

# Metabolic Magic Mini-Interventions

## Fitness Theatrics

*(Suggested usage: After Case Study 3, Case Study 4)*

Goal: To have the students provide an educational and creatively fun to look at living a healthy lifestyle by creating music, poem, dance or one-act play.

### Planning and discussion questions:

- ❑ What kind of music, dance or a play would be appropriate for students?
- ❑ Students divide into groups to create one of the following; music, dance or a play
- ❑ Groups brainstorm ideas.
- ❑ Put ideas into a working form, music, chant, rhyme or song, dance or a one-act play.
- ❑ Students present ideas to the class.

### Guidelines:

- Utilize a chosen set of words that suggest a healthy lifestyle or related topic.
- Use stomps and/or handclaps to start creating a chant or a rhyme.
- Students put the words together to form a poem/nursery rhyme/story/song.
- Students create a melody with the words.
- Students might create a dance to accompany the rhythm of the melody.
- Students create a one-act play based on healthy eating.
- Students create a video reciting the poem, singing or dancing to the song or acting out the play.
- Teachers/facilitators coordinate with the music department at their schools to have students work closely with music students to help by playing instruments.

Example of a rhyme:

*Jump for joy, skip in the sun, Metabolic Magic is loads of fun! Eat lots of colors everyday Keep your body in a healthy way!*