

Program Name: Eat Right Feet Fly, Why? For Life!

Artist: Susansylvia Scott

Special Requirements:

Requires a space large enough for the class to sit in a circle and room to move.

Special Points of Interest:

Susansylvia Scott's healthy lifestyle includes running, weight lifting and hiking.. She eats all natural, prepared from scratch food and knows what a healthy body can do for you.

Workshop Description

Shape up the body and everything goes better! This participatory and imaginative workshop applies the science of the food pyramid, circulatory system, respiratory system and the way the body works to teach students about making healthy food and exercise choices.

Guided by master teaching artist Susansylvia Scott, students will learn how to use simple approaches to eating well and exercising to make big

gains in having a healthy body for life! Skills are taught in a unique and imaginative “learn by doing” style. Students will complete the workshop by acting out their new lifestyle in a participatory story.



Educational Objectives & Standards

Students will:

- use imaginative picturing as we explore together the world of characters, people, animals and nature.
- Learn about food and exercise choices that they can make to live healthier lives.

Standards Addressed:

- Can talk about characters and their actions in stories
- Engages in active listening
- Uses movement as a means to communicate a feeling, idea or story.

Artist Bio: Susansylvia Scott



Master Teaching Artist
Susansylvia Scott is a creative and innovative storyteller. She holds a Master of Arts in Theater from the University of Missouri, Kansas City. Two of her mentors are Vincent Dowling, of the Abbey Theater in Dublin, Ireland and John Houseman, a teacher at the Julliard School of Drama and featured in the *Paper Chase*.

Based on her experiences on

the stage and screen, Susansylvia specializes in unique and creative audience participation. She is also a successful private tutor for children with dyslexia and learning challenges.

Susansylvia's workshops, residencies, and master classes for teachers and students emphasize reading comprehension and creative writing. She is the Lighton Prize winner for Teaching Excellence .

List of Resources:

Online Resources:

<https://www.choosemyplate.gov/> - Resources on dietary guidelines and healthy lifestyles for parents, teachers and kids.

<http://classroom.kidshealth.org/> - Free health-related lesson plans for all grades and subject areas.

http://www.fns.usda.gov/multimedia/games/blastoff/blastoff_game.html

http://www.teamnutrition.usda.gov/resources/recipes_for_healthy_kids.html

<http://www.letsmove.gov/>

Contact KCYA for more information about this and other programs

816.531.4022
KCYA.org

Vocabulary

Exercise: Moving the body in fun and active ways.

Healthy Food Choices: Choosing a healthier version of a food instead of a poor quality version.

Hiking: Enjoying nature up close by walking and experiencing the woods or other nature settings.

Muscle development: How to build muscles, strengthening the skeleton

with active, moving exercise.

Aerobic exercise: Exercise that makes you breathe hard and begin to sweat.

Respiration: The action of breathing.

Circulation: Movement to and fro or around something, especially that of fluid in a closed system.

Post-Workshop Activities

1. Experience a tasting of healthy foods in the classroom. Assign students specific foods to bring for a Food Festival Day.
2. Talk about types of exercise that get the blood moving. Have each student demonstrate an exercise and then lead the group.
3. Give students a picture of a rainbow (without color). Ask them to draw inside the rainbow different fruits and vegetables with crayons, to create a rainbow

of foods that are good to eat every day. Students that can write may list the fruits and veggies.

4. Ask each student to create a character from another planet. Come up with names and favorite foods and exercises. Have them come to the front of the room for an interview about what they have learned on Earth. For example, "how do you stay healthy?" or "what is your favorite exercise?"