think these social aspects are so crucial for health and longevity?

5. Stress Management: What are some of the ways people in the Blue Zones manage stress? How can we apply these methods to our own lives to improve our health and well-being?

6. Purpose in Life: The idea of having a purpose or a reason to wake up in the morning is emphasized in the Blue Zones. How does having a sense of purpose contribute to longevity, and how can we cultivate this in our own lives?

7. Healthcare Practices: Discuss the healthcare practices in the Blue Zones. How do they compare with modern Western medical practices, and what can we learn from their approach to health and wellness?

8. Environmental Factors: To what extent do you think the environment (like climate, pollution levels, etc.) plays a role in the health and longevity of people living in the Blue Zones?

9. Adapting Blue Zone Principles: Considering the differences in culture, economy, and environment, how feasible is it to adapt Blue Zone principles in other parts of the world, particularly in urban settings?

10. Critiques and Limitations: What are some potential critiques or limitations of the Blue Zone concept? Are there any aspects of the Blue Zone lifestyle that might be challenging or unrealistic to implement in other societies?

11. Lifestyle Comparison: How do the lifestyles in the Blue Zones compare with your current lifestyle? What are the most striking differences?

12. Cultural Influences: In what ways do you think culture and tradition influence the health practices observed in the Blue Zones?

13. Adaptation Challenges: What challenges might individuals face when trying to adopt Blue Zone practices in different parts of the world, particularly in urban or industrialized areas?

14. Longevity vs. Quality of Life: How does the documentary address the balance between living longer and maintaining a high quality of life? Do you think one is more emphasized than the other?

15. Community Impact: How important do you think the role of community and social support is in achieving longevity, as seen in the Blue Zones?

16. Healthcare Systems: What can healthcare systems worldwide learn from the approaches to health and wellness observed in the Blue Zones?

17. Dietary Insights: Based on the dietary habits shown in the Blue Zones, what changes, if any, would you consider making to your own diet?

18. Mental Health: The documentary focuses a lot on physical health, but what insights does it offer about mental health and wellbeing in the Blue Zones?

19. Sustainability and Environment: How do environmental factors and sustainability practices contribute to the health and longevity of people in the Blue Zones?

20. Personal Reflection: Which aspect of the Blue Zone lifestyle resonates most with you, and how might you envision incorporating it into your own life?