

Program Name: Happy Healthy Circus

Artist: Nadine Civitello and Dennis Porter

Special Requirements:

Open space; teachers must be present at all times during performance.

Special Points of Interest:

Juggling has been around for at least 4,000 years. The first recorded evidence of juggling has been seen in ancient Egyptian hieroglyphics.

Performance Description

Happy Healthy Circus is a fun, interactive and educational presentation aimed at spreading the word that health and fitness can be fun and easy. Kids will learn how to focus on a healthy diet, put exercise into their daily life and how doing so can be fun and easy. Healthy Habits encourages kids and adults alike to get off the couch and stretch their minds and bodies in the Healthy Circus way.

This performance shows students a lifestyle by giving them new twists on old ideas to help them keep healthy habits throughout their life. The focus is on portion control and body movement. Students will be encouraged to learn from

themselves and one another. Throughout the performance students demonstrate their understanding of the objectives through games and call and response.



Educational Objectives & Standards

Students will:

- Learn how to incorporate exercise into their daily activities.
- Learn how to replace unhealthy foods with healthy foods that they already love.

Standards addressed:

- Understands that many skills can be practiced until they become automatic, and that if the right skills are practiced, performance may improve.
- Uses movement as a means to communicate a feeling or idea.

Artist Bio: Nadine Civitello and Dennis Porter



List of Resources:

Books:

Nutrition Almanac by
Lavon J. Dunne

Online Resources:

www.letsmove.gov

www.nflplay60fitnessprogram.com

www.eatright.org/kids

www.kidshealthy.org

Nadine Civitello has been performing since before she can remember. She has worked in dinner theaters, stage shows and in the improv arena. Nadine has been performing with local and state circuses as a juggler and acrobat. She is currently the emcee for MoonDrop Circus. She has been seen at the Kansas City Juggling Festival, KC Yoga Barn, Kansas City Renaissance Festival and girl scout meetings. She excels at teaching coordination and movement. She is also a life-long learner of nutrition and fitness, where she strives to continue to improve knowledge and education. Nadine has been working in Emergency Medicine for 9 years and is a paramedic with the KC Fire dept.

Dennis Porter is the main happy face of Happy Faces Entertainment, which he created in 2001. He has been honing his professional clowning techniques since 1999 and has a degree in theatre/business from William Jewell College. Dennis has worked on and off-stage for most of his life with community, educational, amusement park and professional theaters around the country. Dennis performs professionally as a clown, actor, magician, storyteller, balloon artist, improv comedian, instructor and emcee.

He takes his years of education and life skills to make each program fun. In a small group or large crowd, everyone seems to relate to his high-energy demonstration of enjoying life.

Vocabulary

Healthy - possessing or enjoying good health

Option –the power or right of choosing

Portion - the amount of food served for one person; serving; helping

Exercise - bodily or mental exertion, especially for the sake of training or improvement of health.

Moderation - the avoidance of extremes or excess

Alternative - affording the choice of two or more things

Habit - an acquired behavior pattern regularly followed until it becomes involuntary.

Post-Performance Activities

1. Have students stand in a circle. One student begins by making a movement (jump, etc.). The next student then repeats the movement. The movement travels around the circle until it gets back to where it started.
2. Put on some music and engage the students in a round of freeze dance, musical chairs, or other active games that get them up and moving.



Contact KCYA for more information about this and other programs

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