

STUDY GUIDE

GRADES k-6

www.rickadam.info

THE PROGRAM Healthy Choices by Rick Adam

With a unique combination of songs, hand shadows, circus arts and audience participation, this up-lifting program teaches children how to build a foundation for healthy living.

Grades K-3 focuses on developing healthy choices around food, exercise, emotions and having fun. Grades 4-6 expand on how to make positive choices and create a balanced lifestyle.

FORMAT

The performance is made up of a series of original songs and skits written and performed by Rick Adam. Audiences learn how invention, intelligence and imagination can solve problems and stay healthy. An open forum is used. Audience members give input to address the issues of creating a healthy lifestyle, conflict resolution and self-esteem. Also by combining positive songs with catchy melodies, audiences walk away with *tunes as tools*.

PERFORMANCE FOCUS

- *Making Healthy Choices with Food, Exercise and Emotions
- *Conflict Resolution
- *Building Self-Esteem
- *Mapping Personal Goals
- *Positive Self-Imaging
- *Creating a Healthy Lifestyle.

PRE-SHOW CLASSROOM

DISCUSSION:

These are sample questions that will be asked during the show.

The questions selected will reflect audience age and sophistication as well as educational focus.

1. Name an example from your life when you succeeded at something that you first thought was impossible.
2. What is the difference between a mistake and a failure?

3. When in life is it a Healthy Choice to say "NO"?
4. When in life is it a Healthy Choice to say, "YES"?
5. What are some fun things you like to say YES to instead of smoking, drinking alcohol, or using drugs?
6. When does conflict or violent confrontation happen in your life?
7. What are some of the negative effects of fighting?
8. How many hours a day should we exercise to stay fit?

BALANCING YOUR DIET WITH THE HELP OF MY FOOD PYRAMID

My Food Pyramid is a food guide designed by the US Department of Agriculture. The pyramid displays the five food groups a child needs to stay healthy, nourished, and strong. Besides the different food groups are the corresponding recommended serving sizes per day depending on the child's age. Let's look at that in table form:

of servings(2-8 years old)

GRAINS.....3-5

OZ.

VEGETABLES.....1-1.5

CUPS

FRUITS.....1.5

CUPS

DAIRY.....2

CUPS

PROTEIN.....2-4

OZ.

of servings(9-18 years old)

GRAINS.....5-7

OZ.

VEGETABLES.....2.5-3

CUPS

FRUITS.....1.5-2

CUPS

DAIRY.....3

CUPS

PROTEIN.....5-6

OZ.

What is left out of the pyramid is fats

and sugary foods, processed meats,

junk food, desserts, or soda drinks.

This isn't to say you can never have

any of these. You can as long as it is

not part of your daily diet. In other

words: it's okay once in a while just

don't eat them every day.

TO SEE THE MY PRYAMID AND

GET A POSTER GO TO:
www.mypyramid.gov

HEALTH-EASE IS AS EASY AS 1-2-3!

1. One Hour of Exercise or Physical Play per Day.
2. No more than Two Hours of After School TV or Computer Time per Day.
3. Three Balanced Meals per Day.

POST-SHOW CLASSROOM ACTIVITIES

Choose activities that are most age-appropriate for your students.

1. Make a list of *Dreams Come True* that you would like to do, be or have.
2. Draw a picture or cut out pictures from magazines to make a Treasure Map of your *Dreams Come True* list.
3. Using an overhead projector or flashlight and a movie screen or sheet, make up a play or song about your goals and dreams and bring them to life as a shadow play, using your hands, paper cutouts and your imagination!
4. Ask the class what a Healthy Choice is. Ask them to give several examples.
5. Go around the room and ask why kids go along with things they know are unwise – like smoking. For example: “I went along because I didn’t want to be different”, “Everyone else is doing it”, etc. How could you have said “NO”?
6. George is in the fourth grade. His older friends on the school bus are daring him to smoke a cigarette. How should he handle the situation?
7. When conflict starts to arise, **STOP** – take a Power Breath, inhale slowly, count to 5, exhale slowly, calm down.
LOOK – size up the situation. If unsafe, call or go for help.
LISTEN – listen to the other side, talk slowly and softly.
If you need help, have an adult listen to both sides.
Create a WIN/WIN situation!
8. Think of a situation where someone called you a name or you called someone a name. Why did this happen?
How did each person feel? Could this situation have been avoided? Could it have been resolved peacefully so that everyone felt good?
9. Draw pictures of Rick Adam’s *One Man*

Band.

10. Make a list of some common things that you can use to make instruments, such as using a comb and waxed paper to make a kazoo, using a bucket as a drum, or using an Oatmeal box filled with some dry beans to make a rattle.

11. Create a marching kazoo band and have a parade!

HEALTHY CHOICES POWER CHORUSES

Have the entire class sing the choruses of the songs from “Healthy Choices”.

“FRIENDS”

*I am your friend and you are mine
It’s nice to get together and share some
time I am your friend and you are mine
Friends ‘til the end... ‘til the end of time.*

“LEARNING”

*I’m learning... I’m learning
Who I really am
I’m learning... I’m learning
I can because I think I can!*

“SAY YES”

*Say YES to life!
YES to happiness!
YES to good times with my friends!
Say YES to success!
YES to the very best!
YES to stories that happily end!
Say YES!
“YOUR BODY IS YOUR BUDDY!”
*Your body is your buddy and your buddy is
your friend.
A buddy is someone on whom you can
depend.
My buddy and me like to start our day
right.
We’re Healthy, we’re Happy, we’re
Dynamite!
Your body is your buddy and your buddy is
your friend!**

HEALTHY CHOICES SING-A-LONG CD

If you would like to order a **Healthy Choices Sing-A-Long CD** with 6 complete songs (the complete versions of the 4 songs listed above, plus “*Imagination Celebration*” and “*Paddy-Whack One Man Band*”),

Mail a check or money order to:

Rick Adam
61 Benson Rd.
Buckfield, ME 04220
The cost is \$16.00 per CD plus \$2.00
shipping and handling per tape.
Each CD has a word chart included.

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Allow three weeks for delivery.

INTERNET WEB-SITE SUPPORT:

1. US Dept. of Agriculture:
www.mypyramid.org
2. National Institute on Drug
Abuse: www.nida.nih.gov

or www.phoenixhouse.org

3. National Council on Alcohol and Drug
Use: www.ncadd.org/
3. E.D.A.P. Eating Disorders Awareness
& Prevention www.edap.org
4. Child Help USA - Child Abuse Hotline:
www.childhelpusa.org or
www.nrscrisisline.org

**Study Guide information compiled
by Robin Mello, PH.D and Rick
Adam**

Disclaimer

Healthy Choices is designed to provide some general substance awareness information. It is not meant to be used for diagnosis or treatment of a related condition. Drug/Alcohol abuse and eating disorders are serious issues. If left untreated they can be life threatening. If you have concerns about a substance related condition. Contact your doctor or a trained professional. The web links provided will help to put you in touch with support in your local area and more information on Drugs/Alcohol and eating disorders.