

Legacy Project

*Upper Elementary
Middle School*

Lesson 1 Task Definition

Estimated Time:

Prep: 15 minutes
Instructional Time: 45 minutes

Learning Goals

- Teacher will introduce Legacy Project to students.
- Student will identify and create a definition of a "Super Senior."
- Students will evaluate their current life style (health, diet, exercise).

Procedure:

This lesson is an introduction to the study and to the concept of a "Super Senior." Students will also evaluate their own lifestyles.

1. Teacher will explain study and project to students.
2. Gather the students in small groups. Have them discuss what they think it means to be a "Super Senior" and the characteristics of a highly functioning person.
3. Groups will share their ideas with whole class and teacher will present "Super Senior" definitions from Legacy Project printout. Pass out the "Who Might Be a Super Senior" handout.
4. Ask students to individually evaluate their own current lifestyle by completing the "Current Lifestyle" form.

Needed Materials

- ☑ printouts of the "Who Might Be a Super Senior?" handout found at www.bluezones.com
- ☑ printouts of "Current Lifestyle" worksheet, found at www.bluezones.com

Big6 Stage 1: Task Definition

The first part in the information problem-solving process involves recognizing that an information need exists, defining the problem, and identifying the types and amounts of information needed.

1.1	Define the information problem
1.2	Identify information needed in order to complete the task (What's the task? What types of information do I need?)