



AUSTIN

THE UNSTOPPABLE



IN NEW JERSEY
NEARLY ONE
OUT OF EVERY
THREE CHILDREN
BETWEEN THE
AGES OF TEN
AND SEVENTEEN
IS OVERWEIGHT
OR OBESE

THE STORY

Reigning “Master of X-Box,” and “Junk Food Junkie,” eleven-year-old Austin suddenly faces the long-term consequences of an unhealthy diet and lack of exercise when he learns his mother has been diagnosed with Type II Diabetes. This musical explores how one family confronts the challenges of an unhealthy lifestyle by making positive changes together. This fun, upbeat, musical comedy celebrates the power of friendship, family, hard work and support. Appropriate for Grades 4-8. Length: 65 minutes (includes performance and post-play discussion)

AUSTIN THE UNSTOPPABLE was commissioned by George Street Playhouse through the Victoria J. Mastrobuono New Work Development Program, Bristol-Myers Squibb and The Horizon Foundation for New Jersey.

THE THEMES

- Healthy Eating
- Exercise
- Label Reading
- Decision Making
- Competition
- Peer Pressure
- Family and Community

Austin the Unstoppable

A new musical comedy promoting healthy eating and exercise

Book and Lyrics by Barry Wyner

Music by Daniel Israel

Directed by Kevin Del Aguila

CURRICULUM TIES

The activities found here and in our full Student Activity Guide support many NJ Core Curriculum Content Standards for grades 4–8: Visual & Performing Arts, Language Arts Literacy, Comprehensive Health & PE, Career & Consumer Education, Mathematics, Science, Social Studies, and 21st Century Life & Careers.

GEORGE STREET PLAYHOUSE EDUCATIONAL TOURING THEATRE



George Street Playhouse is proud to commission and produce theatre for young audiences that explore the challenges they face every day. We believe theatre has the power to enrich a child’s life and for over twenty years, children throughout New Jersey have experienced plays on bullying, tolerance, conflict resolution, being the new kid, and how to develop empathy for others through GSP’s Educational Touring Theatre. Each show includes a post-play workshop, which investigates the themes of the production and provides an excellent starting point for classroom discussion to fulfill the New Jersey Core Curriculum Content Standards. Our educational programming annually reaches 40,000 students throughout New Jersey.

The mission of George Street Playhouse is to enrich people’s lives by producing world-class theatre. Founded in 1974, George Street Playhouse is one of New Jersey’s preeminent professional theatres committed to the production of new and established plays. With a staff of 50 artists, technicians and administrators, George Street Playhouse develops innovative theatre that encourages the growth of the theatrical art form, while reflecting and addressing the needs of our community. Through our mainstage series and education and outreach initiatives, the Playhouse reaches an ever-growing cross-section of the diverse New Jersey community, and contributes to the development of the American theatre repertory. Annually, the Playhouse serves an audience of approximately 140,000.



TODAY'S CHILDHOOD OBESITY RATES ARE PUTTING OUR CHILDREN ON COURSE TO BE THE FIRST GENERATION IN THE UNITED STATES TO LIVE SHORTER AND LESS HEALTHY LIVES THAN THEIR PARENTS.

What is Type 2 Diabetes?

Type 2 Diabetes – *n.* Type 2 diabetes is a chronic condition that affects the way your body metabolizes sugar (glucose), your body's main source of fuel. With type 2 diabetes, your body either resists the effects of insulin — a hormone that regulates the movement of sugar into your cells — or doesn't produce enough insulin to maintain a normal glucose level. Untreated, type 2 diabetes can be life-threatening.

WHAT TO KNOW BEFORE YOU GO TO THE THEATRE

1. What is a musical? What do you think the musical *Austin the Unstoppable* will be about?
2. Think about a time when you had a conflict with a friend? What happened? How did you resolve it?
3. Have you ever tried to change something in your life? What was it? What were the challenges?

AFTER THE SHOW: BE UNSTOPPABLE!

1. What does it mean to you to be unstoppable? List three things recommended in the musical that you can do to stay healthy.
2. Do you think you are what you eat? What does the song "Our Lives Are on These Shelves" convey about shopping for healthy food?
3. What parts of the production are most memorable to you and why?

CHALLENGE YOURSELF

Three times today do 10 push-ups, 10 sit-ups, and 10 jumping jacks. Do it again everyday for a week. The next week make it 15 of each, three times between breakfast and bedtime. Every other week add 5 more of each until you reach 25 of each three times each day. Maintain that daily for life. For more fun, work out with friends!

15

15 MINUTE ACTIVITY

On a piece of paper, write down a situation where a friend or family member has bad news that might change your relationship. Describe your relationship, the news, and why it is a possible problem. Place your paper in a hat. Working in pairs, pull a paper from the hat. Each of you plays a role in the situation you pulled. Role play how you would act as a character in this situation.

30

30 MINUTE ACTIVITY

For one whole day, keep a list of all the foods you eat. Using that list, and the ChooseMyPlate.gov food categories, sort the foods you ate into categories. In what category do most of your foods fall? Are there any foods that you eat that do not fit into a category? Do your food choices represent a variety of foods? Make a Plan: How can you improve your diet? Create a sample menu for tomorrow.

TALKING POINT: What do you need to know in order to make healthy choices?

60

60 MINUTE ACTIVITY

The lyrics to songs look like poems when typed out on the page. In *AUSTIN THE UNSTOPPABLE*, Barry Wyner wrote the words, and Daniel Israel wrote the music. In the song, "Fighting My Temptations," how does Wyner portray the things that tempt Austin and his family? How does the music reflect the meaning of the words? Write a poem about a food or activity you would be healthier without. Then, write a poem about a healthy food or activity you should include in your routine. Try setting the poems to music. What are the similarities between the poems? How does the music convey your feelings about each food?



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