



The Kids on the Block Program on Combating Childhood Obesity and Overweight

Featuring: Zach Jones, Reverend Robinson, Jason Robinson and Brenda Dubrowski

"Our bodies need food and our bodies need to move. But we also need BALANCE. When I eat MORE than my body needs or when I am being LESS active than I should be, it can throw good health out of balance," Reverend Robinson explains to his son, Jason's friends. Reverend Robinson knows about struggling with weight issues. He is candid in sharing how that struggle began when he was a child and followed him into adulthood. When his doctor expressed concern about his health and weight, Jason's dad decided to make some changes in his lifestyle. At first, he felt overwhelmed trying to change all questionable habits at the same time. Despite this, he remained committed to becoming healthier by incorporating small, manageable changes.

Jason's friend, Zach, is inspired by Reverend Robinson's commitment to improved health. With the support of both Jason and Brenda, Zach is making small changes to help him "eat a little less and move a little more."

Developed in conjunction with Tennessee on the Move and the University of Tennessee Nutrition Institute, **The Kids on the Block Program on Combating Childhood Obesity and Overweight** focuses on the importance of understanding the relationship between food and physical movement and their effects on weight and health. The program strives to help prevent health problems through discussion of possible causes and effects of unhealthy lifestyles while encouraging children (and adults) to set realistic goals and achieve them through small changes. Other issues addressed include considering foods as fuel for the body, increasing daily physical movement by making more active choices for free time and promoting sensitivity, understanding and acceptance of differences in body types.

The complete curriculum consists of large hand-crafted puppets, four scripts, follow-up activities, and resources.



**CALL OR WRITE TODAY
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Script Summaries

Choosing a Healthier You

Zach is having trouble coming up with an idea for his “Healthier You” article. Jason suggests he talk to his father, Reverend Robinson who (at his doctor's urging) has been making changes in his own life to improve his health. Reverend Robinson shares how, despite challenges and setbacks, he remained committed to becoming healthier by incorporating one small change at a time. During his meeting with Reverend Robinson, Zach is inspired to try making some small changes to improve his own health. **(Jason, Zach, Reverend Robinson)**

Don't Just Sit There, Do Something!

Zach is spending the night at Brenda's house while his parents are attending their high school reunion. He comes prepared for a “couch potato” evening of movies and video games. Brenda has other plans and helps Zach understand there are many ways to be active which don't involve "traditional exercise." Brenda and Zach help the audience explore the fun of finding ways to keep active in one's free time. **(Brenda, Zach)**

What Are You Thinking?

Zach has been inspired by his talk with Reverend Robinson and has decided, along with Jason, to set some goals to move toward improved health. As the boys share their goals, it quickly becomes obvious that Jason has not heeded his father's advice to "keep it simple." Jason's lofty goals of winning marathons and permanently abstaining from sweets will surely lead to frustration and failure. Jason and Zach illicit the audience's help to make Jason's goals more manageable. **(Zach, Jason)**

A Course in Obstacles

Reverend Robinson is putting together an obstacle course for the community health fair. Several of the kids in the neighborhood have been collecting items for Reverend Robinson to use in his obstacle course. In turn, Zach and Brenda learn about common food and activity related obstacles which can be a hindrance to making healthier choices. **(Reverend Robinson, Brenda, Zach)**

NOTE: After each script, the children in the audience are given the opportunity to interact directly with the puppet characters while reviewing the information presented or asking their own questions.

The Kids on the Block, created in 1977, features life-sized puppets who, through the magic of live puppet theatre, teach children and adults about disabilities, medical and educational differences, and social concerns. Through the hard work and dedication of many community-based groups, **The Kids on the Block** puppets are able to touch the lives of people all over the world.