



Miss Lori's CAMPUS "AWESOME Health Tour" Breakdown

Property of Miss Lori's CAMPUS™

Synopsis:

The Miss Lori's CAMPUS "AWESOME Health" Tour acquaints children with the puzzle pieces that they need to achieve good everyday health; *Active Play*, *Healthy Food*, and *Peaceful Sleep*, adding up to *AWESOME Fun!* The "AWESOME Health" tour was created by National Children's Entertainer Miss Lori and is chock full of her infectious and informative award winning original songs. Known for creating songs filled with music to groove to and lyrics to grow on, Miss Lori's interactive theatrical performances fully engage audiences, helping them internalize lessons while having loads of fun.

Breakdown:

The musical is divided into 4 sections. The first section is the **Warm-Up** which includes three songs that will prepare children for activity by increasing their heart rate and stretching their muscles. The second section is the **Aerobic Activity** when children will explore more intense movement with two *Active Play* songs about dance and sports. The third section is the **Lesson** where children engage in songs about *Healthy Food* and *Peaceful Sleep*. Then all three puzzle pieces are added up and celebrated in the biggest production number of the show, *AWESOME 8!* The final section is the **Cool-Down**. In this section the lessons of the day are recapped in two songs that will bring the audiences' heart beat down while raising their spirits up.

Section 1: Warm-up

Miss Lori's Anthem 1:49

I've Got Two 3:20

Sky High 2:36

Section 3: Lesson

Go Green 2:57

Break Time 2:00

AWESOME 8 3:59

Section 2: Aerobic Activity

Swish 3:22

Show Me 3:53

Section 4: Cool Down

Smile 4:02

Goodbye 2:51

Cast:

The musical is performed by Miss Lori herself, (or one of her CAMPUS adult teachers), and two CAMPUS Kids, (or two younger adults representing CAMPUS Kids). The abbreviated version is done without breaks between the sections. The expanded format also includes a Narrator that will reinforce the lessons of the tour through stories and question/answer contests in between the sections. The expanded version can also be used to promote healthy products from event sponsors.

Production Requirements:

The Tour travels with a self contained backdrop banner, headset mics, minimal props, merchandise and promotional handouts. The tour can travel with a PA system for an additional fee, otherwise it requires a sound system with a CD player and 4 mic jacks, A table for merchandise sales and a play space of at least 10 x 10.