

The Best Me

Educational Theatre Programs, a Community Benefit of Kaiser Permanente



Using the Power of Theatre to Inspire Healthy Eating and Active Living

What is *The Best Me*?

The Best Me is an innovative program that helps elementary school students and their families understand the benefits of making healthier life choices. The program centers around a 45-minute live performance which uses audience participation, comedy, drama, music, and dance to promote healthy eating and active living.

The Best Me is available in two formats: *The Best Me Assembly*, a 45 minute show, and *The Best Me Program*, a weeklong commitment. Schools are welcome to apply for either format. However, there is much greater availability for *The Best Me Assembly*.

The Best Me Assembly for Grades 1-5

The Best Me Assembly is a 45-minute performance about four friends in their last year of elementary school. Together, they learn the importance of playing hard for at least 60 minutes every day, limiting screen time to no more than 2 hours a day, eating at least 5 fruits and vegetables each day, and drinking water instead of soda and juice drinks. The friends find ways to make healthy choices to become the best they can be and showcase their discoveries in an end-of-the-year performance called *The Best Me*.

The Best Me Program for Grades 3-5

The Best Me Program is a weeklong commitment with the following components:

1. The Principal and Teacher Orientation, facilitated by a community health liaison, informs school staff about the nation's obesity epidemic and provides important program information. These orientations are held approximately two weeks prior to the Assembly.

2. The 45-minute Assembly features four friends as they learn the importance of making healthy choices. The friends find ways to become the best they can be, and showcase their discoveries in an end-of-the-year performance called *The Best Me*.



3. Workshops for each class are led by Kaiser Permanente's performer/educators in the days following the Assembly. During the hour-long session, students learn tools and strategies to make their own healthy eating and active living choices. Each student receives *The Best Me Activity Guide*, and is invited to make a *Best Me Promise*—one healthy change towards being their best.

4. Family Night is an evening of education and entertainment for the entire family. Families are invited to enjoy a free healthy meal, see the performance, and visit the resource table. Students celebrate their workshop completion by participating in a brief performance with the performer/educators.

5. The Educator Guide provides stand-alone supplemental activities as a follow-up to the workshop and to help reinforce program messages. The Guide supports California State Content Standards.

6. Additional Support and Partnerships can be developed to meet the needs of your community. For example, based on your school's wellness goals, you may elect to have physician presentations, health fairs, follow-up workshops, or activities involving your local agencies.



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What are the Educational Objectives?

The Best Me encourages and inspires students to make healthy changes.

Students will learn

- Ways to make healthier meal choices
- How to determine appropriate portion sizes
- The importance of being active and limiting screen time
- Why drinking water is better than soda or juice drinks
- How to create support systems to help maintain their *Best Me Promise*

Why is Kaiser Permanente Offering *The Best Me*?

Kaiser Permanente is the nation's leading health care organization. As an innovator in health care we strive to improve health by providing programs that engage communities to make total health a reality for everyone. Educational Theatre Programs uses the power of theatre to engage and inspire audiences to make healthier choices. *The Best Me* demonstrates Kaiser Permanente's commitment to healthy eating and active living.

How Does this Program Support Schools?

The Best Me and supplemental curriculum meet California State teaching standards. Many schools take advantage of *The Best Me* as a way to support their school wellness initiatives.

How Do I Get *The Best Me* at My School?

If you are interested in bringing *The Best Me* to your school, please contact Kaiser Permanente Educational Theatre Programs at (877) 353-2223, email BestMe-Booking@kp.org, or visit our website at kp.org/etp/ncal.

The Best Me

Program Information

- Target audience: grades 1-5
- Free of charge to schools
- Supports Wellness Policy and health initiatives

Performance Requirements

- A minimum 25'x25'x10' high performance area, on the floor
- An indoor space at ground level or served by a freight elevator
- A minimum of 2 hours for set-up prior to show, and 1 hour for break-down after the show
- Children seated on the floor in front of performance area

Educational Theatre Programs

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What Students, Teachers, and Parents Are Saying about *The Best Me*

"Until I saw your performance I used to sit in the house and eat junk food all day. Now, I go outside, do cartwheels, and front flips, and play jump rope."
- Student

"My students were really excited after the performance, ready to change one thing to become healthier. And it was the most entertaining assembly I've ever seen."
- Teacher

"This program is a wonderful way for families to change their eating habits and become healthier."
- Parent