

**THE ORGANWISE GUYS PLAY SCRIPT**  
**Dreaming of an OrganWise Life!**

**SCENE 1**

*Setting: OrganWise Gal (OWGal) is sitting (day dreaming) on a bench/stool and OrganWise Guy (OWGuy) walks up and joins her . . .*

**OrganWise Guy:** Good morning OrganWise Gal.

**OrganWise Gal:** Oh! *(seeming startled from her thoughts)* Good morning!

**OrganWise Guy:** Boy, you sure were miles away . . . what were you thinking about?

**OrganWise Gal:** *(Giggling)* Oh just about a dream I had last night. It was kind of strange. I dreamed that all of the organs in my body came to life and were on a mission to help teach kids about staying healthy.

**OrganWise Guy:** *(Looking perplexed)* What? That sounds interesting. Can you fill me in on the details!

**OrganWise Gal:** *(As they begin to walk off stage, OWGal excitedly recounts her dream.)* Well, the first organ that appeared seemed to be quite smart . . .

**SCENE 2**

*Setting: As OWGal and OWGuy are exiting the stage, in walks Sir Rebrum.*

**SIR REBRUM** *(talking to himself)* The importance of nutrient-dense foods in the morning is of critical importance for cerebral functioning . . .

*(Stops and realizes there is an audience, then addresses the crowd.)*

Well, hello there. My name is Sir Rebrum. Can you guess which part of the body I am? *(Audience answers, "the brain!")*

Yes, the brain. And I was just thinking (well that's what I do!) about the importance of eating a healthy breakfast. Perhaps The Kidney Brothers would like to join me in my latest breakfast rendition.

*Sid and Kid Kidney walk on stage giving each other a high-five!*

**SONG: BBB Breakfast (Hardy Heart, The Kidney Brothers): Time 2:16**

*(Suggested props/costumed actors – eggs, whole wheat toast, skim milk, fruit, whole grain cereal)*

*(As the songs play in this musical, there are various options (depending on cast size) for chorus.*

- 1. Students, dressed as props, can join the OWGs on stage and sing along.*
- 2. A standing chorus of students can sing along as OWGs and “prop” folks dance around*
- 3. If it is a multiple- class (or entire school) performance, the students can be sitting as part of the audience in the front of the auditorium and stand up and turn to audience as the chorus for each song. (The entire student body can act as the chorus or have specific classes singing specific songs.)*

*Sir Rebrum and the props exit leaving the Kidney Brothers alone on stage.*

### **SCENE 3**

**SID KIDNEY** (to Kid) Hey Kid!

**KID KIDNEY** Yea Sid?

**SID KIDNEY** I think I’ve got THE LOW DOWN KIDNEY BLUES.

**KID KIDNEY** You haven’t been drinking enough water! Sometimes all you can do when you’ve got the blues . . .

**SID KIDNEY** . . . is sing the blues

**SONG: Low Down Kidney Blues (Kidney Brothers): 1:03** *(Choose a chorus style from suggestions in Scene 2) (Suggested props - keyboard/guitar for The Kidney Brothers to play.)*

### **SCENE 4**

*Peri Stolic enters bringing each Kidney Brother a glass of water, which they enthusiastically drink.*

**SID & KID KIDNEY** Why thank you Peri Stolic, you are the sweetest intestine.

**PERI STOLIC** *(giggling)* That’s not something I hear from a lot of people. But you know guys, you think you have it bad without water. You can’t believe how it feels for me when I don’t get enough fiber. I need fiber-rich foods like fruits, veggies, beans and whole grain foods. That’s what keeps me moving . . .

**SONG: Keep It Moving! (Peri): 2:55**

*(Choose a chorus style from suggestions in Scene 2) (Suggested props/costumed actors – all kinds of fruits and veggies, whole grain foods / optional - large tube of toothpaste squeezing demonstration)*

**PERI STOLIC** (addressing audience) I’ll bet you’ve never heard a song about that before!  
*(giggling)* Up next are three more organs who like to keep it moving . . .

*Peri and others exit stage.*

## **SCENE 5**

*Enter stage front Hardy Heart, Calci M. Bone and Madame Muscle*

**HARDY HEART** I'm Hardy Heart.

**CALCI M. BONE** I'm Calci M. Bone.

**MADAME MUSCLE** And I'm Madame Muscle. And one of the best things you can do for the three of us is . . .

**HARDY/CALCI/ MM** . . . EXERCISE!

**SONG: That's How You Exercise (*Madame Muscle*): 1:33**

*(Suggested props – students that are not playing organs are wearing headbands and wristbands and have hand weights that they are using during the song. Suggestion: Watch song on Music DVD for corresponding props ideas.)*

*All actors exit stage – the last one to exit is Hardy*

**HARDY HEART** Boy that song sure gets *me pumped!* (Hardy exits)

## **SCENE 6**

*Set bench/stools back up from Scene 1. OWGal and OWGuy enter, return to bench and sit down.*

**OrganWise Guy:** Wow singing organs . . . what did you eat before you went to bed last night?

**OrganWise Gal:** *(laughing)* Hey and there were more of them! There was others named Pepto the Stomach, Windy the Lungs, Peter Pancreas and even Luigi Liver *(as she is listing these characters they come in behind them waving to the audience. OWGal and OWGuy are oblivious to everything going on behind them throughout the entire scene - until the very end.)*

**OrganWise Guy:** Well, maybe these organs characters were trying to teach you something?

**OrganWise Gal:** Yes, they did. I woke up with this weird song playing over and over in my head. It was like one of those marching songs. My favorite part went like this . . .

**Low-fat, high-fiber, lots of water, exercise!**

*(As OWGal is reciting this she stands up and shows OWGuy how to do the hand motions – he joins in on the second round. All the while the rest of the organs and the other extra cast members are quietly sneaking back on stage behind them.)*

**Low-fat, high-fiber, lots of water, exercise!**

**OrganWise Guy:** Let's do the whole thing and get everyone to join us. Come on everyone - stand up! *(entire audience AND all OWGs and actors behind them also sing along.)*

**OrganWise Gal:** Everyone begin by marching in place and then repeat after me! *(everyone begins marching)*

**OrganWise Gal:** I WILL TRY TO EAT LOW-FAT,  
**OWGuy/Audience/Actors:** I WILL TRY TO EAT LOW-FAT,

**OrganWise Gal:** EATING LOW-FAT IS WHERE IT'S AT.  
**OWGuy/Audience/Actors:** EATING LOW-FAT IS WHERE IT'S AT.

**OrganWise Gal:** HIGH-FIBER IS WHAT I'LL CHOOSE,  
**OWGuy/Audience/Actors:** HIGH-FIBER IS WHAT I'LL CHOOSE,

**OrganWise Gal:** WITH FRUITS AND VEGGIES I CAN'T LOSE.  
**OWGuy/Audience/Actors:** WITH FRUITS AND VEGGIES I CAN'T LOSE.

**OrganWise Gal:** I'LL DRINK WATER EVERY DAY,  
**OWGuy/Audience/Actors:** I'LL DRINK WATER EVERY DAY,

**OrganWise Gal:** AND I'LL WASH DISEASE AWAY.  
**OWGuy/Audience/Actors:** AND I'LL WASH DISEASE AWAY.

**OrganWise Gal:** EXERCISE TO KEEP ME STRONG,  
**OWGuy/Audience/Actors:** EXERCISE TO KEEP ME STRONG,

**OrganWise Gal:** WITH THESE RULES I CAN'T GO WRONG.  
**OWGuy/Audience/Actors:** WITH THESE RULES I CAN'T GO WRONG.

*(As OWGal is finishing up this part, this she is looking around and sees all of the organs behind her. She has a surprised and quizzical look on her face. Throughout the rest of the song she keeps looking back in disbelief of what she is actually seeing.)*

**OrganWise Gal:** ROLL CALL  
**OWGuy/Audience/Actors:** ROLL CALL  
**Actors:**

**OrganWise Gal:** ALL TOGETHER  
**OWGuy/Audience/Actors:** ALL TOGETHER

**OrganWise Gal::** Now altogether...  
**EVERYONE:** LOW-FAT, HIGH-FIBER, LOTS OF WATER, EXERCISE! (with motions)  
LOW-FAT, HIGH-FIBER, LOTS OF WATER, EXERCISE! (with motions)

**OrganWise Gal:** To OWGuy and the audience. (*looking a little disoriented*)

I **THINK** IT WAS A DREAM . . .

The End