



HealthWorks! Kids' Museum St. Louis
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1100 Macklind Ave. St. Louis, MO 63110

HealthWorks! Health Educator Led 30 Minute Programs

All held in our *Delta Dental Health Theatre!*

***Super Scrubbers™ (Grades PreK-K, 30 minutes)**

It's all about keeping clean at HealthWorks! Students explore choices they can make to keep themselves healthy with a special emphasis on hand hygiene and oral health. Students leave with a memorable experience as they scrub, brush, and dance to keep away germs and promote health! By program's end, all will have earned the honor of becoming a 'Super Scrubber'!

Food Group Frenzy™ (Grades Pre K-K, 30 minutes)

It's time to tuck into this delicious program about what types of food our bodies need and why. Preschoolers will learn all about the five food groups and the special things each type of food does for the body. Hungry for more? Next, we'll provide a simple explanation of the digestive process, with plenty of hands-on fun and opportunities to burn some of the wonderful energy brought to you by the very things we're focusing on!

***Bozo's Big Bowel Movement™ (Grades K-5, 20 minutes)**

Come join us on a journey through the digestive system. Students learn about each step of digestion as they compete in HealthWorks! spin on the classic carnival game "Bozo's Buckets". Bonus: A video journey through a real digestive tract to enthrall students as they learn how to keep a healthy body.

(Can be combined with Move It!)

***Move It!™ (Grades K-5, 30 minutes)**

It's time to Move It! Learning about the five food groups has never been so easy to digest. Participants will have a delectable experience as they shimmy and shake to the music and develop a palate for good nutrition and exercise.

***Also available as a Traveling Show! Give us a call today for pricing and other information on our assemblies!**

HealthWorks! Health Educator Led 60 Minute Programs

All held in our *Delta Dental Health Theatre!*

Mission Fit Possible™ (Grades K-2, 60 minutes)

Calling all fitness agents! A plague of lethargy has overtaken our city, and we need your help! Informants tell us that citizens are tired, hungry, lazy, and grumpy- their health and fitness must be restored! Your mission, should you choose to accept it: Report to HealthWorks! Central Intelligence to uncover clues, break the code, and restore our citizens' vitality. Let the chase begin! This message will self-destruct in 3...2...1...

ScrubbaDubbaVeggeThinkerCising!™ (Grades K-2, 60 minutes)

Who is Alex? An average student going through an average day; a day with many choices. That's where the students come in! Students help Alex make decisions such as what to eat for lunch, how much sleep he should get, and how to deal with conflict. Kids travel with Alex from the day's beginning to end, with many stops along the way. By the time they are finished, all who participated will be armed with lots of great practical information that they can apply to their own daily health decision making.

HealthWorks! Double Dare!™ (Grades 3-5, 60 minutes)

We double-dare you to sit still during this wild and rollicking look at the amazing human body! Students take a fast look at six different body systems* with facts that are backed up with fun and unforgettable physical challenge "interactivities". Students will have an opportunity to "come on down" and, if the wheel is on their side, the teachers and chaperones might too! (*bones, muscles, heart, kidney, digestion, lungs)

Be a Food Groupie™ (Grades 3-5, 60 minutes)

Stretch your mind (and not your stomach) by becoming a Food Groupie! Come hungry for competition – it's the only supersized part of this scrumptious program. Students will learn that not all foods are created equal as they weigh in on fun food facts and estimate serving sizes. It's heart-healthy fun for the whole (grain) class!

Survival of the Fittest™ (Grades 3-5, 60 minutes)

Is your tribe ready to find out if they have what it takes to survive HealthWorks! Island? Compete with other students to build immunity. We will examine five different body organs and learn to make healthy choices. Take the Survivor Challenge and discover the ultimate treasure—good health!

Anatomy Academy™ (Grades 4-8, 60 minutes)

Students will learn about the anatomy and physiology of their heart and lungs, listen to their own heart rate and respirations, and discover fascinating facts about their bodies as they get up close and personal with a real pig heart and lungs.

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