

"The Elves Sing to Good Health"

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The Story:

Four Elf friends are gathered together on Christmas Eve at the Peguis Health Centre. They are awaiting their annual visit from Dr. Candy Cane. If they get a good bill of health from the doctor, they can help Santa deliver the toys to all the girls and boys of Peguis. The Elves sing about how healthy and active they have been this year, while they happily await their visit from the doctor.

Cast of Characters:



Dr. Candy Cane



Mixie (Elf)



Pixie (Elf)



Starlight (Elf)



Moonbeam (Elf)

Materials Needed:

- Costumes for the elves. Have children use their imagination to help find items to make their own elf costumes. For example, use cotton to make a beard, construction paper to make pointy shoes or boots.
- Doctor's coat and accessories for Dr. Candy Cane.
- Five music books containing lyrics for songs (or more for audience use).
- Five chairs to sit on.

The scene begins with the four elves talking in the waiting room of Dr. Candy Cane's office.

Mixie: If we get a good report from the doctor, Santa will let us deliver toys with him this year!

Pixie: I thought we had a doctor's visit six months ago... weren't we healthy then?

Starlight: We visit Dr. Candy Cane two times a year to make sure we are in good health **all** year round.

Moonbeam: What does it mean to be in good health, Starlight?

Starlight: What a great question Moonbeam! To be in good health means that you have strong muscles and bones, lots of energy and a positive attitude. And to do that we need to be physically active and eat nutritious foods. You also need to practice good health habits.

Moonbeam: You mean like washing your hands before you eat and using your own toothbrush?

Mixie: You bet.

Pixie (dancing around): I think the doctor will be happy to see all of us this visit. We are all in good health!!!

All (sing song):

Good Health
(Sung to "Deck the Halls")



Deck the halls with strings of holly,
fa la la la la, la la la la.
'Tis the season to be jolly,
fa la la la la, la la la la.
We are happy 'cause we're healthy,
fa la la la la, la la la la.
With good health we feel wealthy,
fa la la la la, la la la la.
Eat good foods and move your bodies,
fa la la la la, la la la la.
You'll feel strong and learn new hobbies,
fa la la la la, la la la la.
Follow us in positive thinking,
fa la la la la, la la la la.
Cut back on sweets and watch what you're drinking,
fa la la la la, la la la la.
Use your toothbrush after you eat
fa la la la la, la la la la.
Wash your hands and keep neat,
fa la la la la, la la la la.
Practice good health habits,
fa la la la la, la la la la.
Eat fruits and veggies (including carrots),
fa la la la la, la la la la.
Sing we joyous all together,
fa la la la la, la la la la.
Inspite of the wind and weather,
fa la la la la, la la la la.

Dr. Candy Cane (enters scene): Excuse me for interrupting your beautiful singing. I would like to see you now for a health examination.

Pixie: We would love to tell you all about how we have been practicing good health habits Dr. Candy Cane. But first, I have this problem I need to share. I don't have my front teeth (opens mouth and shows missing teeth). Oh doctor, can you get them back for me?

All I Want for Christmas is My Two Front Teeth



Pixie sings:

All I want for Christmas
is my two front teeth,
my two front teeth,
see my two front teeth!

All sing:

All she wants for Christmas
is her two front teeth,

her two front teeth,
see her two front teeth.

Pixie sings:

Gee, if I could only
have my two front teeth,
then I could be with you
Merry Christmas.

It seems so long since I could say,
Sister Susie sitting on a thistle!
Gosh oh gee, how happy I'd be,
if I could only whistle (thhhh).

All sing:

Gosh oh gee, how happy she would be,
if she could only whistle (thhhh).

Dr. Candy Cane (smiling): Losing your front teeth means that you are growing. Your new front teeth will soon grow in Pixie. You can continue to brush your teeth three times a day and remember to use your own tooth brush.

Pixie: I sure would like my teeth for Christmas! But I'll wait until they grow in doc.

Dr. Candy Cane: I heard your song and I am proud of the things you are doing to keep healthy. You have a positive attitude and you make being healthy fun.

Moonbeam: Dr. Candy Cane, we also want to show you our Rock Hop. We dance to this song to keep us physically active and in good health. Okay everyone... one... two... three...

All Elves (position themselves for their dance):

JINGLE BELL HOP



Jingle bell, jingle bell, jingle bell hop
Jingle bells swing and jingle bells ring
Snowing and blowing up bushels of fun
Now the jingle hop has begun
Jingle bell, jingle bell, jingle bell hop
Jingle bells chime in jingle bell time
Dancing and prancing in Jingle Bell Square
In the frosty air
What a bright time
It's the right time
To rock the night away
Jingle bell time is a swell time
To go gliding in a one-horse sleigh
Giddy-up jingle horse
pick up your feet
Jingle around the clock
Mix and a-mingle in the jingling feet
That's the jingle bell
That's the jingle bell

That's the jingle bell
That's the jingle bell HOP!!

Dr. Candy Cane: You are amazing elves! You all can help Santa deliver his toys this year. You know how to keep healthy and think healthy. I am very proud of you! Have yourselves a merry Christmas!!!

All Elves (jumping up and down): Hooray!!! We have been practicing healthy habits because it is important for us to keep our bodies healthy and strong! Merry Christmas Dr. Candy Cane and Merry Christmas everyone!!!!
The End.