



San Francisco Opera's Wagner's *DIE MEISTERSINGER VON NÜRNBERG* 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?

Gender roles & body image.

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

Family issues. Social pressures.

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

Examine the scenarios in the opera where people have choices; what kinds of decisions do they make and could they have been better?

How do the characters in the opera communicate with each other? Could they have improved their relationships through empathy?

What pressures act on the characters in the opera? How do they respond?

What are the benefits and stressors for participants in a competition?

Research the science of singing. What happens to your brain and body while singing?

How does singing lift you up? What are the physical and emotional benefits of singing?