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Big Picture Living

TEACHER/ADVISOR GUIDE



GET INVOLVED

To add your advisory/teacher resources for other schools to use and to showcase student projects, please contact Isary Vargas-Guerra at isary@bigpicturelearning.org.

Introduction

The **Big Picture Living Teacher/Advisor Guide** is intended for advisors and teachers to use with their advisory, for learning plan meetings, Who Am I projects, student-driven real-world projects, and at student exhibitions. This guide incorporates the great work students from all over the world have done in around the **American College of Lifestyle Medicine's** healthy lifestyle **6 Measures** to other students, schools, their families, and communities.

In the **Big Picture Living Teacher/Advisor Guide**, you will find resources pulled from the **Big Picture Living Website** (www.BPLiving.org).

These resources are organized by topics and suggestions to get you started. Additional resources are found on the **Big Picture Living Website**.

On the **Big Picture Living Website** you will also find a student project showcase. This showcase features projects - from posters to videos - around the **6 Measures**. We encourage you to connect with Isary to add student work to the website.

ACTIVITIES FOR ADVISORY

Resources

Big Picture Living Website features a page for **Advisory Resources**, including recommended books, materials from ACLM, student projects, and podcasts.

Internships

Students can arrange and manage internships through **ImBlaze** (scan the QR code for more information).



Who Am I? Projects

Using the **6 Measures** as a framework for their **Who Am I? Project**, students identify their own health and preexisting conditions, family health and community health. *Sample outline available on the Big Picture Living Website under Advisory Resources.*

Exhibitions

During **Exhibitions**, students can share results from their **Who Am I? Projects** - sharing how they managed the **6 Measures**. Students holding an internship or completed project involving one of the measures are also encouraged to present.

From Instagram to YouTube, to podcasts to short videos, students use the power of **Social Media** to amplify the message of healthy living and to share their own work. Connect with Big Picture Living on the various platforms and use **#BPLiving** when sharing project. To become a Big Picture Living Social Media Ambassador, contact **Isary Vargas-Guerra** at isary@bigpicturelearning.org.

Social Media

Personal Learning Plans

As students develop their **Personal Learning Plans** the **6 Measures** can be used to define personal qualities. *A sample Personal Learning Plan can be found on the Big Picture Living Website under Advisory Resources.*

About the Big Picture Living

Big Picture Learning, in partnership with the **American College of Lifestyle Medicine (ACLM)**, and **FableVision Studios**, has embarked on a student-driven movement: **Big Picture Living**.

The **Big Picture Living** project, designed with **Big Picture Learning** students and advisors, is intentionally designed to spark transformational change in young people's lives and future potential - as well as their communities and the world - through healthy lifestyle choices.

Leveraging the **Big Picture Learning** vision that all students live lives of their own design, supported by caring advisors and mentors and pursuing whatever opportunities help them realize their greatest fulfillment, **Big Picture Living** has put this decision of transformative change in the hands of the student.

Big Picture Learning's mission is to support schools in providing student-directed, real-world learning to realize that vision. Following Big Picture's Personal Qualities Learning Goal, our schools address the whole person—mind, body, and heart—by promoting a healthy lifestyle as part of their personal development as members of their community, local and global.

Big Picture Living's approach consists of three components: The **Big Picture Living Website**, app (currently in development), and social media. By integrating all three elements, students will learn from and share with others through student spotlight, gauge their own personal health journey through the app, and discover the power of student voices by promoting work on social media.

VISIT THE SITE



6 MEASURES



About the 6 Measures

Lifestyle Medicine, as defined by The **American College of Lifestyle Medicine**, is an evidence-based approach to preventing, treating, and even reversing disease by replacing unhealthy behaviors with positive ones. They have identified six areas to improve health, these are the **6 Measures**.

Nourish (Nutrition): Food is Medicine. Choose predominantly whole, plant-based foods that are rich in fiber and nutrient dense. Vegetables, fruit, beans, lentils, whole grains, nuts and seeds.

Move (Exercise): Regular and consistent physical activity that can be maintained on a daily basis throughout life– walking, gardening, push-ups and lunges – is an essential piece of the optimal health equation.

Chill (Stress): Stress can lead to improved health and productivity–or it can lead to anxiety, depression, obesity, immune dysfunction and more. Helping students recognize negative stress responses, identify coping mechanisms and reduction techniques leads to improved wellbeing.

Recharge (Sleep): Lack of, or poor-quality sleep can lead to a strained immune system. Identify dietary, environmental and coping behaviors to improve sleep health.

Caution (Substance Abuse): The well-documented dangers of any addictive substance use can increase the risk for many cancers and heart disease. Positive behaviors that improve health include cessation of tobacco use and limiting the intake of alcohol.

Social (Relationships): Social connectedness is essential to emotional resiliency. Studies show that isolation is associated with increased mortality. Considering a person's home and community environment improves overall health.

CONVERSATION
STARTERS



STUDENT
SHOWCASE



WELLNESS
WEBINARS



3 Elements of the Big Picture Living

Big Picture Living Website (www.BPLiving.org)

Designed for students by **Big Picture Learning** students, The **Big Picture Living Website** is the virtual toolkit for the healthy lifestyles program. The site includes an introduction to the initiative and mission, key partners (**BPL/ACLM**) and stakeholders, and encourages visitors to learn more, and join the effort.

The site includes the following sections:

6 MEASURES: Working with **ACLM**, we've provided a quick snapshot of the **6 Measures** with resources to learn more.

ACLM Resources: Learn more about **ACLM**, download resources, and connect with a clinician.

CONVERSATION STARTERS: From interviews with doctors to podcasts around health, spark a conversation with your advisory with these conversation starters.

STUDENT SHOWCASE: **Big Picture Living** student work highlighted on this page recognizes the transformational impact, inspires others in their efforts - and proves to the world what is possible. *This page is constantly updated. To add a student project to the showcase please contact Isary Vargas-Guerra at isary@bigpicturelearning.org.*

BIG PICTURE LIVING WELLNESS WEBINARS: Students from across the country have been meeting monthly to share their work around the **6 Measures**. The archive of the student-led webinars can be found on the **Big Picture Living** site.

PODCAST



PODCASTS: From Providence to Mumbai, **Big Picture Learning** students have created their own podcasts. The episodes featured on the **Big Picture Living Website** are focused on the healthy lifestyles initiative. To add podcasts to the site, please contact **Isary Vargas-Guerra** at isary@bigpicturelearning.org.

BLOG



BLOG: The **Big Picture Living** blog features a monthly series from Dr. Marsha-Gail Davis, student-created blog posts around their work, and advisory spotlights. The blog is a great place to learn how a wellness program was launched in specific schools.

ADVISORY RESOURCES: The advisory resource section offers curated content for launching the **Big Picture Living** Program in your school, resources from **ACLM**, and project ideas to get started. There is also a section for advisors to easily share their content with others.

The Big Picture Living App

Big Picture Learning is in development of a mobile app for students. Working in conjunction with the **Big Picture Living Website**, the app will provide an easy way for students to:

- Self-assess and manage their own lifestyle choices, and to build individual and group work with their schools and communities using research-based information from trusted sources such as the **American College of Lifestyle Medicine**.
- Access and share resources from the **Big Picture Living Website** and social media platforms.
- Reflect on their own wellness journey and make informed choices along the way.



ADVISORY RESOURCES





TIPS FROM THE TEAM

Her advice to start your wellness journey would be to accept positive challenges to create positive change. Healthy living isn't always the easiest, there are many barriers along the way which is challenging but, once you overcome them the reward is priceless. Community is a key ingredient to overcome challenges or negative influences in adopting a healthy lifestyle.

- Rocio Rodriguez
Odyssey STEM Academy,
California

Big Picture Living Social Media

From hosting monthly contests around the **6 Measures**, to sharing resources found on the **Big Picture Living Website**, to highlighting student work - the **Big Picture Living** Program uses its social media platforms to ignite change.

Follow Big Picture Living on Social Media

Instagram: @bp_living

Facebook: @BPLiving

Twitter: @bp_living

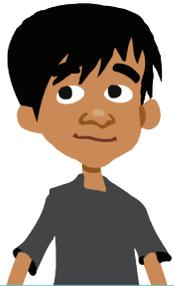
YouTube: Big Picture Learning

TikTok: @bp_living

Linkedin: Big Picture Living

SHARE YOUR PROJECTS ON SOCIAL MEDIA: Have an awesome project tied to one of the **6 Measures**? Share your work with us, remember to tag **Big Picture Living** on the appropriate platform and use the **#BPLiving** for us to reshare and promote.

GET INVOLVED: Students interested in joining the social media team can contact **Isary Vargas-Guerra** at isary@bigpicturelearning.org.



TIPS FROM THE TEAM

His advice for healthy living is to stay dedicated to what you're doing. You're not going to get instant results so even when you don't want to- stay dedicated.

- Zayd Lokhandwala,
NEXT School, Mumbai

Big Picture Living Skunk Works

Once a week, a committed group of **Big Picture Living** students from across the globe collaborate to share advice on healthy living and promote lifestyle changes within their school communities while cultivating resources on the website, social media and providing critical feedback for app development.

This group is open to all **Big Picture Living** students, to join contact **Isary Vargas-Guerra** at isary@bigpicturelearning.org.

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Resources



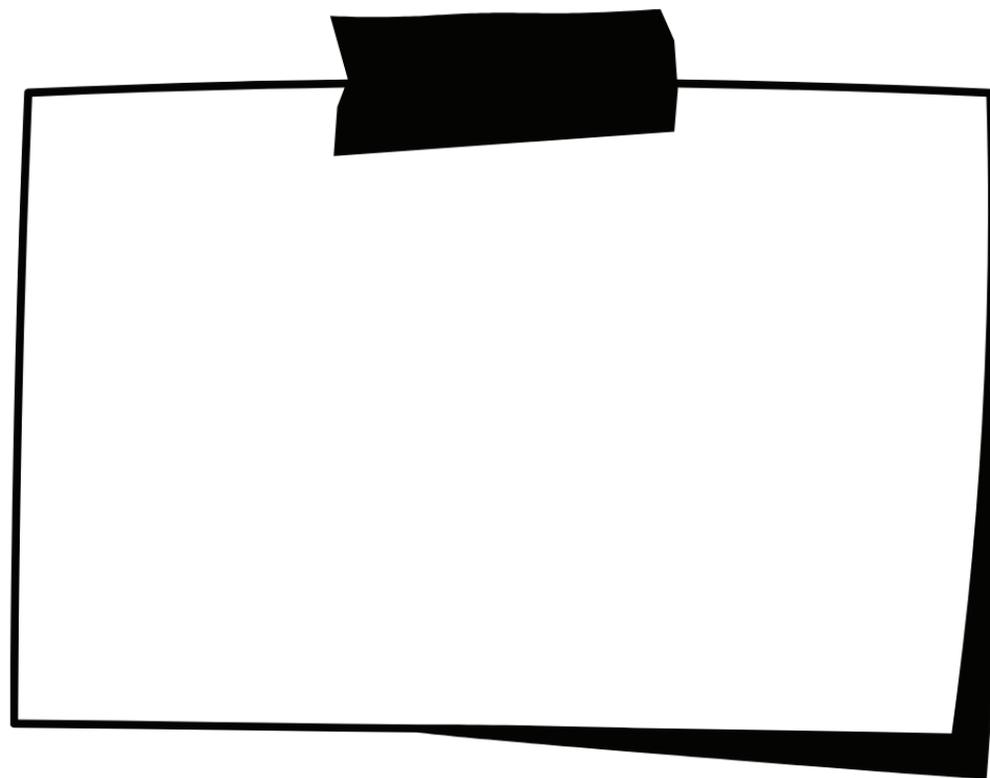
Engaging in
our health
is an act of

**resilience,
resistance
& restoration**



www.bpliving.org

This is the change
I can make in ME



to get us ALL to a
a powerful WE



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Big Picture Living: Who Am I? Project

There are three components to the Who Am I? Project:

WRITTEN COMPONENT / AUTOBIOGRAPHY

Write at least one page for each of the following:

CULTURE: What is your culture? Think about traditions, food, language, morals, views, entertainment, etc.

BIG PICTURE LIVING CONNECTION: Consider how your culture influences your lifestyle/health decisions.

FAMILY: Who is part of your family? Think about the different people in your family and how they have contributed to your growth. Who are you in your family? Think about your role. Is family important to you? Why? What does your family mean to you?

BIG PICTURE LIVING CONNECTION: How does your family influence your health and lifestyle decisions? Do you go on weekend hikes? Do you cook together? How do your family relationships influence your mental health?

CHANGES OVER TIME: Who were you? Who are you? What kind of person do you aspire to be? Think about the changes you have gone through. Think about your childhood: What kind of person were you then? What did you like to do? Were you quiet and shy? Were you active and outspoken? What did you enjoy as a child? Who are you now? Think about the person you are and the change that occurred from childhood to the present? And, think about your future? Where do you see yourself in ten years? What will your career be? What does your family look like in the future?

BIG PICTURE LIVING CONNECTION: Consider how you approach your health - physical, mental and emotional. How has it changed over the years? What do you need/want to change? What do you envision for the future? Can you visualize yourself in a career that involves health/wellness?

STRENGTHS: What are your strengths? What are you excellent at? Think about all of the positive compliments you have received. Ask teachers and adults who have known you for quite some time. Think about your accomplishments and how you came to achieve them. What do you think you are the best at and why?

BIG PICTURE LIVING CONNECTION: When considering your strengths, think about how the six measures come into play. What measures are you already doing? How can you build in the other areas?



THINGS TO CONSIDER:

- You must include an introduction and a conclusion.
- The questions in each section are not the only questions to answer. You must elaborate on each and make sure you express yourself clearly in writing
- Your 1st draft is a rough draft and must be edited by a peer.
- Your 2nd draft must be typed, double spaced, and 12 pt. font.

Big Picture Living: Who Am I? Project

GOALS: What do you want out of life? What do you want short term and long term? Think about where you see yourself in 1 year, 5 years, 10 years, 15 years from now. What are some goals that you have set for yourself? Think about education, work, and entertainment. It doesn't matter what others think; what matters is that you set the goal and try to reach it.

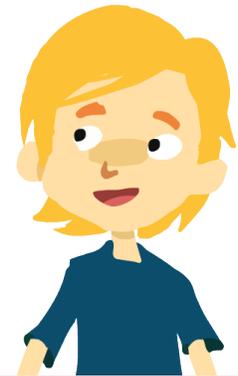
BIG PICTURE LIVING CONNECTION: Consider your future healthy self - where are you now and where do you want to be? What small steps can you take toward the health you want to have in the future? How will the health goals you set now affect your plans for the future?

VISUAL

Create a poster board, a piece of art, or some other physical object to help represent yourself.

Some ideas include:

- Art
- Poetry/music lyrics
- Video
- Photos
- Artifacts from your life: baseball mitt, Christmas stocking, medals, trophies, books you like, T-shirts, etc. that represent YOU!
- Dance



ORAL PRESENTATION

Give a 10 – 15 minute oral presentation. Call it a SPEECH if you want. During this presentation you can discuss the same content that you cover in your autobiography. This is where you tell us who you are.

You could include:

- Poetry
- Music
- Song lyrics
- Musical performance

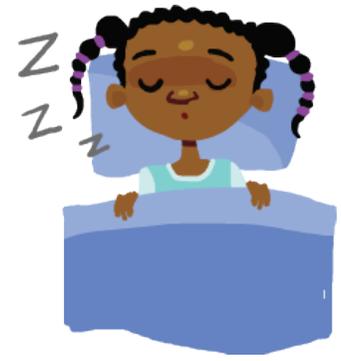
FOR YOUR CONSIDERATION:

You must have either an outline or note cards for your presentation. If you are wondering what an outline looks like, just look at how this "Who Am I?" guide was done.

AT THE END OF THE WHO AM I? PROJECT YOU WILL HAVE:

- An autobiography
- A visual that represents you
- A speech outline
- A **Learning Plan** that shows which **Learning Goals** you met.

Sleep Journal



There are many reasons why you aren't getting enough sleep. For the next week, try tracking your habits to help identify why you might not be getting the full 8 hours. Do you use an app to track your sleep? You can enter the details here or just keep track of it for a week.

DAY	M	T	W	Th	F	Sa	Su
How many caffeinated drinks did you consume?							
Did you nap today? If yes, what time?							
How many minutes of physical activity did you participate in today?							
Did you use any type of tech before bed?							
What time did you fall asleep?							
What time did you wake up?							

IN A NOTEBOOK, CONSIDER THE FOLLOWING:

- What is your sleeping environment?
- Do you have a pre-bed routine?
- How did you feel in the morning?



Exercise Journal

Part of living a healthy life is increasing movement. Try keeping track of your daily exercise for a week to see what physical activities you completed.

DAY	M	T	W	Th	F	Sa	Su	Total Time
Moderate Intensity Aerobic Activity								
Vigorous Intensity Aerobic Activity								
Muscle-Strengthening Activities								
Bone-Strengthening Activities								



HOW DID YOU DO?

Give yourself a pat on the back if you participate in at least 60 min of physical activity a day. If you aren't quite there that is OK!

Find an exercise buddy to help you along the way. Go on walks/runs together. Challenge a classmate/friend to a daily step challenge. Who will be the first to reach 5,000 steps?

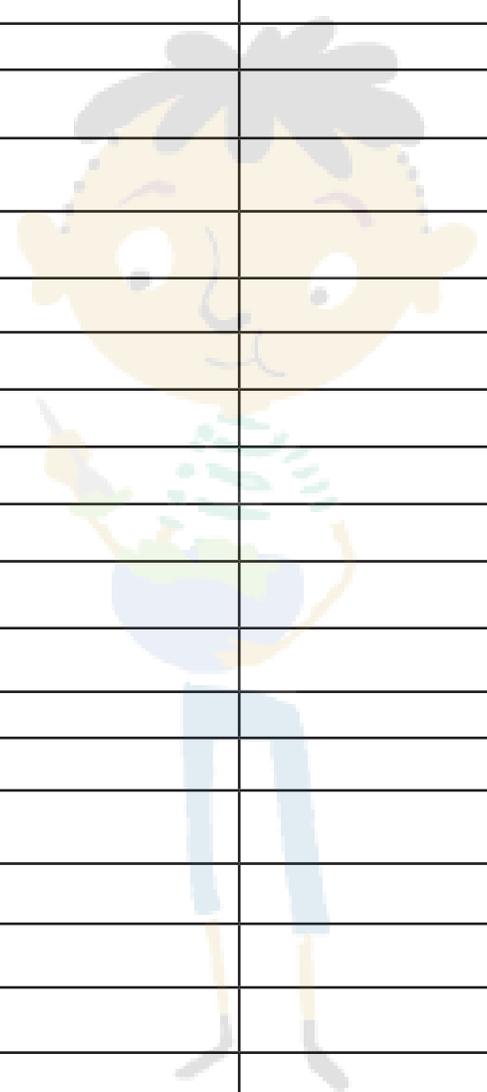
Remember it is important to be active every day for one hour, no matter the activity.



Nutrition Journal

Part of living a healthy life is maintaining proper nutrition. Food is fuel for your body and there are healthy and unhealthy types of fuel. This week, let's take a look at what you are eating and work to find a balance. Take a look at the list foods and check off when you eat these foods. **Another idea:** Keep a digital food journal, snapping a photo of every meal and reflecting on the meal.

Food	Daily	4-6 times a week	1-3 times a week	0 times a week
Vegetables				
Fruits				
Whole Grains				
Legumes				
Water				
Nuts				
Whole Grain Pasta				
Pasta				
Fish				
Dairy Products				
Beef				
Pork				
Chicken				
Pork				
Chips				
Sugar Sweetened Drinks				
Fast Food				
Fried Foods				
Candy				



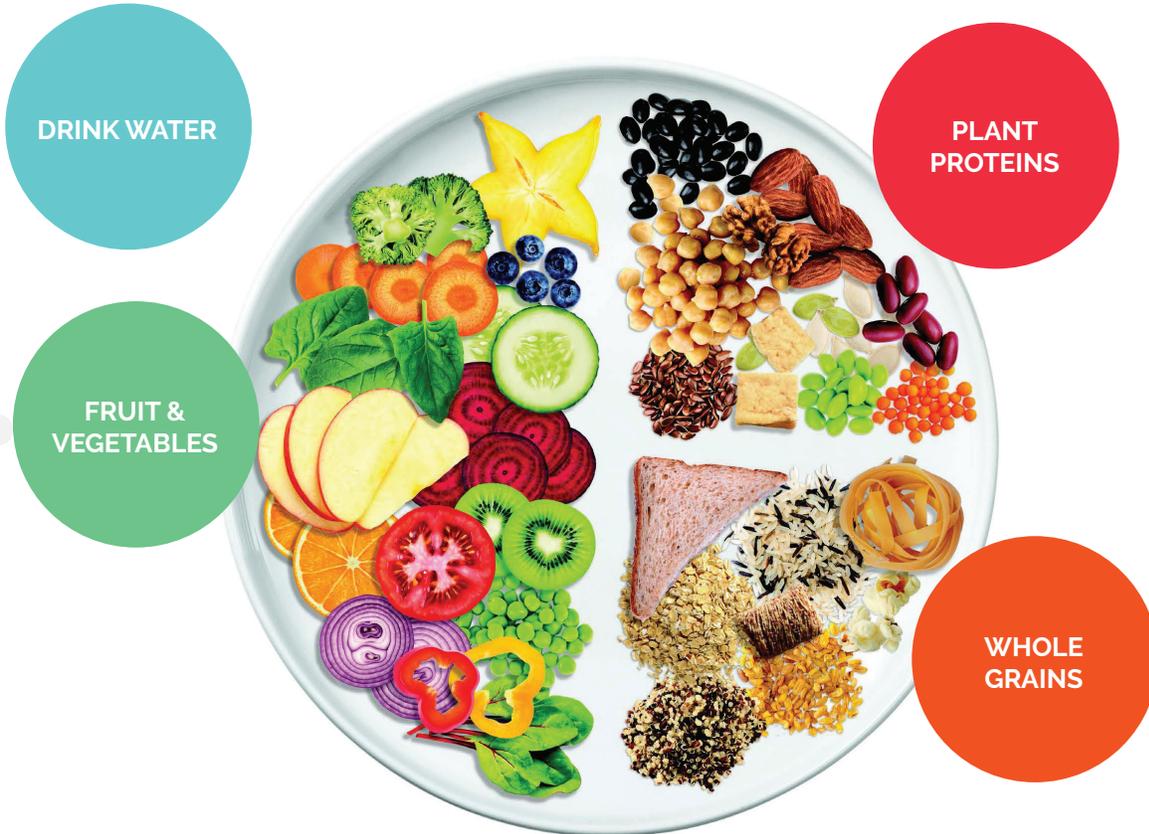
CONSIDER THIS

Look at your fuel consumption over the past week. What would you change? Now consider a type of diet you've tried or heard about. Describe the foods promoted in that diet and how it fits into a well-rounded lifestyle.



What's on your Plate?

The American College of Lifestyle Medicine recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.



Focus on whole fruits and vegetables and eat a rainbow of color.

Vegetables: Dark leafy greens (spinach, kale, arugula), broccoli, squash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery, cauliflower, cucumbers, white & sweet potatoes, green peas, cabbage, whole plant fats (avocados, olives)

Fruits: Apples, bananas, grapes, citrus fruit, berries, peaches, pears, pineapple, kiwi, plums, watermelon, starfruit, mangoes

Drink water for hydration.

Eat a variety of plant protein.

Legumes: Peas and beans, including kidney beans, pinto beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu.

Nuts and seeds: Almonds, pistachios, walnuts, pecans, nut butters, pumpkin/sunflower/chia/flax seeds, and more.

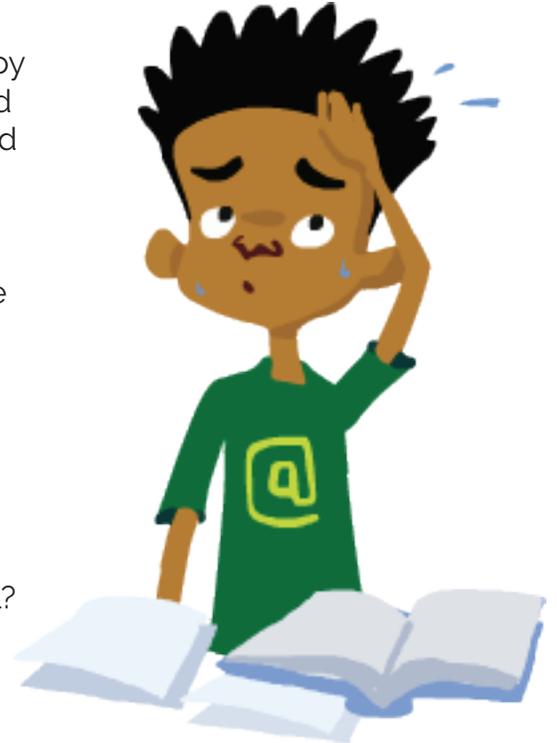
Choose whole grains.

Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, whole grain bread tortillas/cereals/flours, to name a few.

Mindful Music Exercise

Practicing mindfulness can decrease stress, help you focus, and feel better about yourself and your experiences. Mindfulness can be practiced in a number of ways, for this exercise we are going to use music.

- 1** Create a playlist of songs that cause a positive feeling of joy or peace. If you like, you can select a piece that is intended for mediation which are typically instrumental and are intended to help you relax.
- 2** Find a comfortable location - this could be your room or maybe go for a walk. Find a location where you don't have to be aware of your surroundings.
- 3** Play the first song and focus on your breath. Now notice your body. Are you sitting at home resting or out walking? Pay attention to the movement of your body and the tension you might feel. Breathe into that tension.
- 4** Refocus on the music. How does that song make you feel? What memories does the song evoke?
- 5** Does your song have words? Think about those words, maybe even say them quietly in your head. How do they make you feel? If your thoughts or attention wander, return to the music.



How did this activity make you feel, physically, mentally or emotionally?

Was it easy, challenging, or a bit of both?

Do you think you would want to continue practicing listening to music mindfully? Why or why not?

Letter of Thanks

As you work to build strong relationships and connections, remember to give thanks to those in your life. One study has shown writing and personally delivering a letter of gratitude to someone provides an immediate increase in happiness. Let's give it a try!

- 1** Think about someone who has done something for you, and you never properly thanked them.
- 2** In a quiet space, sit down and write a letter sharing how their friendship has helped you.
- 3** You can either hand deliver or mail the letter.



How did this activity make you feel, physically, mentally or emotionally?

Was it easy, challenging, or a bit of both?

Do you think you will do this again or encourage another person to try it? Why or why not?

What do you Value?

One way to avoid risky substances is to empower yourself to not use the substances. By identifying your core values you define what is important to you. These values will serve as guidelines for your actions. Take time to noodle through your values, and remember you can always modify.

ALL OF MY VALUES

MY TOP FIVE VALUES

HOW WILL YOU KEEP THESE VALUES AT THE CENTER OF YOUR DAILY LIFE?

