

# **in jest**

presents ***Possibilities***

## **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**

Based on the principle that every person has value and potential, *Possibilities* is a dynamic performance that addresses character issues such as attitude, excellence, respect, and responsibility. Nels engages and inspires audiences through physical theater that models a positive attitude, juggling that demonstrates giving your best, and humor that encourages students to make good choices.

### **PROGRAM OBJECTIVES:**

- To educate and uplift audiences through physical theater, variety arts, and purposeful humor
- To encourage students to have a positive attitude, strive for excellence, and make good choices

**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 *Possibilities*.")
- Topics for exploration: physical theater, variety arts, humor, juggling, circus, vaudeville, attitude, excellence, courage, respect, responsibility
- Online resources: [www.character.org](http://www.character.org) [www.charactercounts.org](http://www.charactercounts.org) [www.characterfirst.org](http://www.characterfirst.org)

## AFTER THE PROGRAM:

- Check out [www.injest.com/links](http://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](http://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](http://www.juggle.org) to join the International Jugglers' Association and get JUGGLE magazine. Go to [www.jugglingdb.com](http://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.