



San Francisco Opera's Charest's *THE TRIPLETS OF BELLEVILLE*

Curriculum Connections

California Content Standards
Kindergarten through Grade 12

HEALTH EDUCATION

The unifying ideas of health literacy are as follows:

- Acceptance of personal responsibility for lifelong health
- Respect for and promotion of the health of others
- An understanding of the process of growth and development
- Informed use of health-related information, products, and services

MENTAL & PHYSICAL HEALTH

Taking care of your body. Ex. What do performers have to do to prepare their body for performing?

Dealing with emotions, stress. Ex. Explore from the point of view of each character.

Family issues.

Gender roles & body image.

Conflict resolution. Ex. How do the characters resolve their problems with each other? How don't they?

Champion is a very sad child, hinted as because his parents aren't present in his life. Madame Souza does her best to cheer him up and get him motivated. What does she try? (piano, puppy) What is ultimately successful (biking)? Why might that be? (We see a picture of his parents with bicycles on Champion's bedroom wall)

What do Madame Souza efforts to instill motivation in Champion say about her? What would you do to help him?

How does Madame Souza act as Champion's coach/personal trainer? (She hits his grotesque legs with umbrella; she vacuums his legs; she beats his legs with egg beater; she massages his back with lawn mower; she uses cleaning brushes to scrub back.)

How does Champion entertain himself? Bruno? Madame Souza? The Triplets?

What skills does Champion practice? How does Champion change over the course of the film?

What are the health benefits of biking? What are the dangers?

Are characters impacted by body image issues in the opera? Who and how? Grandma has a club foot – what is that? Does it impact her mobility? How is it treated today in America?