

Program Name: Health and Happiness: A Wellness Program for Kids

Artist: Fax Gilbert

Special Points of Interest:

Health and Happiness gives an understanding of the mind / body relationship. Using non-verbal communication skills throughout the creation of characters and the communication of ideas

Performance Description

Hardly a day goes by without a news story about how children are becoming less healthy and happy. “Health and Happiness” will connect with your kids and lead them to a better understanding and practice of what it takes to stay healthy and happy by enlivening six areas: Rest, Exercise, Diet, Character, Attitude and Pride (REDCAP). This lively, interactive program will command your students’ attention through an assortment of dramatic characters, skits, magic illusions, and a trunk full of visual aids and props

that deliver strong messages on the value of healthy living that kids will understand and relate to.

Laugh as a fitness expert gets out muscled by your kids, a Jamaican singer who sings his love for fruit and vegetables, and a Chinese philosopher whose poetic expressions extol the value of rest. Learn as Fax directs your students in skits and demonstrations designed to

Educational Objectives & Standards

Students Will:

- Understand how our body creates health thru rest, exercise and diet
- See how the mind contributes to our health through strong character and a positive attitude
- Experience the artistic use of characters, illusions, props and skits to communicate ideas and information

and how its development can make us happier individuals

- See the value of responsibility, perseverance, and self-discipline

Life Skills:

- Metabolized by the body and between rest and activity. Illustrated with magic.

Science

Behavioral Studies:

- Be introduced to what character is

- Relationship between matter and energy in foods

Artist Bio: Fax Gilbert



Fax began performing with the National Mime Theater Co. in Boston following his graduation from Brandeis University. There he created an interactive program using his mime training as a base to include stand-up comedy, magic, masks, and puppetry to increase his ability to connect with any audience.

Fax has performed in more than 3,000 venues since 1990 in 42 states and seven foreign countries.

In 1999, Fax created character education programs for schools that utilize his performance skills to deliver messages on the value of a strong character. These programs have benefited over 500 elementary and secondary schools throughout the Midwest.

Fax is represented in the Artists in Education program of Iowa, Illinois, Missouri, and Nebraska.

List of Resources:

Books:

Raising Children With Character: Parents, Trust, and the Development of Personal Integrity
by Elizabeth MD Berger
Rowman & Littlefield Publishers; (December 1, 1999) ISBN: 0765702142

Children's Health, The Nation's Wealth
National Academies Press
- Free

Healthy Me: Fun Ways to Develop Good Health and Safety Habits
Michelle O'brien-Palmer
ISBN: 9781556523595

Contact KCYA for more information about this and other programs

816.531.4022
KCYA.org

Vocabulary

Vocabulary (REDCAP)

Rest: Crown jewel of health. At least 8 hours of sleep. Basis of activity - sleep, naps, quiet time.

Exercise: physical movement. Find something fun and do it everyday, longer than you watch TV. Heart and lungs.

Diet: What we eat and our health. Food pyramid and balanced approach.

Character: How we face problems effects our health

Attitude: Deep feelings that can affect health and happiness

Pride / Perseverance: Feeling good about ourselves while working to be better

Post-Performance Activities

1. Try communicating with a friend using only facial masks as you learned about during the performance. Can you convey an emotion or thought using only facial expressions? What is your friend thinking or feeling?
2. Ask your parents about a situation in their life in which they felt that someone wasn't being fair to them. How did they emotionally respond? How did they resolve the conflict? What are their recommendations for you to follow when someone isn't playing fair with you?
3. Be proactive in displaying care for someone in your family. Offer to set the table for dinner or watch over a younger sibling so that your parents can have a little "free-time" for themselves.
4. Volunteer to help in your neighborhood. Is there an elderly neighbor who needs some help with caring for their lawn? Organize an anti-litter campaign. Write a letter to the local paper asking others to be mindful of their neighbors and suggest ways in which we can all be good citizens.