**Final Report of Living Lab Project**

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| Teacher | CHU NHAT DAI |
| Type  | **Extra-Curriculum Activities**  |
| School | Tan Trao High School |
| Grade | 12th |
| Number of Students  | 45 |
| Number of Groups  | 4 |
| Semester Starts on | September 6th  |
| Semester Ends on  | December 30th |
| Duration of Living Lab Project | September 6th ~ December 30th  |
| Title of the Living Lab Project  | Adopting healthy lifestyles |
| Project Summary  | **Project Summary****What is the Problem?** Nowadays, unhealthy habits such as poor diet, lack of physical activity, and excessive screen time have negatively impacted students' well-being. Many students in class 12C3 reported issues like irregular sleep patterns, high stress levels, and a sedentary lifestyle. This project aimed to raise awareness and encourage students to adopt healthier habits to improve their physical and mental health.**What are the Attempted Solutions?** To address this issue, students were encouraged to explore various aspects of a healthy lifestyle, including balanced nutrition, regular exercise, mindfulness practices, and time management. The solutions involved practical changes in daily routines, peer motivation, and self-monitoring techniques.**How was the Project Implemented? (Who did what and how?)** The project was divided into several phases:1. **Research Phase:** Students formed small groups and researched different topics related to healthy living, such as diet, exercise, sleep hygiene, and mental well-being.
2. **Action Phase:** Each student selected one or two unhealthy habits to change. They documented their progress over four weeks by keeping journals and using mobile apps to track habits like sleep duration and physical activity.
3. **Presentation Phase:** After the implementation period, students presented their findings through reports, posters, and videos, highlighting their improvements and challenges.
4. **Feedback and Reflection:** The class engaged in group discussions, sharing experiences and evaluating the effectiveness of their strategies.

**What are the Outcomes?*** **Improved Awareness:** Students became more conscious of their lifestyle choices and their impact on well-being.
* **Healthier Habits:** 80% of students reported positive changes, such as increased water intake, regular exercise, and improved sleep schedules.
* **Better Time Management:** Many students reduced unnecessary screen time and allocated more time for relaxation and study.
* **Enhanced Teamwork and Communication:** The project encouraged collaboration and peer motivation, fostering a supportive learning environment.
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| Implications  | **Implications****Is this project helpful for your students somehow?** Yes, the project significantly benefited students by providing practical knowledge and motivation to adopt healthier habits. Many students reported feeling more energetic, focused, and less stressed. The hands-on approach also made them more engaged in learning about health.**Is there any limitation or downside of this project?*** **External Influences:** Some students struggled to maintain changes due to family habits or academic pressure.
* **Self-reporting Bias:** Some data might be inaccurate as students self-reported their progress.

**Do you have any suggestions for improvement?*** Involve parents and teachers to create a more supportive environment.
* Use objective tracking methods, such as fitness trackers, to improve data accuracy.

Overall, the project successfully encouraged students to make healthier choices and demonstrated the importance of maintaining a balanced lifestyle. Future iterations could refine the methodology to enhance effectiveness and sustainability. |