

"David and the Elder Spirit Go Swimming"

This play is written by Cynthia Menzies, from the Kids 'n Health Program with Anishinaabe Mino-Ayaawin Inc. in Manitoba.

The MACH Diabetes Prevention Project for Children would like to thank Cynthia for allowing us to share this great play on our Web site.

Cast and Characters:



David Bear - *an eight year old Ojibway boy*



Elder Spirit - *can also be a friend or parent*

You may want to use your "Grandmother" puppet (included in your resource kit) as the Elder Spirit and the puppeteer to act as David Bear, an Ojibway boy.

Play Summary:

It is summer and David is spending his school holidays at home. David loves television and on many occasions has chosen to stay home and watch movies while his friends go swimming at the Rock. David has begun to feel drowsy, inactive and bored and he is not motivated to play his favorite outside games. One day David gets a visit from an Elder Spirit who helps him remember why taking care of your body and staying physically active is so important.

The Play:

The scene begins with David slouched over his chair. David is overtired and is upset because he cannot find the remote control.

David: (*shouting*) Hey-O! Hey-O! I lost my remote control. I lost my remote control. (*looks around*) I said, Hey-O! Is anyone listening? Am I the only one home today? Hello?

Elder Spirit: (*gently*) It looks like you are home alone. Everyone went to the Rock to go swimming.

David: (*surprised*) Who said that? I must be going crazy!

Elder Spirit: David, look up here. I have spoken.

David: (*looks over his shoulder slowly*) WHOA!

Elder Spirit: Don't be afraid. I am an Elder from your past. I have come to give you a valuable teaching.

David: (*relaxes*) Oh. A teaching. You mean like a lesson about life or something?

Elder Spirit: Yes.

David: I don't mean to be rude or anything Elder Spirit, but why not just give me a remote control. I seem to have lost mine....somewhere.

Elder Spirit: (*sadly*) You have lost more than that my precious child.

David: (*agreeing*) Yah, I even lost the TV guide. I put it somewhere...

Elder Spirit: Look out your window David. What do you see?

David: (*squints*) Umm, I see my sisters Belinda and Rheanne walking to the Rock to go swimming.

Elder Spirit: Why don't you go with them?

David: (*shakes his head*) Nah. I got better things to do.

Elder Spirit: Better things to do than go swimming? You love swimming.

David: I know, it is just that my favorite show is starting and...

Elder Spirit: David my boy...

David: (*startled*) WHOA! You sounded like my Kokum just then. She died last year.

Elder Spirit: (*tries again*) David my boy, you need to move your body. This will make your spirit fly. An active healthy body makes an active healthy mind.

David: What do you mean?

Elder Spirit: Stand up David. Stretch your arms straight up to the sky. Close your eyes and imagine you're at the Rock playing with your sisters. What do you see?

David: (*follows actions*) I see myself swimming under the water with my arms straight out in front of me. I am a pickerel swimming strong and fast.

Elder Spirit: How do you feel David?

David: (*eyes still closed and arms straight out*) I feel alive and happy.

Elder Spirit: David you are remembering what it is like to be physically active. You are a good swimmer and you just remembered what it was like to go swimming at the Rock.

David: (*opens eyes and puts arms to his side*) You know I can do other sports, too. I really like to ride my bike and go fishing.

Elder Spirit: When you play games and participate in sports you are respecting your own body. This makes you feel good about yourself.

David: Watching TV makes me feel good sometimes, but usually I feel bored and grumpy when I watch too much.

Elder Spirit: You can watch TV as a restful activity, but playing outside and doing activities you

like will keep your body strong.

David: If I hurry up I bet I can catch up to Belinda and Rheanne. They are my sisters and they went swimming at the Rock! You can come too if you want.

Elder Spirit: Sweet child, wherever you go I will never be far behind!

David: Great, so don't forget your swimsuit!

The End