



The Best Me

A fun-filled 4-part web series, *The Best Me* follows Dani, Kayla, Max, and Tino in their last year of elementary school as they learn to be the best they can be while trying to save their school's big talent show from cancellation. With help from fantastical new friends, they navigate life in the new normal of social distancing and learn the importance of healthy eating, active living, using empathy, and working together.

The Best Me is offered **free of charge** to schools and communities throughout Northern California.

Educational Goals

Through the course of the virtual program, students learn to

- Play hard for at least 1 hour every day
- Balance total screen time with off screen time
- Drink water when thirsty, instead of soda or juice drinks
- Fill half of their plate with veggies and fruits
- Recognize and regulate emotions

Program Information

- 4 webisodes (7-14 minutes each) with our performer/educators over the course of 2 sessions (30-35 minutes each)
- 30-minute interactive, livestreamed workshops with our performer/educators
- Offered to groups of 200 or more
- Target audience: K to 3rd grades
- Priority to schools with higher percentage Free and Reduced Priced Meals (FRPM)



Technology Requirements

In Class

- Ability to project streaming video and sound from teacher's computer, with camera on to view students, and microphone muted

Remote Learning Preferred Option

- Laptop or desktop computer, Chromebook, or tablet with internet access, camera on, and microphone muted
- Ability to hear sound through device speakers

Remote Learning Alternate Option

- Smart phone with internet access and microphone muted
- Ability to hear sound through smart phone speakers

Eligibility and Booking

Our mission is to focus on the most vulnerable communities. We use several factors to determine eligibility, including the Free and Reduced Price Meals (FRPM) program.

If you would like to book *The Best Me* or have any questions about your school or community group's eligibility, please contact us at 1-877-353-2223 to speak with one of our staff or visit kp.org/et/ncal.

The Best Me

- The 4-webisode series uses, comedy, drama, music, and dance to inspire students to make healthy choices.
- The live, interactive workshop with the cast gives students the chance to play fun games, get their bodies moving, and explores more ways for them to make one small change so they can be their best.



Why Is Kaiser Permanente Offering This Program?

As one of the nation's oldest not-for-profit health care delivery systems, Kaiser Permanente has worked to improve the health of our communities for 75 years. During this time of social distancing, Educational Theatre offers remote and in-person school audiences innovative videos and livestreamed workshops to engage and inspire them to make healthy choices and build stronger, healthier communities.

Nearly 1 in 3 children is overweight or obese and at increased risk for developing diabetes, hypertension, and other chronic illnesses. We offer *The Best Me* to schools and communities to inspire youth and adults to make the healthy choices needed to reverse these trends and lead longer, healthier lives.

Contact Information

Northern California:
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