



Healthy Inside Out

FUN SKITS FOR KIDS

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CHOICES

What to Wear?

Characters

Sally
Sue

Props

Bedroom set complete with dresser and large mirror
Bed piled high with clothes

Sally, dressed in her nightgown, is in her room, trying to decide what she will wear to school today. She has a mountain of clothing on her bed and can't make up her mind. There is a knock at her bedroom door, and Sue enters.

Sally: *(frustrated)* Come in.

Sue looking bewildered at all of the clothing lying around the room.

Sue: What on earth are you doing? Why are you sorting your closet before school? We have to leave in a few minutes, and you are still not dressed!

Sally: Oh, I know. I just can't decide what to wear. Yesterday I turned up in exactly the same jeans and shirt as Mandy. It was so embarrassing, I had to go home at lunchtime and change. And Carol was wearing the same shoes as me last week. How am I going to make sure I stand out and am different?

Sue: Well, you could wear that. *(pointing to her nightgown)* You can be sure no one else will be wearing it!

Sally: Oh, be serious, Sue. This is a very important decision!

Sue: No, it isn't. Just put on your favorite top and skirt or pants, and let's go. There are much more important things to worry about than what you wear. You know it says in the Bible that we aren't supposed to stress about what we will eat or wear because God knows what we need. He wants us to spend our time thinking about what is important.

Sally: What could be more important than making sure you are wearing the right shoes?

Sue: *(rolling eyes)* Lots of things, such as choosing how to spend your time wisely, who you will spend your time with, and how you can make a difference for someone else. How you can help around the house, or how you can help your siblings with something they are struggling with. These are more important choices—especially how you can show Jesus to the people around you by living your life the way He would want you to.

Sally: But you still have to do that while dressed suitably. After all, no one is going to take notice of someone in a bad pair of pants.

Sue: Oh Sally, sometimes I wish we went to a school that had uniforms!

Sally: Sue, you take that back. That is a terrible thing to say.

Sue: At least, that would make choosing what to wear easier for you.

Sally: So how do you make all these, um, important choices?

Sue: Well, for the important stuff, I usually think about what I think might be the best thing to do, then I go to a friend and my parents and discuss what the problem is and listen to their advice. Then I go and pray about what to do, and make my decision.

Sally: So what do you think I should wear?

Sue walks over to the pile.

Sue: I don't know. How about this?



Sally takes the clothes and begins pulling on a pair of pants.

Sally: Thanks. So why did you come over this morning?

Sue: To ask you over for a swim this afternoon after school. Apparently, it is going to be really hot, and we have gym class last thing today.

Sally: *(horrified)* And you suggested I wear this outfit? It doesn't match any of my swimsuits. I will have to start all over again. Now which one will I wear? A two piece or that cute pink one piece Mom bought me last week?

Sue falls back on to the bed covered in clothes.

Sue: Oh brother.

Voice-over: "I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life" (Deuteronomy 30:19, 20).

The end.



EXERCISE

Couch Potato

Characters

Bill
John
Sue

Props

Living room with couch and TV (*back of TV faces audience*)
Football, tennis rackets, and tennis ball
Packages of junk food and soft drinks laying around
Mop bucket, filled with water

Bill is sitting on the couch, watching TV and eating junk food and drinking a soda. (This needs to look uninteresting to the audience). John and Sue come running onstage, laughing and joking with one another. They try to get Bill to come and play with them.

John: (*throws football to Sue*) Hey Bill, we are going out to play football. Do you want to come?

Sue and John start to throw the ball back and forth to one another and laugh.

Bill: (*engrossed in the TV, grunts a response*) Huh? Uh?

John throws the ball to Bill. The ball hits Bill as he is looking at the TV and knocks over his food.

Bill: (*wiping the food from his lap*) Hey! What did you go and do that for?

Sue: Come on, Bill. Come and play with us. You have been sitting there for ages.

John: (*laughing*) I'll even let you win the first tennis point if you hurry up.

Bill: Stop throwing that thing around in here. Mom will have a fit if she sees you.

Sue: She'd get more of a shock if she saw you get up off of that couch!

Bill: Yeah, ha-ha; you're so funny. Besides, I only just sat down here a few minutes ago.

John: But before that you were playing (*insert popular computer game name here*) on the computer for an hour. Remember?

Bill: But that is good for hand and eye coordination. It will help my game.

Sue: I suppose that soda is good for that too. (*acts and speaks like an aerobics instructor*) And up slurp and down rest, and up slurp and down burp.

John and Sue both laugh.

Sue: Seriously Bill, you should come out and play with us. Don't you know that you need to have at least one hour of exercise per day? Exercise keeps our hearts and other muscles strong and healthy. It is also really good for your attitude. If you exercise more, you will be a happier person.

Bill: We had gym class at school this morning

Sue: But that was only fifteen minutes and you spent most of that tying your shoelaces.

John: That's because he got too tired after the first four jumping jacks.

John, mimicking Bill's efforts, does four jumping jacks, then falls to the ground exhausted. Sue and John both laugh. Sue jumps in front of the TV.

Sue: Come on, Bill. Get up. You can choose the game if you want—please just come and play.

Bill: Hey, move it! I can't see.

John: Soon you won't be able to see at all if you get diabetes from all that sitting around and eating junk food.

Bill: What do you mean "diabetes"?



John: Don't you know that if you don't keep fit and healthy you may get diabetes? Diabetes occurs when your body has high blood sugar and your body doesn't make enough insulin, which is the hormone that tells your body how much sugar it needs in your blood to be healthy. If you have too much or not enough sugar in your blood, you can get very sick. You may get type 2 diabetes from not living a healthy enough life. Weren't you listening in *(insert health or fitness teacher's name)* class last week?

Bill: Obviously not as closely as you were!

Sue: John's right, Bill. Diabetes can lead to heart problems, gangrene in your legs so that doctors have to amputate your feet, and blindness so you can't watch your precious TV! *(jumps in front of the TV again)*

Bill: Oh, Sue!

John: Come on, Bill. Just one game! God has given us fit, healthy bodies. You don't want to be careless with the gift God's given you, do you?

Bill: After this . . .

John: You already said that!

Sue: Oh, come on, John. We are wasting our time. He isn't going to come; let's go.

Sue leans over and whispers in John's ear and points to a mop bucket filled with water in the corner. They both walk over to the bucket, and John picks it up. They stifle fits of laughter.

John: Are you sure you aren't coming?

Bill: *(engrossed in show again)* Ah, uh.

John: OK then. We'll have to give you a little encouragement. *(throws water over Bill)* You're it!

John and Sue run off laughing

Bill: *(jumps up and screams)* Hey, that's Mom's dirty mop water. Now you are in for it!

Bill starts laughing, grabs the bucket, and runs offstage after them.

The end.



LIQUIDS

Running on Empty

Characters

Kelly

Tim

Jay

Coach

Props

Gym bags

Towels

Two water bottles

Can of Coca-Cola

A track-and-field event is coming up at school, and the children are getting ready to compete. They have just finished the last practice for the day. Three children dressed in sports attire run on to the stage. They are hot, sweaty, and tired. They begin talking as they drop down next to their gym bags.

Tim: Oh, I don't think I can take another step. I thought Coach was preparing us for the four hundred meters today, not sending us to the hospital. Sorry Jay, but I think you will have to carry me back to class.

Jay: Yeah right, Tim; I'll be lucky to be able to carry my bag. Was that forty or fifty pull-ups we had to do?

Kelly: Get a grip, Jay; it was only ten. Now hurry up. I am not waiting for you guys again so you don't get in trouble with Mr. Jones. There is a quiz today, and I only have to win one more time to get the prize.

Tim: Come on, Kelly, just give us a moment to catch our breath.

Kelly sniffs and takes a water bottle from her bag. Jay jumps up and follows suit. They both take a big long drink, and Jay squirts some at Tim.

Jay: Come on, Tim. The longer you stay there like that, the harder it will be to get up again.

Tim: OK then (*he hauls a can of Coca-Cola out of his bag and throws the bag at Jay*), but you have to carry my bag then.

Tim opens the can. Kelly and Jay stare, amazed.

Kelly: You aren't going to drink that, are you?

Tim: What? No, I was going to shower in it. Of course, I am going to drink it.

Kelly: Do you know how bad that stuff is for you? It is full of caffeine and sugar.

Tim: Just what I need to stay awake this afternoon. I am so tired!

Tim takes a large slurp from the can.

Jay: She's right you know, Tim. You shouldn't drink that stuff; it is really bad for you. Mom told me that caffeine is a diuretic, which actually dries your body out more. After all that running, you should be drinking something that will put some water back in your body.

Tim: Wow, go to the top of the class, Jay. You and Kelly will be very happy up there together.

Jay: Just trying to help. You did get the slowest time in the relay today.

Tim: Ouch!

Kelly: Not to mention all the sugar in that drink. Once you finish it you better do a few more laps to burn all that off. Have a guess at how many teaspoons of sugar there are in a soft drink.

Tim: Two or three, I suppose.

Kelly: No, Tim, it's ten! Ten whole teaspoons of sugar. Can you imagine sitting down and eating ten teaspoons of sugar in a row, and how yucky you would feel afterward? Not to mention all the artificial preservatives, colors, and flavors.

Tim: *(smiling)* Yes, and the flavor is great, now that you mention it!

Jay: How many of those do you drink a day?

Tim: It's all right for you two, but I have always hated water. It makes me feel sick. It has no taste. It's like you are swallowing wet air.

The coach comes over.

Coach: Are you drinking another soft drink, Adams? We discussed this yesterday.

Tim: Sorry, Coach. These two have just been giving me a hard time about it too. Jay said something about it being a diabetic or something.

Coach: You mean a diuretic. But if you drink too much of that stuff, you might become a diabetic! If you have too much sugar, you can damage your body's ability to make insulin, which is the hormone in our bodies that helps us to process and store sugar. Without insulin, the sugar would just hang around in our bloodstream, clogging up our cells, which can cause heart disease, kidney failure, eye damage, and loss of feeling in your arms and legs.

Tim: I have an uncle who is diabetic. He can't drive anymore because his eyes have gotten so bad now.

Coach: You see, it is a very bad disease.

Tim: But he is fat, Coach. I am not fat.

Coach: No, but you are still young. Your body is still growing, and you exercise. You will be using up more of your food's energy. But one day you will stop growing, and bad eating and drinking habits are hard to break. Water is best because it flushes out all of the toxins in your blood. It is the body's cleaner. If you don't drink plenty of it, your body won't work as well as it should. Do you know how much of your body is made up of water?

Kelly: I do, I do!

Tim shrugs.

Coach: OK, Kelly.

Kelly: Eighty percent, Coach!

Coach: That is right, 80 percent!

Tim: Wow, that is a lot of water. I am surprised we aren't see-through!

Coach: *(laughing)* And the average person sweats away two cups [or 500 mls] a day. That is not even counting all of the extra water you will have lost during this class.

Jay: Wow, that is a lot of water. No wonder Mom always asks me if I have been drinking plenty of water.

Coach: And do you know how much you are supposed to drink?

Jay: Isn't it six to eight glasses or something?

Coach: That's right. And more if you exercise.

Tim: That's like . . . like a whole two liters [two quarts] of water.

Kelly: *(sarcastically)* Wow, Tim, at least you will pass the metric conversions test!

Coach: And what's worse: if you already feel thirsty, that means you have already run short of water.

Kelly: *(to Tim)* She means dehydrated, and that soft drink is only going to make



it worse because caffeine is a diuretic.

Coach: When our bodies become dehydrated, we find it harder to concentrate, and we can get headaches, which aren't very helpful when you still have an afternoon of school coming up.

Tim: But, Coach, I hate water!

Jay: I never used to like it either, but you get used to it. Come on, Tim. It might help you to pick up the pace and beat Kelly.

Kelly: He'd need to drink a whole bath full to manage that, Jay. And I could beat you hopping!

Jay: Fine then, race you to class!

Jay runs off.

Kelly: Hey, that's not fair. See you, Coach.

Kelly runs off.

Tim: I never knew that water was so important. Mom used to try to make me drink it, but I never liked it. I guess I had better get to class. Here, Coach (*hands her the soft drink*), suddenly I am not feeling that thirsty anymore—well, not for that anyway. I think I will stop by the water fountain on the way to class.

Coach: Good for you, Tim!

Tim and the coach both exit in opposite directions.

The end.



ENVIRONMENT

A Load of Rubbish

Characters

Soft Drink Bottle (SDB)
Plastic Bag (PB)
Potato Chip Package (PCP)

Props

Suitable costumes for characters
A recycle bin, a garbage can, and a compost bin
Assorted trash lying around bins

Characters enter stage right and line up facing the audience. Bins are on the left and are labeled clearly with names and signs for each. Trash is scattered around on the floor. A bell is heard ringing along with the sound of laughing children. Then quiet.

SDB: Oh dear, look at all this mess.

PB: Too much trash has been left lying around here.

PCP: And someone forgot to put us in the garbage can.

PB: Did you know that each of you produces around 1,600 pounds of trash each year. Yes, every person creates that much trash and all that rubbish has to go somewhere. Does anyone know where garbage goes? *(Audience answer: In the garbage/trash can.)* Good, and where does it go after that?

SDB: Yes, it all has to go into a landfill or a dump. If you have ever been to a landfill, you know that it is a very stinky place, and no one wants to live next to one. If we can't make better use of our trash, then we will need to build more and more landfills.

PCP: Fortunately, there is something we can do to make less trash for the landfills. Does anyone know what that is? *(Audience answer: Recycle.)*

PB: Yes, we can recycle. *(stands behind the recycle bin)* As Christians, we need to remember to look after our world. God gave us a beautiful planet to live on, and He trusts us to look after it properly. There are some things that we can reuse so they don't need to go in the normal garbage can for the landfill. Can anyone think of what they might be? *(Audience answers: Paper, cardboard, some plastics, glass, aluminium cans.)*

SDB: Yes, things like me can be reused. Anything with this special symbol on it *(points to the symbol on the recycle bin)* can be recycled along with anything paper or cardboard and all those other things that you mentioned. All the recyclable things can be flattened and put into this bin. They will never need to go to the landfill because they all get melted down or

mashed up and made into new things, which is great for the environment!

PCP: Unfortunately, I am not recyclable so I have to go in the normal trash. (*points to the garbage can, then stands behind the compost bin*) But food scraps don't need to. At your house, you should have a special bin for any food scraps that you have such as potato peelings, apple cores, or (*spookily*) the veggies that go rotten in the back of your fridge. These things can all be made into compost, which is great for a garden. If you don't have a compost bin, ask your mom or dad to get one. Compost is great for the garden and for putting around the trees at your house. After you mow the lawn, grass clippings can be put in the compost too.

SDB: Some cities have special green bins for food and garden waste that are collected along with your recycle bins. That way someone else uses it as compost, in case you don't have any gardens or trees at your home!

PB: So let's go through the bins and see what they are used for. You call out what they are as I point to them. (*points to each bin while audience calls out*) You need to make sure that all of your trash goes into one of these cans. Never leave your trash on the ground. That just makes a mess and the wind will blow it around and make the lovely place God made for us to live in dirty.

PCP: Did you know that lots of people need to be reminded not to litter? Does anyone know what litter is? (*audience answers*) Yes, it is when people are too lazy to put their trash in a garbage can and they just drop it. (*picks up one of the bits of trash off the ground and drops it*) We should never be litterbugs. Did you know that people in cars are the worst litterbugs? Almost half of all the litter left lying around is on our highways, roads, and in parking lots. People just open their windows and drop trash out. This is a terrible thing, and it looks awful!



SDB: Make sure you have a trash bag in your car so when you get home or see a garbage can, you can get rid of it in the right way. Never throw your trash out the window! Garbage clogs our waterways and can hurt wildlife. *(show pictures on a video projector of these things happening)*

PB: Now we have some trash here. Who would like to come up and show us how to properly get rid of it? In which of these bins do these pieces of garbage go?

Call down some volunteers to sort the trash into the bins. Get them to explain to the audience where each piece goes and why.

SDB: Wow, you kids have done a great job of cleaning this place up. You really know how to recycle and get rid of litter. Well done!

PB: And always remember, where does your trash go? *(Audience answer: In the garbage/trash can.)* Let's look after the wonderful planet God has given us.

Play a song about being tidy and cleaning up garbage. On a video projector, show pictures of children recycling, cleaning up trash, and using the correct bins.

The end.

BELIEF

Just Believe It!



Characters

Tom
Jo

Props

Students dressed in a local school uniform
Basketball
Bench seat from school yard

Jo is sitting on the bench, looking down sadly at the ground. Tom enters carrying a basketball

Tom: Hi Jo, you're looking glum. What's wrong? Do you want to come and shoot a few hoops with me?

Jo: Nah, I'm all right.

Tom: No, you're not. I can tell something is wrong. What's up? You have been like this all morning.

Tom sits down on the seat.

Jo: Oh, it is nothing really. I'll figure it out.

Tom: Come on, Jo. Let me see if I can help. What's bothering you?

Jo: It isn't that important.

Tom: Well, obviously it is or you wouldn't be moping around like you are.

Jo: Well, if you must know, it is what *(insert teacher's name)* said this morning about humans coming from apes, and that we are just animals.

Tom: Yes, I heard what *(insert teacher's name)* said.

Jo: And that doesn't bother you? Suddenly, I feel like there isn't any point. Why are we here? How did this all happen? *(points around at the world in general)*

Tom: I guess it all depends on what you believe. A lot of people believe the same as *(insert teacher's name)* but not everyone.

Jo: What do you mean?

Tom: Well, I believe that we were made by God and that we do have meaning and value to Him.

Jo: God made us? What for?

Tom: He made us to live with Him and be His people. We are important because we are God's children.

Jo: If He thinks we are so great, why doesn't He come down here and hang out with us?

Tom: Well, a long time ago, the first people He made chose to do something wrong and that separated us physically from God. He would like nothing more than to come down here and live with us. We are all His children, and He cares about all of us. We can have purpose because He loves us and wants us to be His. God made us to be part of His family and to care for this world. But because of sin, we have been separated from Him. It is now our job to live lives that show people around us how good God is and share with them that God wants them to be part of His family too.

Jo: So you believe this, do you?



Tom: I sure do. And one day God is going to deal with sin and come back and take us all to heaven so we can live with Him forever.

Jo: So why doesn't He deal with sin now?

Tom: Well, He is. These things take time. We just have to wait and have faith that He will do as He said He would—and He will.

Jo: You seem very sure about this.

Tom: I am; without God, we are all just living for ourselves, and that is not very satisfying. Yet with God, we have a mission and a purpose—to share His love with everyone around us so that we can one day all be with Him. Everyone needs God. The feelings you have right now are because without God, there is no meaning. God gives you value because He loves you and wants you to be His.

Jo: So what do we have to do?

Tom: Just believe and the rest will come naturally as you start to know Him better.

Jo: So how do I get to know Him better?

Bell rings, and the children get up.

Tom: Well, you can start by coming to church with me this week. We have a great youth group leader, and he will be able to help you there.

Jo: So, really I just need to believe, and that is all.

Tom and Jo exit stage.

The end.



REST

Resting in Peace

Characters

Bed One

Bed Two

Two children

Props

Two cots made up like beds (*children acting as the beds climb in and poke their faces out the bottom*)

Bedside table and a lamp

The two beds on the stage are the characters in the play. They are discussing the importance of getting enough sleep. The actors are in the beds and poking their faces out the bottom of the beds, which are facing the audience.

Bed One: It looks like Bill and Ben are going to be late to bed again tonight.

Bed Two: Well, I guess it's hard having twins. Especially two busy boys like Bill and Ben. Shona has had to replace three of my slats already this year because Ben keeps jumping on me.

Bed One: Well, at least toilet training went OK for you. Shona had to get me a whole new mattress because Bill wet on me so many times. Honestly, I couldn't believe such a little boy could hold so much water. I am sure he peed all night long. One night she had to change me four times!

Bed Two: That is true. You did get a stinky deal. Get it, *stinky* deal? Wet beds stink . . .

Bed One: Yeah, I got it. You're a real crack up. You know, like your slats!

Bed Two: Oh, ha-ha!

Bed One: You know Bill and Ben really should have been in bed half an hour ago. It is eight thirty now, and they are going to be tired tomorrow. Did you know that children up to the age of twelve should get ten hours of sleep a night?

Bed Two: Wow, that is a lot of sleep. They would be lucky to get eight hours most nights. They have to



be up by six, and most of the time it is after nine before they even get into bed.

Bed One: We beds are very important. If kids don't get enough sleep, they will be cranky, have trouble concentrating on their schoolwork, and are more likely to get sick. Did you know that 60 percent of children feel tired during the day and 15 percent of kids are caught napping in class by their teachers?

Bed Two: Imagine how much trouble you'd be in if you fell asleep in class. So, not enough sleep means you can get bad grades in school.

Bed One: It is very difficult to hear what the teacher is saying if you are asleep.

Bed Two: True, true. And you say that not enough sleep means you are more likely to get sick. That explains why Bill was so sick last winter. He caught every bug that came around. I still remember when he had that stomach bug, and he threw up all over your fresh sheets on his way to get to the toilet.

Bed One: It isn't fair—he had farther to run than Ben to get there in time! Those sheets were brand new and felt wonderful.

Bed Two: They looked wonderful too; that is, until you had vomit all over you. You really did stink. Shona had to air out your mattress that day!

Bed One: (*shudders*) Yes, don't remind me. Sometimes I think I can still smell traces of that. I don't think I will ever get over it.

Bed Two: Anyway, the moral of the story is if you get enough sleep, you will be more likely to be able to fight off the bugs that come around. And no one really wants to be sick. Who wants to feel awful? That is no fun!

Bed One: Not to mention the bad school grades. Who wants to get bad grades just because they didn't go to bed early enough? That would be embarrassing! The trouble is, even when they do come to bed, they don't go straight to sleep. They goof around and chat for ages.

Bed Two: That's because they have too much caffeine in their diet.



Bed One: Caffeine? Shona doesn't let them drink coffee.

Bed Two: Caffeine is in more things than just coffee. There is caffeine in soft drinks and some fruit drinks too. It's in chocolates and some candies as well. All of these things should be avoided before dinnertime because the caffeine in them makes it difficult to get to sleep.

Bed One: Well, I never knew all that. So we need to cut back on sweets before bed. I do know that it would be better for them to stop playing their video games or watching TV well before bedtime too. It is best to do relaxing activities like read books, listen to restful music, or chat quietly about the day with your family. All of these things would help them to unwind and get ready to go to sleep.

Bed One: Yes, it is a shame Shona and the boys don't know all of this. Spending more time with us would be very helpful—oh, here we go. I think they are coming.

Bed Two: Brace yourself!

Two boys, wearing pajamas, come racing in and jump on the beds. Both beds let out grunts as the boys land on them.

Bed Two: Oh no, I think I just broke another slat.

The end.



AIR

Cloudy Daze!

Characters

Claudia
Colin
Callum

Props

Cloud costumes
“Rain” from metal-colored confetti

Three clouds in the air discuss the effects of pollution on the air that we breathe, and talk about how air is important for life. Clouds “float” on to stage.

Colin: Hey, Claudia and Callum! How are you hanging today?

Claudia: Hi Colin! I’m walking on sunshine. How about yourself?

Colin: Oh, can’t complain; but the water cycle is keeping me busy, and I’m a bit under the weather. (*squeezes himself*) I’m feeling rather heavy at the moment, so I think I’ll rain soon.

Callum: Mrs. McGregor’s garden is looking rather dry down there. Why don’t you drift over that way before you do? Her lettuce is looking rather wilted.

Colin: Can do.

Colin drifts a bit to the left.

Claudia: Oh my! What’s that terrible smell?

Callum: I think Mrs. Dobson’s car needs a tune up. Look at all that smoke. Doesn’t she know that everyone else has to breathe that in now?

Claudia: If she tuned her car up, then it would run better and cost her less money in fuel as well as be less smelly and bad for the environment.

Colin: Humans pump out so much pollution into the air from cars, various industries, and other sources that it affects the health of more than three billion people, and asthma has increased more than 50 percent because of all the toxins in the air. I don’t think that humans realize how important the air is up here.

Callum: You can’t do much if you can’t breathe!

Claudia: All those people down there need to do their part to make sure the air stays fresh.

Callum: But what can they do?

Claudia: Kids can keep an eye on their parents' cars and make sure that they aren't running badly like Mrs. Dobson's car! Cars are the major source of pollution, and the number of cars in the world is growing faster than the population.

Colin: Wow, that is a lot of cars.

Claudia: Kids, you can help the environment by using electricity wisely.

Colin: How is using electricity wisely going to stop air pollution? Electricity is not bad for the air.

Claudia: No, but the coal that is burned to make much of our electricity is bad for the environment. We all need to do our part to care for our planet. After all, God gave us this earth to enjoy and care for. Mistreating the environment is not looking after God's special gift.

Colin: Well, I hope that Mrs. McGregor goes inside soon. Because I am going to blow soon.

Callum: Look, she just packed up.

Colin: *(raining)* Ah, that is much better. I was feeling rather bloated and washed out.

Claudia: That has cooled things down a bit now, so I am off. Have a blast, and I'll see you around.

Colin: Bye, Claudia. See you later, Callum.

Voice-over: "LORD my God, you are very great; you are clothed with splendor and majesty. . . . He stretches out the heavens like a tent. . . . He makes the clouds his chariot and rides on the wings of the wind. . . . How many are your works, LORD! In wisdom you made them all; the earth is full of your creatures. There is the sea, vast and spacious, teeming with creatures beyond number—living things both large and small. . . . I will sing to the LORD all my life" (Psalm 104:1–3, 24, 25, 33).

The end.





TEMPERANCE

It's Smokin'

Characters

Jake
Kevin
Blake

Props

Empty cigarette pack and cans of beer
Piece of a metal shed behind the boys to make a hideout

Jake and Kevin are hiding out behind an old tin shed, drinking and smoking.

Jake: Oh, I feel so sick. Whose idea was this anyway? I thought this was supposed to be fun. I think I'm going to throw up.

Kevin: Yeah, I know. I can't believe that people actually— *(pause)* Ssh, I think someone is coming. We've got to hide this stuff.

Boys throw cigarettes on the ground, stomp them out, and start quickly trying to clear up the beer cans. Blake enters.

Blake: I thought I heard— *(gazes around)* Hey, what are you two doing?

Blake picks up the used cigarette and an empty can.

Blake: You guys weren't using this stuff, were you? *(leans in and sniffs them both)* You were! What on earth were you thinking?

Kevin: You wouldn't get it, Blake. This is what cool people do.

Blake: Cool?

Jake: Yeah, cool. Haven't you seen all the ads on TV? You just don't get it because you aren't cool like us. *(coughs several times)*

Blake: Well, clearly I have been watching different ads than you because the only ones I remember are the ones that have catchphrases such as *(insert your own local catch phrases from TV)* "Smoking Kills" and "Friends Don't Let Friends Drive Drunk."

Kevin: Those are just scare tactics from the government and a bunch of old ladies. What about the ads that show all the cool guys—

Jake: Getting all the pretty girls because drinking this helps them to relax. Hang on just a sec.
(runs around the other side of the shed and audience can hear him throwing up)

Blake: Well, that sounds really cool. I am sure that loads of girls will just love that.

Jake returns looking unwell.

Blake: Ugh! Man, you stink like a brewery now. How much did you drink? Your mom is going to kill you. Did you throw up on yourself?

Jake *(sheepish)* A little bit.

Blake: You mean a lot!

Kevin: Well, we just aren't used to it yet. We have to do it a few more times so that we—

Blake: Get used to it? Why would you want to get used to this? You stink—the both of you and not just your clothes. Your breath is bad too. How is that going to attract the girls, if that is what you want anyway? It is making you sick. Man, and I thought you guys were cool. I have much better things to do with my time. I was looking for you to see if you wanted to play baseball, but forget it!

Kevin: No, Blake; don't go. You are right. This is stupid. We hated it really, but we just didn't want



you to think we were uncool—but you did anyway.

Blake: It isn't just uncool, it's dangerous. Smoking can kill you, and it is addictive, which means you might start up as a joke, but then you won't be able to stop. You'll want to do it all the time. Smoking can cause lung and mouth cancer, emphysema, strokes, and a whole boatload of other problems. You guys don't want that!

Jake: I guess you are right

Blake: Guess? There is no guesswork about it. It will kill you for sure. And drinking alcohol is bad too. You can become addicted to alcohol too. People addicted to alcohol are called alcoholics. It means they want to drink alcohol all the time. They often end up with liver and kidney failure. Mom says they pickle their organs with all the alcohol.

Jake: I don't want that to happen to my insides.

Blake: *(softening)* Besides, we learned in church just last week that our bodies are God's temples. He wants to live in us. How can He live in us if we trash His house? Who wants to live in a ruined house?

Kevin: *(kicking a can)* I feel really silly now.

Blake: Do you want to come over and play at my house?

Kevin: Would I? Let's go!

Blake: Hang on. Don't you think we should clean all this up first? I'll help, and we'll be done in no time!

Boys lean over and begin picking up the trash and putting it in a plastic bag.

Voice-over: "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies" (1 Corinthians 6:19, 20).

The end.



INTEGRITY

Healthy Integrity

Characters

John

Joe

Kevin

Props

Three water bottles

Backpack

Gym clothes

Two boys come staggering on to the stage, wiping sweat from their foreheads, gasping. They drop on to the floor and drink from their water bottles.

John: Wow, first and second! *(reaches up to give Joe a high five)*. We haven't managed that since third grade when Kevin started. What do you think was up with him today?

Joe: *(shrugs)* I dunno. He didn't seem happy after school yesterday when we got on the bus either. I was going to sit with him, but he just put his bag on the spare seat and looked out of the window. He didn't talk to anyone the whole trip.

John: I wonder what's up.

Kevin enters stage carrying his bag, sees the two boys, and turns to leave.

John: Hey Kevin, what's up?

John pats the ground next to him, indicating for Kevin to sit. Kevin hesitates and looks the other way. Joe and John exchange confused looks, then Joe gets to his feet and goes over to Kevin.

Joe: Are you feeling sick, Kevin? You don't look so well.

Joe leads Kevin over to sit with John.

Kevin: *(sighs)* No, I'm fine.

John: You don't seem fine to me. Did you want to go to the nurse's office? I can tell Mrs. Henry if you need to go lie down.

Kevin: *(angrily)* I said I'm fine!

Joe: Hey, it's OK, man. We were just trying to help. Today in gym class, well, you just didn't seem . . . It's just that you didn't—

Kevin: If you are trying to rub it in that you both beat me today, then just get on with it.

John: Hey, we aren't trying to do that, Kevin. We're your friends! Yeah, it was fun to win for a change, but we were just trying to find out if you are OK.

Kevin hangs his head.

Kevin: Yeah, I'm sorry, guys. You're right. I've just got some stuff to do.

Kevin goes to get up, but John pulls him back down again.

John: What stuff?

Kevin: It's nothing, OK? No problem.

Joe: Can we help? It's almost lunch now and—

Kevin: *(angrily)* No! You can't help; no one can!

Joe and John exchange concerned looks again.

Joe: Look Kevin, we can see something is really bothering you. It obviously really distracted you today. Are you sure there's nothing we can do to help you? We are your friends.

Kevin: OK fine, I cheated off both of you in the math test last week. Dad was really angry when he saw my report at the end of last term. He said if I don't get better grades in math he is going to pull me off the basketball team. It's not fair!

John: Did you study for the test?

Kevin: Well . . . no.

Joe: How did you expect to pass the test if you didn't study for it?

Kevin: Well, I was going to, but there was this really good show on TV, and I just don't get it anyway. How am I supposed to study for a test when I don't get it in the first place?

John: What do you need help with? You could come over to our house on the weekend.

Kevin: What? You'd still help me even though I just told you I cheated off your test?

John: Look, I can see you feel very bad about it.

Joe: Yeah, if you'd just asked us, we'd have helped you. You're our friend!

Kevin: But I cheated!

John: And we can see that is making you feel really bad.

Joe: When you do something you know is wrong, it always makes you feel bad. Remember what Mrs. Henry told us about integrity? How it's important to be honest and own up to what we do and—

Kevin: And do you remember when that was? It was right after the math test. I knew she saw!

John: Perhaps she's waiting for you to go and talk to her. Have you cheated on any other tests?

Kevin: *(sighs)* No, it's just I'm finding math so hard!

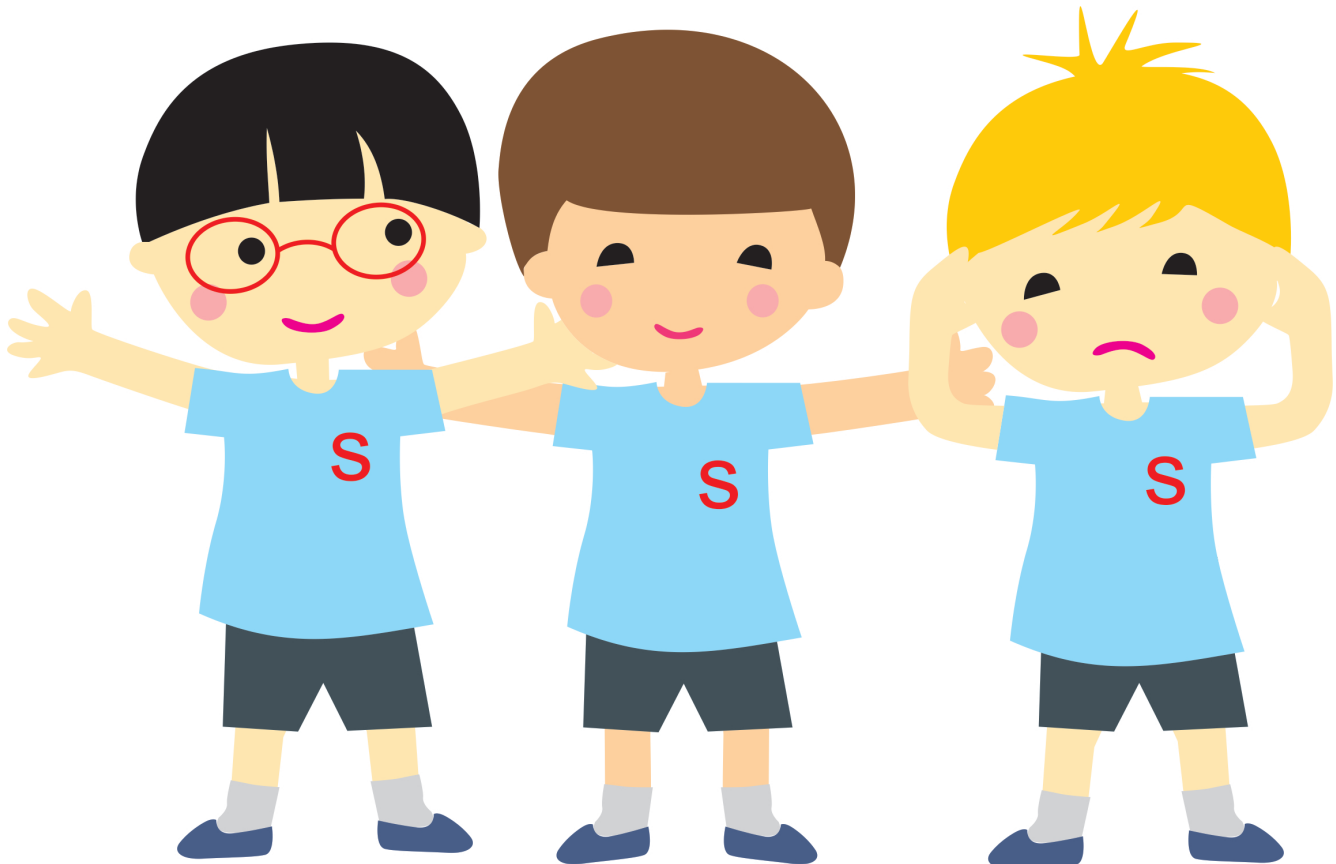
Joe: Well, why don't we go have a talk with her now? You can explain it to her and say you are sorry.

John: Then we can help you study, and maybe you can do the test again.

Kevin: But she'd be so mad!

John: I don't think she would be. Usually you are so honest, and we all make mistakes sometimes.

Joe: Just the fact that you feel so bad about it shows that really you do have integrity. And



feeling so badly about the cheating must be making you feel sick.

Kevin: *(nods)* Yeah, I've been feeling really awful.

John leaps to his feet and leans down to help Kevin up.

John: Come on, let's go tell Mrs. Henry now. You'll feel much better, even if she does put you in detention, though I don't think she will.

Kevin sighs and takes John's hand.

Kevin: Yes, it would be nice to have my integrity back. Let's go face the music. In the end, I think I would rather face Mrs. Henry's detention than keep feeling like this.

Joe: And we'll help you with math.

Kevin: Even though I cheated off you?

John: Race you to Mrs. Henry's room then!

Kevin: OK, and since you're such good friends, I'll even let you win again!

Boys all run off the stage laughing.

The end.



OPTIMISM Bright Side

Characters

Kay
Jay
Mom
Voice-over (VO)

Props

Kitchen table, TV, and sofa or chair, Jay's backpack with a lunch next to it
Two cereal bowls
Pajamas and school uniforms

Jay and Kay walk out in their pajamas for breakfast. Kay is smiling and has a spring in her step. Jay is slumped over, looking sad and sleepy. Mom looks a little disappointed at her son and smiles a lot at her daughter.

VO: Once upon a time there were two children. Their names were Kay and Jay. They lived in the same house, went to the same school, and shared the same toys and the same room. The only difference between them was that Kay was always happy and Jay was always sad. Each morning Kay would jump out of bed and come out for breakfast with a smile on her face.

Kay: Good morning, Mother! Isn't it a beautiful day?

Jay: *(glances out the window)* It looks like rain to me. What's for breakfast?

Mom places two big bowls of cereal before her children.

Kay: Yum! Thanks for making me breakfast, Mom!

Jay: Cereal again? Can't we have toast?

Kay eats her breakfast quickly while Jay leans on his hands and plays around with his. Kay gets up and goes to get ready for school while Jay keeps sitting. Offstage Kay puts on a uniform and gets a school backpack.

VO: Every morning Kay gets ready for school without being nagged by her mom. She gets dressed, packs her bag herself, and makes sure her homework is done.

Kay comes out and sits down at the kitchen table and checks her homework with her mom.

Mom: Jay, have you finished your breakfast yet?

Jay: (bored) No.

Mom: Well, hurry up; the bus will be leaving soon.

Jay takes two more mouthfuls, then sighs, and goes to get dressed. While Jay gets dressed, Jay's mom packs his bag.

Mom: Did you finish your homework, Jay?

Jay: No, I hate homework.

Mom: Well, you'd better get it done or you'll be in trouble.

VO: Kay always finishes her homework when she gets home from school.

Kay: Homework helps me to remember what I learned in school; and if you don't do your homework, you get in trouble with the teacher. That doesn't make you happy!

Jay comes back changed. His mom hands him his packed school bag.

Mom: The bus is here, kids.



Jay: Can you write me a note for my homework?

Mom: No, because you should have done it instead of playing video games last night.

Jay: Oh, Mom!

Kay: See you, Mom! Have a nice day! *(kisses Mom)*

Jay: Bye.

Both Jay and Kay exit.

VO: Jay and Kay are in the same class at school. Kay gets to play at lunchtime because she completed all of her homework. Jay has to stay in and finish his so he misses out on the soccer game. This makes Jay feel all the more sad. When they get home from school, Jay slumps down in front of the TV while Kay does her homework.

Kay: Shouldn't you do your homework, Jay?

Jay: I'm tired of schoolwork. I haven't had a break all day. I'll do it later.

Kay shakes her head, finishes her homework, and goes outside to play with her friends. When Mom gets home from work, Jay is still watching TV.

Mom: Turn the TV off now, Jay. Go outside and play with your friends.

Jay: No one wants to play with me.

Mom: Why?

Jay: Because they don't want to watch me play on my PlayStation.

Mom: Watching someone else play is no fun, Jay. You have to take turns.

Jay: I only want to do what I want to do.

Mom: I see.

VO: Jay has no friends because he is always sad and bossy. Kay has loads of friends because she is happy and loves playing with her friends, even when it isn't her favorite game.

Kay comes inside and greets her mom.

Kay: Hi, Mom! *(gives her mom a hug)*

Mom: Did you have a nice day at school?

Kay: Yes, thanks! We didn't play hockey, but it was still fun playing soccer at lunchtime. I even scored a goal.

Mom: Good for you!

VO: At bedtime, Kay goes to bed without arguing. Kay knows if she has plenty of sleep it will help her to be happy the next day. Jay always whines and begs to stay up. He reads his book under his blankets late into the night, so he is always tired the next day. Maybe that is why he is always sad. Who would you rather be friends with—Kay or Jay? Who do you think enjoys life more—Kay or Jay? Who do you think reflects God's character better? Being happy is a choice, just like being sad. How you act is what makes the difference.

During the voice-over, Mom directs the children to bed. Kay kisses her mom good night and walks off the stage happily. Jay appears to protest and Mother points. Jay, shoulders down, slumps off the stage.

The end.



NUTRITION

What's for Lunch?

Characters

Bill

Ben

Sally

Karen

Props

Lunch box: Pringles, gummy worms, a package of Snickers bars, and a jelly donut

Lunch box: Sandwiches

Lunch box: Nothing to display

Lunch box: Two kebabs, a tub of yogurt, an apple, and a mini-Snickers bar

Children to wear a local school uniform if possible. Foods can be substituted for other more popular foods in your area if you wish.

The bell has just rung, and four children come out and sit on a bench and begin comparing their lunches.

Bill: Man, I am starved. I can't believe how long Mr. Jacobs can talk about algebra. I never knew it could take so long to find x .

Ben: Yeah, did you know that Sam got so frustrated that he drew a huge x in the middle of the worksheet, then called out, "Don't worry, I found it!"

Bill: *(laughing)* Guess he'll be eating lunch in detention today—again! So what's on your sandwiches today, Ben?

Ben: Jam and cheese.

Sally: Did you know that you have had that every day this year? Doesn't your mom have any imagination?

Ben: Yes, she does, but I make my own, and I like jam and cheese.

Sally: Oh. Well, good for you, I guess. What have you got, Karen?

Karen: No sandwich today. Dad made kebabs last night and there were two left.

Ben: *Mmm*, leftovers. I love leftovers! Do you want to swap?

Karen: For jam and cheese? You have got to be kidding. What else do you have?

Karen: *(pulling the contents of her lunch box out)* Um, an apple, a tub of yogurt, and oh, my

favorite—a mini-Snickers bar. I'll save that until last!

Sally and Ben both together: Yum!

Bill: Huh! That's all? Check this out!

Bill, very proud and superior, looks around to make sure no one is looking and then shows the others the contents of his lunch box. The other children all gasp.

Ben: *(sounding a little doubtful)* Wow, Bill, looks like you hit the jackpot today!

Bill: *(pulls the contents of his lunch box out for effect)* Yes, a jelly donut, a bag—I say a bag of Snickers bars, gummy worms, and a can of Pringles potato chips.

Karen: You aren't really going to eat all of that, are you?

Bill: Watch me and weep!

Karen: With gym class next and all of that in your stomach, you will certainly be weeping, that's for sure!

Bill: What do you mean by that?

Ben: She means if you eat all of that junk food for lunch and try to keep up with everyone else you will be barfing all over the place. There will be barf puddles all over the field.

Ben gets up and starts running backward and forward, pretending to throw up. A teacher's voice is heard from offstage. "Sit down, Mr. Wilson." Ben quickly returns to the seat.

Sally: Besides, you can't eat all of that for lunch. It isn't good for you.

Bill: *(being cool)* Well, I guess that makes me bad!

Karen and Sally roll their eyes at each other.

Sally: The only cool thing about you will be the cool cloth Miss Sanderson will put on your face in the nurse's office after you have vomited your guts out!

Bill: Oh, you girls are just jealous because you have to be careful about what you eat because you don't want to get fat. *(blows cheeks out to make his face look fat)*

Karen: It isn't about getting fat; it's about eating healthy!

Ben: She's right, Bill. If we don't eat the right foods, then our bodies don't work as well as they should. It's like putting water in your gas tank; your car would soon break down. We have to treat our bodies like the wonderful machines they are. And am I a machine? *(stands up and does a muscle pose)*

A teacher's voice heard from offstage. "Mr. Wilson, SIT DOWN." Ben quickly returns to the seat.

Karen: Don't you remember Mrs. Paterson talked to us about the food groups? Your lunch box is full of foods that are only meant as treats.

Bill: Why?

Ben: Because they are full of sugars and fats, that's why!

Bill: Man, you guys are starting to sound like my mother.

Sally: That's because she is right. We can have rice, bread, pasta . . .

Karen: And fruit and vegetables.

Sally: Then some dairy foods like yogurt, milk, and cheese.

Karen: Meats, eggs, and nuts are in the same group as well.

Ben: And ice cream, gummy worms, donuts, and Snickers bars all belong in the treat section, which means you can't eat all of that stuff in your lunch box without making yourself sick!

Bill: But these are all my favorites!

Ben: Relax, buddy! You can still eat them all—just not all today!

Karen: We have to look after our bodies, Bill. God only gave us one, and He said that it is His temple. He wants us to treat it with respect because He wants to live in us. We have to think carefully about what we eat, or we will get sick.

Ben: And not just the toss your cookies sick, but a more serious type of sickness.

Sally: Type 2 diabetes.

Bill: Dia-*what*-ese?

Sally: Diabetes.



Karen: It happens when you eat badly for a long time and become overweight.

Sally: Your body stops making enough insulin to deal with all the sugars you eat.

Karen: People with diabetes can get very sick.

Ben: With things like blindness, serious heart problems, and I know of this one poor guy who had to have his foot cut off—

Karen: I think he gets the picture, Ben; enough of the gory details!

Bill: Wow, I didn't realize that eating too much junk food was so serious. I guess I should have brought the lunch Mom packed for me instead.

Sally: What was in it?

Bill: *(sadly)* A vegetable wrap, an apple, cheese sticks, and a chocolate minimuffin.

Ben: Homemade or bought?

Bill: Mom made them last night.

Ben: Sweet!

Bill: They did smell great.

Sally: See, that was a very nice lunch. Our parents don't want us to miss out on all the yummy stuff; they just want us to eat healthy so that we stay healthy.

Karen: You'd better put that away. I'll share a kebab if you want one.

Bill: Thanks Karen, that's really—

Ben: Sweet!

Bill, Karen, and Sally: Oh, be quiet, Ben!

The end.



SOCIAL SUPPORT AND SERVICE

The Snub Club

Characters

Jess
Ally
Kim
Janice
Jean
Boy/Voice-over

Props

School playground equipment or monkey bars
Pens, paper, and badges

Girls are ready for club meeting at the monkey bars. Jess is sitting at the front as the leader. Ally and Kim are the members. Janice and Jean turn up late, huffing and puffing.

Jess: I'd like to call the first meeting of the Bud Club to order. Is there any general business before we get down to the agenda?

Silence.

Jess: OK, down to business then. I wonder where—

Janice and Jean come running up laughing. Jess looks disturbed.

Janice: Sorry we are late, Jess. Mrs. Mekins asked me to look after Jean, and I was just showing her around. It is Jean's first day today.

Jess: I see.

Jean: I was really nervous about starting school today. It is really hard to move from another school and leave all your friends behind, but Janice has been so nice to me that well, it's all been fine. I think I am going to really—

Jess: That's all very nice, Jean. Could you please wait over there until we are finished with our meeting? We should only be about ten or fifteen minutes.

Jean: *(looks confused and sad)* Oh, OK then. Janice, I thought—nevermind, I'll wait.

Jean walks over and sits by herself on a bench in the corner.

Janice: What did you do that for?

Jess: Well, we don't know anything about her. She might not be our sort—

Janice: What do you mean, "not our sort"?

Kim: She might not be, you know, cool enough to be in our club.

Ally: Besides, she hasn't been through the initiation.

Jess: Yes, the initiation; you can't just expect to join us without passing a test.

Janice: We didn't have to do any initiations to start the club.

Jess: But that's just it. We started the club and she is trying to join.

Janice: So?

Ally: You can't just expect to be able to join an exclusive club, you know. There are rules.

Janice: *(confused)* Since when—

Jess: Well, if you hadn't been late to so many meetings—

Janice: But this is the first one!



Jess: Yes, but you were late.

Janice: Really?

Boy comes running on to the stage, and actors all freeze in position.

Boy: Freeze, cut, stop, whatever! This is terrible (*turns to the audience*), well isn't it? (*pauses for audience to answer*) Poor Jean, her first day at school and they are trying to leave her out. Look how sad she looks. (*walks over to Jean*) What do you think Janice should do? (*audience answers*) How do you think Janice can convince the others to let Jean join the club? What do you think Janice should do if Jess won't let Jean join the club? (*audience answers*) Hey, you guys have great answers. Jesus would be really happy. He wouldn't want to see anyone left out. He loves us all and wants everyone to be kind and look after each other. Let's see if we can fix this problem.

Boy walks over and whispers something in the ears of Kim and Janice.

Boy: OK, unfreeze.

Janice: Well, I can't leave her out. It is her first day, so I guess I'll just have to—

Kim: Wait a minute, Janice. I am sorry; we are being mean. Of course, she can join. If I was her, I wouldn't want to be left out.

Ally: Yeah, let her join, Jess. After all, it's my pool we are planning the party for anyway. It is fine if she comes.

Jess: What about the initiation?

Ally: Oh forget that. It's a stupid idea anyway.

Janice: Oh, that's great guys; you won't regret it. Jean is really cool!

Janice waves for Jean to come over. She comes over tentatively at first, but then they all begin talking and laughing together silently.

Voice-over: "Be devoted to one another in love. Honor one another above yourselves. . . . Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited" (Romans 12:10, 16).