

THE MAGIC MIRROR OF HEALTH

**Specimen
only**



A musical play for young actors

Cast:

Narrator 1 Narrator 2
King Princess
Silas the merchant
Doctors 1, 2, 3 and 4
Courtiers 1, 2, 3 and 4
Wise Woman Lady in Waiting
Mountain people: Woodcutter..... Mountain girl.....
Hunter Mountain leader.....
Vicar
Singers

Theme: Healthy Eating and Exercise. Duration 30-40 mins. For ages 7-11

DUAL FORMAT CD: The CD contains

This Playscript (to customize and photocopy)

5 Vocal Tracks

9 Backing Tracks / Incidental music

Free Basic Sheet Music is also on the CD (Computer generated –only meant as a rough guide)

Not to be rehearsed or performed until payment has been arranged. Price includes script, CD, free score, and a free licence for non-profitable use on one educational site (up to 3 performances). For all commercial use, please email first.

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The Magic Mirror of Health

Synopsis: The King and his Court are unhealthy and out of condition. A wise woman tells of a magic mirror hidden in the mountains, which will restore their vitality, and they go on a quest to find it. The King has a rival who finds the mirror first, but ultimately the King achieves fitness through a healthy lifestyle. Great fun to act, sing and dance. A fabulous addition to your PSHE/.Health Education Resources

PROPS NEEDED- Throne, mirror, stethoscopes and tape measures for, pictures of healthy/unhealthy foods (or plastic toy foods), rifle for hunter, crystal ball

CD LISTING

- 1) You Can Be Healthy (with vocals)
- 2) His Majesty the King! (with vocals)
- 3) Bend! Stretch! (with vocals)
- 4) Magic Mirror (with vocals)
- 5) We Can Go Home (with vocals)
- 6) You Can Be Healthy (backing track)
- 7) Wise woman (sound effect)
- 8) His Majesty the King (backing track)
- 9) Spirit Appears (sound effect)
- 10) Mountains Music (instrumental)
- 11) Bend! Stretch! (backing track)
- 12) Magic Mirror (backing track)
- 13) We Can Go Home (backing track)
- 14) Wedding Music (instrumental)

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Narrator 1: (*Throne centre stage*) Welcome! Welcome! Welcome one and all. Welcome to our humble hall! Our story is about a king and his search for good health. In times long ago long ago, there lived a good and noble king. (*Enter King and 4 courtiers- padded out to make them look overweight and unhealthy. King sits on throne.*) When he was young, he was smart and slim and handsome. All the young maidens in the land admired him. But he was too busy with his sports and his riding to bother with courtship! Now, however, he felt ready to settle down into marriage. He had met a lovely princess, whom he adored greatly. He had asked her to marry him. Look! Here she comes now! (*Enter Princess, with lady-in-waiting. Princess has a mirror*)

King: (*Stands, bows. Princess curtsies. He kisses her hand, then sits again*) My dear dear Princess! Greetings! My dear...have you reached an answer to my proposal?

Lady-in-Waiting: (*Curtsies*) Sire! Indeed, my lady has reached her decision!

King: Good! Then we must be married at once!

Lady-in-Waiting: Sire! My lady would love to marry you! You are so kind! (*King agrees to each compliment with a nod and a smirk*) So generous! So rich! So wise! So handsome! So honourable and so gentle! Yet my lady refuses to marry you.

King: (to Princess) Is this true? I would make you a good husband! And you would make an excellent Queen. So why won't you marry me?

Princess: Two reasons, sire!

Lady-in-Waiting: She is already betrothed to Silas the merchant.

King: Silas the merchant? What do you mean?

Courtier 1: When she was a young girl, her parents arranged for her to marry Silas.

King: Do you want to marry Silas?

Princess: Oh, indeed not, sire. I do not love him! But I cannot break the law of the land.

Silas: *(Entering and smirking aside)* Yes, she must obey the law! She WILL marry me! Hah hah! I cannot bear the silly child. But she has good looks, which will help my business. I am a rich and powerful man. I supply everyone in the palace with everything they need.

Courtier 2 *(to King):* Perhaps Silas will change his mind when he sees how sad you are!

King: Maybe. *(To Princess)* You said there were two reasons why you cannot marry me. What is the second reason?

Lady in Waiting: My lady believes that a King should be healthy and fit to rule this land! You are a bad example to your people!

Princess: Sire! I love you dearly, but you can't look after your people if you cannot even look after yourself! Look in this mirror, Sire! *(He looks in the mirror)*

Narrator 2: The King looked in the mirror. And gazing back at him he saw a middle aged man. His eyes were baggy and bloodshot. His skin was wrinkled. He had a double chin and a fat tummy. He jumped up in alarm!

King: Call me a doctor! Doctor! Doctor! *(Enter four doctors who fuss over him. Doctor 1 has a set of food pictures.)*

Doctor 1: Your blood pressure is too high! I will prescribe you some tablets!

Silas: Nonsense! Let me sell you some chocolate! Chocolate will make you feel better!

Courtiers: Yum! Chocolate!

Doctor 2: You are overweight! You need to go on a diet, at once!

Silas: Nonsense! You cannot survive on lettuce leaves! Let me sell you some cakes and pies. You know you adore pork pies and cream buns!

Courtiers: Yum! Cakes and pies!

Doctor 3: What do you normally drink, Sire?

Silas: I only sell him the frothiest beer, the best coffee, wine by the barrel, and a fine new fizzy drink made from cola nuts. And double thick milk shakes of course.

Doctor 4: They are bad for you. You should drink water and a little fruit juice. And what else does he eat?

Courtier 3: He only eats well-balanced meals He balances one meal in each hand. Only the most succulent red meat, the best fried potatoes, the sweetest pastries, and the creamiest cream cakes.

Courtier 4: Yes. And He likes buttered biscuits, the thickest fried bread, the tastiest sausages, the richest ice cream and potato chips with extra salt.

Doctor 1: But all those things are so bad for you. It's no wonder you are out of condition. You need to learn which foods you should eat. Here- these cards will help you!
(King holds up pictures of healthy/ unhealthy foods and asks the audience: Can I have this? Groans when audience says "No!")

Doctor 2: Do you take any exercise, sire?

King: Exercise? Yes of course! I walk into the Royal Kitchen for a snack several times a day!

***** **Song: CD Track 6: You Can be Healthy** ***** (Vocals are on Track 1)
(Song is led by the doctors)

*If you want to be healthy you should take a tip from me!
Lay off the cakes and pies and get lots of sleep!
You can be healthy! Just take some time each day
To care for yourself and do the things we say!*

*If you want to be healthy you should take a tip from me!
Drink lots of water! Exercise each day!
You can be healthy! Just take some time each day*

*To care for yourself and do the things we say! If you want to be healthy you should take a tip from me!
Eat less fat and sugar! Reduce your calories! You can be healthy! Just take some time each day to
care for yourself and do the things we say!*

King: I do not have time for exercise!

Doctor 2: Then make time! Because if you don't change your ways, you will die young!

Silas: Nonsense, you silly quack! Sire- let me bring you some nice chocolate cake. That will calm you down!

King: No! Bring in the wise woman! She will know what to do! *(Calls:)* Wise woman! Wise woman!

***** **CD TRACK 7 Wise woman enters to sound effects** *****

Wise woman: Oh, sire! I can see your destiny in my crystal ball! Let me see...let me see! Ahh! What do I see? What do I see? Ahhh! I see a nice handsome man with a trim figure. He is holding a mirror! He is going to marry a beautiful princess!

King: Is it me?

Silas: No! It must be me of course!

Wise Woman: Listen, sire! Hidden in the mountains there is a magic looking-glass. Find it and gaze into it, and you will regain your health. Sire, you must search for this magic mirror. But beware- it will only work one time. (Exit all except Silas and Wise Woman)

Silas: (Aggressively) Where is the magic mirror? Are there any more clues in your crystal ball? Tell me, or I'll have your tongue cut out, you miserable old hag. (*She looks into the crystal ball*)

Wise Woman: I can see something gleaming at the very top of the middle mountain, at the foot of two white trees. That's all I can tell you! (*Exits, taking crystal ball*)

Silas: If the King becomes fit and slim I will not be able to sell him his favourite foods at my favourite prices! I will beat him to it! I will find that magic mirror! And then I will be the one who is fit and slim! And I shall marry the Princess just out of spite! (*to audience:*) And there's nothing any of you can do about it! Ha ha ha. (*Exits*)

Narrator 1: And so the King and his courtiers rose early the next morning and went into the mountains to search for the magic mirror.

(*King and Courtiers enter when music starts:*)

END OF SAMPLE