



The Day Of Temptations

by Judith Johnson

A Play in a Day for Primary School pupils focusing on the Obesogenic Environment - Environments that encourage people to eat unhealthily and not do enough exercise.

Cast (in order of appearance)

Girl
Cereal Children
Mum
Dad
Child 1 – Child 10
School
Teacher
Dinner Lady 1
Dinner Lady 2
Chicken Shop
Pizza Shop
Burger Shop
Hot Dog Shop
Chippy
Pie Shop
Cake Shop

This works best in a bare performance space with the children creating the settings/scenery as described. The style is meant to be over the top and cartoonish in order to present an exaggeration of the issues explored rather than a naturalistic/realistic representation.



Movement and Sound

Download and use Alex Parson's original music and sound effects for your performance; it is clearly marked in the script where to use the music or sound cues. However, feel free to add your own spin on things on incorporate the pupils own live sound effects for certain moments.

Take a look at Movement Director Robin Guiver's movement videos for ideas and starting points; you can always teach the movement in the week leading up to your play in a day performance so the pupils are familiar with it.

A Lone Girl enters, humming to herself. She faces the audience.

Girl:
(to audience) Hi Everyone!

Have you ever noticed how we're surrounded by unhealthy food all the time tempting us to eat it? I'm only 11 years old and I've noticed it.

Also, we're not encouraged to be very active. Everything around us is too easy! Cars to drive us everywhere instead of walking, fast food restaurants so we don't need to cook. We don't even have to get up and switch the TV station over like they did in the olden days because we've got remote controls. We just sit on the sofa eating snacks and hardly even moving.

All this is making it hard to be healthy, but I'm not giving up, not me!

(*announces*) Today I am going to try and be **Healthy All Day!**

First, Breakfast.

MUSIC: SUGAR SUGAR SUGAR.MP3

ADVERT: A group of Cereals Children carrying giant cereal boxes enter.

The cereal boxes have delicious sounding names like Yum Yum Sugar Pops, Cookie Delish, Choco- Puffs, etc. and are bright and colourfully decorated with cartoon characters etc. (This could also be done with normal size boxes if there's no time to make the giant ones).

The Cereals Kids dance round GIRL and sing along with the jingle.

Cereals Kids: Sugar Sugar Sugar
Yum Yum Yum
Very Very nice
In your Tum Tum Tum.

They repeat the jingle, moving and singing round the GIRL.

She resolutely ignores them, shaking her head and turning away from them, arms folded.

She is going to be Healthy All Day and they can't stop her!

Finally, she shouts at them.

Girl: Go away!!

The Cereals Kids run off giggling, GIRL is left with a pack of cereal, she peers at the label with nutrition info on. At same time MUM enters, hurrying, stressed.

Girl: Mum. Can you buy some healthy cereal with less sugar in please?

Mum: Why darling?

Girl: I'm trying to be Healthy All Day! You know a lot of these cereals have got five teaspoons of sugar in each helping!!! Look at the labels, they tell you how much sugar, salt, and saturated fat they've got in them.

Mum: (*looking at box*) Oh gosh, I need my glasses to read that!

Girl They need to make these labels bigger, clearer and easier to understand.



Mum: Anyway, I haven't got time right now, I'm late for work. See you later!

MUM hurries off. DAD enters with lunchbox.

Dad: Morning!

Girl: Morning Dad.

Dad: It's my day off today. I made you some lunch.

DAD hands GIRL a lunch box. GIRL opens it up. Inside, crisps, chocolate snack bar, limp looking processed meat sandwich, and an apple.

GIRL looks at each item one by one.

Girl: (*looking at crisps*) No.

She hands them back to DAD.

Girl: (*choc bar*) No.

She hands it back.

Girl: (*sandwich*) Red meat? No thanks Dad, not today.

She hands it back.

Girl: (*apple*) Yes.

She puts apple back in lunchbox, puts it in her schoolbag.

Dad: Ok. You want a lift?

Girl: No, I'm going to walk to school, get some exercise.

Dad: Alright love, see you later.

EXIT DAD.

MUSIC/SOUND, WALKING TO SCHOOL.MP3

Girl starts 'walking to school' (i.e. walking on the spot). Other children join her, one by one, each walking into the performance space then walking on the spot, each eating or drinking something unhealthy. Bag of sweets, chocolate bars, crisps, doughnuts, sausage rolls, cans of fizzy drink etc. Some of them also have headphones attached to gadgets which they play on/look at as they're walking. They all have school bags. One of the children, Child 10, a boy, is noticeably the most 'cool' of all the kids and has the best headphones/gadget. (Possibly wearing a T-Shirt with the slogan 'I Am Cool' on the front?). Some of the children offer Girl a sweet or bite of doughnut etc. as they pass her. She shakes her head resolutely. The space is eventually filled with a group of school kids all walking on the spot, eating on way to school. MUSIC stops.

SFX: TRAFFIC AND BUS.MP3

Everyone stops walking immediately, except Girl.

All the kids except Girl simultaneously put their hands out to hail a bus.

Girl carries on walking.

(Adjustment for RS. Girl walks to bus stop while all the others get lift to bus stop or Dad gives her a lift so far, but they stop short of the school and walk last bit to get some exercise while everyone else carries on driving. Adjust movement to suit. Traffic jams still apply!)

Child One: Aren't you getting the bus today? (RS: 'Aren't you getting a lift today?')

Girl: No, I'm walking to school, it's healthier. (RS: 'No I'm walking to the bus stop, it's healthier.' Or 'Yes but not all the way, it's healthier.')

Child Two: D'you want a lift in our car?

Girl: No!

Soundscape: Traffic. The children all get onto a bus (lining up, checking travel passes, etc.) or into cars. (Note: The bus and cars are physical representations made by the children).

SFX: BUS BELL.WAV

The all move off as one, representing the motion of the bus and cars.

They 'overtake' the Girl, who is still walking, but suddenly all grind to a halt.

All kids except Girl: Traffic Jam!

Girl walks past them all, waving happily.

The School enters. This is a large flat (possibly made out of a big cardboard box flattened out) with a cartoonish school drawn/painted onto it in bright colours, carried by a child who is playing the SCHOOL. School could also possibly have a big bell which he/she rings when calling the children in.

School: (*pops head out from behind flat and shouts*)
Time for School, Time for School, Time for School!

Enter Teacher. Girl arrives 'at school' first.

Girl: Morning Sir. Sir! Today I've decided to be Healthy All Day.

Teacher: Very good!

Girl: I have to say it hasn't been easy so far. All the shops selling sweets and snacks and fizzy drinks, adverts all over the place, I feel like I'm surrounded!

Teacher: Don't give up though, it's a great idea.

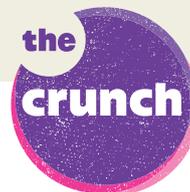
Girl: I'll try not to sir!

Meanwhile, the rest of the children all get out of cars, get off the bus and go to sit cross-legged in rows on floor in front of SCHOOL.

Teacher: Morning class.

Children: Morning sir!
(*Altogether*)

Teacher: We have a test later this morning so... books out.



The children all get exercise books out of their bags and start writing. They write for a while, occasionally stopping to yawn, pull each other's hair, throw things at each other, tell each other off for throwing things etc. Teacher stands at the front, turning his back to write on smartboard etc. (Or sits marking books, looking up occasionally).

Every time he turns away (or looks away) the kids throw things, pull each other's hair etc. then stop again when Teacher turns back (looks up). Child 10 is the most mischievous during this and the kids all find him very funny.

SFX: SCHOOLBELL.WAV

School: (after a bit) Play Time Play Time Play Time

The kids stop writing, get up. The School revolves, the kids also revolve. On the back of the School flat is a colourful drawing of a playground.

SFX: PLAYGROUNDSOUNDSCAPE.WAV

In the playground The KIDS all gather into groups, chatting.

Girl: All my friends are all chatting about shows they've seen on TV or computer games they
(to audience) like to play. They'd be playing computer games right now if the School would allow it. It's like they worship them.

MOVEMENT PIECE: Kids worship gadgets. This could involve gigantic consoles and phones etc. being paraded around and worshipped, bowed down to etc. Movement piece ends, kids go back to chatting. They try and get Girl to join them, she is tempted at times but she manages to say no. Movement piece ends.

Girl: (sighs) I want to play, get some exercise.

Girl starts running around, 'tigging' various other kids. They all ignore her.

Girl: Tig, you're it!

No response

Girl: Tig, You're it!

No response

Girl: Tig, you're it!!!!

Still no response.

Girl: Doesn't anybody want to play with me????
(exasperated)

Child 3: It's too hot. (Or too cold depending on season)

*ALL the kids sit down except Girl and Child 10.
Child 10 yawns, saunters over to Girl then 'tigs' her.*

Child 10: Tig you're it.



- Girl:** Really?
- Child 10:** Yeah, I'm bored with talking about computer games. Shooting, fighting, they're all just the same.
- Girl:** *Exactly.*
- Child 10:** And the others, cartoon characters, running around, jumping up and down, doing stuff.
- Girl:** It's us who should be doing stuff.
- Child 10:** *Exactly.* So tig. You're it.

He tigs her and runs off. She catches up with him. Tigs him back. He tigs another kid, they get up run around, tig someone else, they also get up run around, tig someone else, and so on until they have all put down their gadgets and are running around playing tig, having a great time.

School: Back inside! Back inside!! Back inside!!!

The children all groan, stop playing, SCHOOL revolves, they revolve, they sit down. Enter TEACHER.

Teacher: Time for the Test!

All children groan. The teacher gives out papers to everyone. They all write on the paper, looking bored, doing exactly the same choreographed movements.

School: (*after a bit*) Lunchtime! Lunchtime!! Lunchtime!!!

The children all cheer. Girl gets lunchbox out and opens it, gets apple out.

Girl: (*To Teacher*) Sir, I've only got an apple! I'm so hungry, I didn't have any breakfast.

Teacher: Don't worry, you can have some school dinner.

Child 4: You're in luck! It's Friday.

Child 5: Yeah, we're allowed chips on Fridays!!

Two of the children put on dinner lady hats and take out big serving spoons (these can be stored in their school bags). They become dinner ladies (DLs).

DL 1: Chicken Salad with Baked Potatoes. (*Or Soup and baked potato if performed during Winter*)

DL 2: Sausage and Chips!

All the children rush to the Sausages and Chip Dinner Lady and make a queue, jostling each other to get first in the queue etc. Girl goes to stand in front of Salad Dinner Lady. She is the only one. They each get imaginary helpings of sausage and chips and go to sit and eat. Girl sits with her salad and baked potato. Other children sit around her. They tempt her with chips, repeating the following phrases 'D'you want a chip?' 'Chips, mmm' 'Delicious chips with lots of salt' 'Chips are your favourite'.



Girl: No! Thank you. This chicken salad's quite nice actually, and the baked potato is very filling!
That should get me through the afternoon.

Child 10: Let me taste it, I'm bored of chips.

He tastes some chicken salad.

Child 10: Mm, you're right, that *is* nice.

The other children, on Child 10s say so, all now rush to salad DL to taste chicken salad. They make appreciative sounds/words. 'Yum' 'Delicious' etc. etc.

SFX: SCHOOLBELL.WAV

School: Afternoon! Afternoon! Afternoon!

Teacher: Physical Education!

The children all groan. They get up, reluctantly, one by one, except for GIRL who jumps up enthusiastically and starts doing star jumps, jogging on the spot, etc. etc. When everyone is up they all stand in a circle. The Teacher gets out a bean bag and throws it to the first kid, they throw the bean bag slowly and unenthusiastically one to one round the circle. There is some yawning and sighing. GIRL tries to be enthusiastic.

Child 10: Sir, this is boring.

Teacher: I agree, any better ideas?

Child 10: Yeah. Let's dance!

Child 10 clicks his fingers and music comes on,

MUSIC: LETS DANCE. MP3

The children all cheer and start dancing with wild enthusiasm. Dance ends.

School: (*after a bit*) Home Time! Home Time! Home Time!

The children all cheer and rush off, chattering etc. Teacher picks up bean bags. GIRL helps him.

Girl: There you are sir!
(*gives him bean bags*)

Teacher: Thank you. So. Have you managed to stay Healthy All Day?

Girl: Yes Sir, so far. And the others have started joining in too.

Teacher: Brilliant.

Girl: I just have to get past the fast food shops on the way home and I'll be done. (RS: I just have to get past the fast food shops on the way to the bus stop/way to my Dad's car and I'll be done!)

Teacher: Yes. Nice of the local council to let all those fast food shops open so close to the school isn't it? See you tomorrow.



Exit **TEACHER** and **SCHOOL**.

MUSIC: FEED ME.MP3

Enter all the children each representing a fast food outlet. This could be part of their making job for the day, making a HAT for their shop (chicken shop hat, with a drumstick on it, chip shop with chips, corner shop with a can of drink etc. They each occupy a part of the space. Girl winds in and out of them, making her way home. As she does so, they tout for business, trying to tempt her in to their shops using the phrases below (there will be more than one of each shop.)

Chicken Shop: Chicken, lovely fried chicken!

Pizza Shop: Pizza, extra cheesy pizza!

Burger Shop: Burgers, nice meaty burgers!

Hot Dog Shop: Hot dogs, hot dogs, hot dogs!

Chippy: Chips, tasty chips!

Pie Shop: Pies, nice hot pies!

Cake Shop: Cakes, yum yum cakes!

They keep repeating their phrases over and over, getting louder and louder as GIRL makes her way through them. She is very tempted by the chippies in particular, but manages to get past. The touts get louder and louder and Girl moves faster and faster until they are shouting and she is running (on the spot). They surround her. Finally, Girl stops running and shouts back, louder than them (or perhaps gets a megaphone out of her bag.)

Girl: Go away. I'm Home!

The touts all shut up and exit, fast. Dad is watching TV, eating a bag of crisps.

Girl: Hi Dad! I've been Healthy All Day and now I'm ready for a nice nutritious meal.
(*very pleased*) What's for tea?

Dad: Oh, I'm watching telly. I thought we could maybe get some chips?

GIRL holds her head in her hands.

Girl: Aargh!!!

MUM enters, rushing again.

Mum: What's up?

Girl: I've spent all day trying to be healthy and now it's chips for tea! Again!
This is *too hard for one person*. No matter what I do, I can't be Healthy, everything all around me keeps tempting me not to be.

Dad: I thought you liked chips?



Mum: It's fine to have a treat now and again surely?

Girl: Yeah but not *every* day.

Pause. Girl looks sad. Mum and Dad look at each other, they feel bad.

Mum: (*putting arm round GIRL*)
I'm sorry darling. Sometimes after work I'm just too tired to cook.

Dad: (*also puts arm round Girl*) Sorry love.

Pause for a moment, they all look sad, then Girl springs into action

Girl: What if . . . what if we all do it together?

Mum: How d'you mean?

Girl: I can help you. It'll be fun and it won't take long.

Dad: That's a good idea.

Girl: I know! Have we got any oven chips? They've got less fat than chippy chips.

Mum: Yes, we have actually.

Girl: Great, what can we have them with?

Dad: There's some fish in the freezer. And some peas. I'll put the oven on.

Mum: It'll be even quicker than a take-away. And we can have fruit for pudding.

Girl: Brilliant! Thank you so much!
(*to audience*) That means I'm actually going to do it! I'm going to be Healthy All Day!

*The children all run on stage, cheering, dressed in their various costumes.
They line up, face audience.*

Girl: (*to audience*) Now it's up to you. Can *you* do it?

All Cast: (*loud challenge to audience*) Can you be Healthy All Day?

Music comes on, upbeat,

MUSIC: LETS DANCE.MP3 REPRISE

All the children dance around happily, then dance offstage.

The End