

in Jest

presents *High on Life*

ABOUT THE PRESENTER

Nels Cremean ("Kre-MEEN") of *In Jest, Inc.* has won the hearts of audiences throughout North America and abroad. Drawing from his diverse background in performing arts including training with instructors from Ringling Brothers and Cirque du Soleil, Nels presents several programs for schools and others that blend physical theater, variety arts, music, humor, and a theme.

ABOUT THE PROGRAM

This uplifting, laughter-filled performance encourages students to make healthy choices. Through variety arts, physical theater, and humor, it focuses on three main aspects of wellness: taking care of your *body*, exercising your *mind*, and building your *character*. It incorporates an age-appropriate message targeting substance abuse, reinforcing the central theme that you can get "high on life."

PROGRAM OBJECTIVES:

- To educate and uplift audiences through physical theater, variety arts, and purposeful humor
- To encourage students to make healthy choices that develop body, mind, and character

GRADE LEVEL: K-12

CURRICULUM CONNECTION:

This performance will enhance awareness and appreciation of physical theater, variety arts, and the issues addressed in the program. In addition, the activities in this guide provide many connections to New York State Learning Standards (see AFTER THE PROGRAM).

GETTING READY FOR THE PROGRAM:

- Arrange for a clean, well lit performance space with a high ceiling (12' if possible). Nels brings his own sound system, and requests access 30-45 minutes before and after the program. Also, good lighting is very important, so please focus and/or repair lights in advance if needed.
- Make announcements 2-3 days before the performance to generate interest (e.g. "On [day of week], we will have an assembly program with Nels from *In Jest*. The program will blend juggling, humor, and the theme *High On Life*.")
- Topics for exploration: physical theater, variety arts, humor, juggling, circus, vaudeville
- Questions for discussion: What are healthy choices that develop body, mind, and character? How is getting high on *life* different from getting high on *drugs*?
- Online resources: www.dare.com www.teenchallenge.com www.drugfreeamerica.org

AFTER THE PROGRAM:

- Check out www.injest.com/links to find info on the history of juggling and physical comedy, instructions for how to juggle, puzzles related to the program, and more.
Mathematics, Science, & Technology—Information Systems
English Language Arts—Language for Information and Understanding
- Discuss and/or write about the experience. How did it affect you? What did you learn?
The Arts—Responding to and Analyzing Works of Art
English Language Arts—Language for Information and Understanding
- Create an art project or poster that features juggling, humor, or the theme of the program.
The Arts—Creating, Performing, and Participating in the Arts
- Read stories, poems, or articles about juggling, humor, or a topic related to the program. Write your own story, poem, or report.
English Language Arts—Language for Information and Understanding
English Language Arts—Language for Literary Response and Expression
- Use the library or the internet to find out more about juggling, humor, or things mentioned in the program.
Mathematics, Science, & Technology—Information Systems
- Research the role of juggling in various cultures throughout history. (Try www.injest.com/links for starters.) Create a timeline or world map with descriptions or illustrations.
The Arts—Understanding the Cultural Contributions of the Arts
Social Studies—World History
- Research the history of circus, vaudeville, or other venues where variety artists have performed in the United States. If possible, interview variety artists from New York.
Social Studies—History of the United States and New York
- Investigate applications of juggling in the study of science, mathematics, and other fields. Search *Discover*, *Scientific American*, and other periodicals for articles on these topics.
Mathematics, Science, & Technology—Analysis, Inquiry, and Design
- Juggle! It's a fun and safe activity that develops patience, persistence, self-discipline, and more. Below are ways to benefit from juggling as an ongoing activity.
Physical Education—Personal Health and Fitness
The Arts—Creating, Performing, and Participating in the Arts
The Arts—Knowing and Using Arts Materials and Resources

Learn new skills. If you can juggle scarves or beanbags, try other things such as rings, clubs, devil sticks, diabolo, hats, cigar boxes, tops, yoyos, spinning plates, etc.

Get connected. Go to www.juggle.org to join the International Jugglers' Association and get JUGGLE magazine. Go to www.jugglingdb.com to find jugglers and events near you.

Share the joy. Teach others how to juggle. Join a juggling club or start one of your own. Put on shows or demonstrations for your friends, family, school, or community.