

Program Name: Giddy-Up and Get Healthy

Artist: Dino O'Dell

### Special Requirements:

Open performance space, stage or gym floor preferred; electrical outlet nearby; area cleared 1 hour prior to performance; 30 minutes needed for tear down

### Special Points of Interest:

Before “becoming” Dino O’Dell, Kevin Dolan was a preschool music and language arts teacher

### Performance Description

Join award-winning musician and master storyteller Dino O'Dell for a dose of healthy fun. Dino introduces us to a cowboy, a space alien and five singing carrots in a show that teaches nutrition, healthy play, the "crash" of eating junk food, and the importance of a good bedtime routine. Besides the sing-a-longs and tall-tales, this show engages through finger-plays, fill-in-the-blank lyric writing, counting songs and movement. As Cowboy Joe would say, "On your mark... get set... get healthy!"



### Educational Objectives & Standards

- 5-9 fruits and veggies / day
- ≤ 2 hours of screen time / day
- 12 ounces or less of sugar-sweetened beverages / day
- 60 minutes of moderate to vigorous physical activity / day
- Limiting “woah foods”
- Replace 2% milk with 1% or skim

#### Standards addressed:

- Music: introduces that music is a collaborative effort.
- Math: understands plus and minus and how they relate to one another.

## Artist Bio: Kevin Dolan

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Kevin has worked as a professional actor on stage and TV. As a musician he has worked professionally in reggae, punk, folk rock 'n' roll and Dixieland bands. His music groups have opened for Angelique Kidjo, the West African singer, and for Richard Thompson, the British singer/songwriter, among others. He has appeared in Seattle's Bumbershoot Festival, Kansas City's SpiritFest and

the Telluride Bluegrass Festival. He was a finalist in the Troubadour Song writing Competition and is a recipient of the Gold World Medal from the New York Festivals Association in Radio Programming. Kevin has taught music, drama, language arts and improvisation at preschools, elementary schools, theater, churches and libraries. Kevin appears solo, as Dino O'Dell, or with the band, The Veloci-Rappers.

### List of Resources:

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#### 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.

### Vocabulary

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**Healthy:** Being healthy means that you can play outside, you don't get sick, and you feel good.

**Physical Activity:** Moving your muscles a lot of different ways to stay healthy and strong.

**Go, Slow & Woah foods:** Go foods are foods we should have every day (vegetables and fruits). Slow foods are foods we should only have once in a while (fruit juice). Woah foods are foods we should almost never have (French fries).

**Nutrition:** The process of providing or obtaining the food necessary for health and growth.

**Recipe:** A set of instructions for preparing a particular dish, including a list of the ingredients required.

**Produce:** Things that have been grown and produced through farming, especially fruits and vegetables.

### Post-Performance Activities

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1. Let each student create their own alien from another planet. Have each one come up with a name, then ask them to come to the front and the teacher interviews them about what they have learned on our planet. Ex. "How do you stay healthy?" or "What is your favorite exercise?"
2. Have your students write letters to Zar the space alien about what foods they think he can use to power his ship. Zar enjoys hanging around his spaceship reading letters from Earthlings and he could use their help to get back home.

Contact KCYA for more information about this and other programs

816.531.4022  
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