Monster Health - One Book One School One Community Play

Scene 1

Becky: Dinner time!

Jenny: I’m ready!

J.J.: Well I’m NOT!

Becky: Why not?

J.J.: Because I hate broccoli, carrots, and spinach.

James: Well son, you know that broccoli has lots of nutrients.

J.J.: Nutrients are probably nasty.

Jenny: They are healthy for you.

Becky: You sister is right.

J.J.: What does she know?!

James: Don’t say that about your sister!

J.J.: I’m going to my room.

(Exits kitchen) (Enters bedroom)

Pavlov: What’s wrong?

JJ: They want me to eat rice with broccoli and spinach for dinner. I told them I hated nutrients.

Pavlov: I never knew you hated vitamins and nutrients.

JJ: Well I do!

Jenny: (from off stage) JJ come down stairs mom wants you!

JJ: Ugh, I don’t want to go down stairs.

James: (from off stage) It’s your father come downstairs now!

JJ: Okay.

(JJ leaves bedroom) (Enters kitchen)

James: You are eating no matter what! Do you understand?!

JJ: Okay, hand me the M&M’s.

Becky: No, your father means the food on the table. You are eating a healthy dinner, steak with rice, broccoli, spinach, a salad with tomatoes, for desert, sliced peaches with cinnamon.

JJ: NO, I AM NOT EATING HEALTHY!

Pavlov: Woof! Woof!

Jenny: Come on JJ Pavlov want even wants you to eat.

JJ: Pavlov what is it?

Pavlov: What is your problem? Don’t yell at your family and eat your dinner.

JJ: (Sullenly) Ok… alittle… but I don’t want to. (takes a few small bites)

I’m ready to go to bed.

Jenny: I want a warm glass of milk before bed. Okay mom?

Becky: Sure honey. What about you JJ?

JJ: No

Becky: JJ, milk is good for you. It has calcium and will help you sleep.

JJ: Calcium is nasty and I’m going to sleep at 3a.m. (mumbling as he exits)

Scene 2

(Family doing Yoga except JJ) (JJ sitting on couch with Pavlov sitting by his feet)

Pavlov: Hummm..JJ what are you doing?  
JJ: Shhh..I’m reading.

Pavlov: Why are you not exercising?

JJ: Don’t you see me reading here?!

Pavlov: Come on! You will feel better. ( runs over to Jenny) Tell him Jenny.

Jenny: Yoga is a good way to start the day and it is good for your body… and it is sooo relaxing. (going into a long stretch) It makes you strong and focuses your mind.

Pavlov: Come on JJ. You should at least try the down dog. I do it every day. (Stretches in his down dog position)

JJ: No way, I’m doing yoga, it’s for girls!

Becky: It’s for everyone, both boys and girls.

JJ: No way… not doing it. I’m not a sissy.

James: Hey, wait a minute, I do yoga. Are you calling me a sissy?

JJ: No dad, but you are different. It’s not for me!

James: Calm down young man and stop raising your voice. You could use some yoga.

(JJ sighs in frustration and leaves exits with Pavlov following the rest of the family continues doing yoga for a couple of minutes)

James: It’s time to get ready for school.

Jenny: Gotta change! (runs offstage)

James: Then you better hurry.

(JJ enters and sits on couch)

James: JJ get up it’s time to go to school.

JJ: No. I am not going.

James: why not?

JJ: Because the other kids keep teasing me!

James: Why are they teasing you?

JJ: Because I’m not smart.

Becky: You are smart because you’re my son.

James: Yes you are.

Becky: You are so smart. You can fix almost anything. Remember when you fixed Jenny’s bike.

JJ: But I’m still not going to school.

Becky: Now JJ, you have friends at school don’t you.

JJ: No.

Becky: Well, what do you like about school?

JJ: Recess.

Becky: What do you like about recess?

JJ: I get to sit and read outside.

Becky: That’s a good thing. Today let’s focus on reading and recess and not worry.

JJ: But what about the bullies?

Becky: Let’s see how it goes in school and if someone bothers you go directly to your teacher.

JJ: Okay. There is one more thing… they also pick on me when I sleep in Math class.

Becky: What?! (Dropping