

# DRAFT SCRIPT “ANIMAL EXERCISE FUN”

## Production Overview: 8/08

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The video will be designed to create a full immersion experience using blue screen technology to superimpose the character onto and into still and video backgrounds. Children are a mix of ages and races.

## CAST OF CHARACTERS

### CHILDREN:

Six children of mixed race: two between 4 and 6 years old, two 8 to 10 year old leaders. Special needs child may be included.

### General Instructions:

The Characters speak to each other and the audience the same, engaging in conversation as if speaking directly to them.

The individual children model different abilities during the exercises from intense to easy, alternating between characters.

Dramatic expression is encouraged, laughed at in fun, and taken seriously when appropriate. This is designed to release the child's fear of self expression, while also modeling options, abilities, and proper form. Safety is always a prime consideration.

Everything is shot in front of a Chroma Key backdrop for a full immersion effect.

A variety of special effects will be used including: animation, slow motion, digital character models, and simulations.

### ANIMALS:

#### HUMMINGBIRDS

DRINKING GIRAFFES  
SWINGING MONKEYS  
STANDING STORKS  
SLEEPING DOGS

TO DO: This draft will be reworked and timed to ensure it adheres to our budgetary allowances. Special effects will be added accordingly. Safety tips need to be added. Personal Space added to introduction.

Introduction

FADE IN:

1 INT. CHILDREN'S PLAYROOM 1

WE slowly PAN a casual school-like playroom. TWO OLDER CHILDREN and TWO YOUNGER CHILDREN are sitting in a semi circle laughing and talking. There is a giant picture of the earth from space on the wall behind them.

LEAD 1 - Female, age 14. She turns and looks into the camera.

LEAD 1

Hello friends, are you ready to play?  
It's time for our Animal Exercise Fun for today.

My name is . . . . .

Focus on LEAD 2 Male - age 9.

LEAD 2

And I'm . . . . .,

Focus on CHILD 1 Male - age 6.

CHILD 1

I'm . . . . .,

Focus on CHILD 2 Female - age 5.

CHILD 2

I'm . . . . .,

ZOOM OUT to show everyone. Everyone speaks, engaging the audience as if speaking directly to them.

Everyone

Please get up and join in.

Focus on LEAD 1 and LEAD 2. CUT to images which reinforce the rules as they are spoken.

LEAD 1

Please listen carefully to these rules before we begin.

LEAD 2

Start slowly and practice the moves carefully.

Relax during and between each exercise.

LEAD 1

Take it easy. If you feel pain, slow down or stop for awhile.

LEAD 2

Drink as much fresh water as you like.

Make plenty of room for each exercise, watch out for sharp corners and table tops.

Both

Be positive, be an example, love each other and have fun!  
CUT to images from the program as they are mentioned.

LEAD 1

We'll warm-up by breathing and moving about;

Next, we'll take time to really stretch out.

Then slowly and surely aerobics begins;

Healthy play, everyone wins.

LEAD 2

We'll cool down by balancing and stretching some more,

So that your body won't feel sore.

We'll end by relaxing which always makes sense,

Whenever you feel tired or tense.

LEAD 1

We are going to learn to be healthy and strong,

I hope that you all will play along!

Please play safe and take care

And always try to play fair.

LEAD 2

Take your time and do your best.

When you're tired, it's time to rest.

Most importantly, have fun,

Then you'll feel great when we are done.

2 EARTH The world behind them begins slowly spinning. Stars in space twinkle around it.

LEAD 1

We'll travel the world making animal friends.  
And have a good workout before our fun ends.  
We are going to have animal teachers  
Who will teach us all about the Earth's creatures.

ACT ONE

Everyone stands up as LEAD 2 speaks.

LEAD 2

Come on, get up, let's to get going!  
It's time that we get our blood flowing.

The earth has rotated until Central America is centered in the space behind them. CHILD 3 points out Central America.

LEAD 1

Who can guess our first destination?

CHILD 3

Central America is the location.

The image ZOOMS down to the surface of the planet and into a Central American rain-forest. We see the forest like it is being viewed through a fisheye lens in the circular space where the earth was.

TIME 0:00

3 ANOTHER VIEW

The rain-forest flattens out and expands to cover the space around them.

4 EXT. RAIN FOREST

SLOWLY FADE IN:

The sounds of a rain forest can be heard. Everyone is standing looking at the scene pointing. Various hummingbirds which are indigenous to the area, (Violet Crowned, Rivoli's, Broad Billed, Blue Throated, whatever we can get footage of), humming among the flowers and trees. The children are entranced and gaze about.

LEAD 1

Look at the beautiful jewel like birds everywhere.  
Pause and they all cock their heads to listen.

Children  
Listen, the sound of humming fills the air.

LEAD 1

I hope you are ready to play  
This humdinger of a game today.

LEAD 2

Our first exercise comes from these very small friends.  
You'll learn all about breathing before this game ends.

5 EXT. HUMMINGBIRDS

We ZOOM in to a close-up of the hummingbirds over LEAD 1's  
shoulder.

LEAD 1

What beautiful little birds are these,  
Humming around among the flowers and trees?

All Children

(smiling and pointing at the hummers)

Hummingbirds!

LEAD 1

We are going to play a breathing game.  
Hummingbird Breath is its name.

LEAD 2

Breathing is something you do without thinking,  
But it's even more important than eating or drinking.

LEAD 1

You should breathe deeply when you play and run.  
You need strong lungs to have lots of fun.

6 CHILDREN

CLOSE-UP of the children, we can see them breathe, moving  
their stomachs and chests. Images of Hummingbirds fill the space  
around them.

LEAD 1

Take a few deep breaths, breathe deep and slow.  
This will get you warmed up and ready to go.

LEAD 2

Breathing deeply through your nose is the best,  
Pushing out your stomach, then your chest.

LEAD 1

I hope that you at home hum along.  
Playing with us will make your lungs strong.

LEAD 2

See how we breathe in and out, humming with our nose.  
When we breathe in see how our stomach and chest grows.  
Practice humming and breathing together.

Everyone

Hmmhmm, hmmhmm, hmmhmm.

LEAD 1

As you breathe deeper, your humming gets better.

7 CHILDREN 7

The children begin moving around humming. They all travel in the same direction.

LEAD 1

Pretend you're a hummingbird, humming about.  
Breathing deeply through your nose, humming in and out.

Everyone

Hmmhmm, hmmhmm, hmmhmm.

LEAD 1

Flap your arms, too bad they won't make a sound,  
So hum with your nose as you walk all around.

Everyone

Hmmhmm, hmmhmm, hmmhmm.

LEAD 2

Hum high, hmhhh, or hum low, hmhhh.  
Humming and breathing helps your body to grow.

CHILD 4

He He He! I'm a hummer listen to me.

Hmmhmm, hmmhmm, hmmhmm.

CHILD 3

Hmmhmm, hmmhmm, humming makes us healthy.

8 SONG

Everyone gathers around and sings.

LEAD 1

I hope you at home or school will sing along,  
And join us singing the hummingbird's song.  
Hum-m-m-m-m-ming with its delicate wings;  
Buzzing about, the hummer sings:

Everyone Sings

(song)

Hummingbirds hum by flapping our wings.

Hmmhmm, hmmhmm, hmmhmm.

This is the way the hummingbird sings.

Hmmhmm, hmmhmm, hmmhmm.

The children move in and out of our field of vision.

Hummers are full of energy.

Hmmhmm, hmmhmm, hmmhmm.

You must look quick(ly), we are hard to see.

Hmmhmm, hmmhmm, hmmhmm.

Close-up of the hummer once again.

Our wings move so fast they make a humming noise.

Hmmhmm, hmmhmm, hmmhmm.

Humming is what every hummer enjoys.

Hmmhmm, hmmhmm, hmmhmm.

(song ends)

9 SPECIAL EFFECTS FLOWERS

CLOSE-UP on a flower patch, we SEE the flowers change  
subtly and take on friendly characters smiling at the children.

CHILD 4

I see some flowers that look sweet,

CHILD 1

I think that it's time to eat.

LEAD 1

Look at all the flowers, they are smiling at you.

Their colorful faces all covered with dew.

CHILD 3

Smell the flowers, their fragrance fills the fresh air.

CHILD 2

Their colorful faces are everywhere.  
The children follow in a line and hum around to smell the flowers.

LEAD 1

Hum around to each and every one.  
Humming is how hummers love to have fun.

Everyone

Hmmhmm, hmmhmm, hmmhmm.

LEAD 2

Your lungs become filled with the smell of orchids and clover;  
Energizing your blood, making you tingle all over.

LEAD 1

Humming around from flower to flower.  
Hummers get their energy from flower power.

Everyone

Hmmhmm, hmmhmm, hmmhmm.

CHILD 1

Flowers make us hummers smile.

CHILD 4

And keep us humming all the while.

All Children

Hmmhmm, hmmhmm, hmmhmm.

10 CHILDREN

The children act like they can fly.

CHILD 1

Imagine you are a hummingbird just like me.

CHILD 2

In your imagination you will see,

CHILD 3

If you will only try,

CHILD 4

You can take off and fly.

11 FLYING 11

They all flap out of the scene as the set dissolves into  
hummingbirds in different parts of the Americas.



LEAD 1 voice over  
Imagine if you could fly too.

Where would you go and what would you do?

12 TRANSITION 12

The camera ZOOMS in on the hummers then up and away into the blue sky, then out into space. The camera turns around to show the earth and backs out until the room shows again with the characters standing looking at it. Everyone is still flapping their arms and humming. They have expressions of puzzled, joyful, amazement on their faces.

ACT TWO

13 INT. PLAYROOM 13

The scene opens and they can all be seen standing in a semicircle in front of the earth picture talking excitedly. They randomly do variations of the "Animals for All" Stretch.

14 LEAD 1 14

LEAD 2 turns to camera

Did you have fun?

All Children

Hurray!

LEAD 1

Great! Our animal play has just begun.

LEAD 2

Our next lesson comes from my tal-I-I-lest friends.

You'll know how to stre-e-t-tch when their game ends.

15 EARTH 15

The earth has turned so Africa shows. The image ZOOMS IN and expands until East Africa fills the space around them.

(Alternatively, the children can fly down to the surface.)

LEAD 1

Where will be our next exercise location?

Continue to ZOOM IN until a grassland scene fills the circular space behind them with the same fisheye view.

All Children

Africa will be our next destination.

16 EXT. ANOTHER VIEW 16

The scene expands around them and flattens out to fill the wall.

17 EXT. SAVANNAH 17

We see a tree covered savannah with giraffes walking about. The children are entranced. Everyone is standing looking around pointing.

LEAD 1

What beautiful animals are these,  
Walking tall among the trees?

The children are turned looking up as a giraffe walks over and stands full height behind them. They are obviously intimidated. The camera scans up the full height of the giraffe.

All Children

(obviously intimidated by the giraffe)

G-g-g-i-r-a-f-f-e-s

LEAD 1

You children don't have to be shy,  
(exaggerates eighteen)  
Just because they stand e-i-g-h-t-e-e-n feet high.

LEAD 2

We are going to learn a stretching game.  
Drinking Giraffe is it's name.

LEAD 2

The giraffes will teach you that stretching is fun.  
You'll love to stretch when we are done.  
Stretching is important to play.  
It helps get your body ready to have fun all day.

18 CHILDREN 18

The children look at the giraffes standing full height behind them.

Children

Stretching would be a fun thing to do,  
If we were as tall as a giraffe too.

They all hold their arms up like the giraffe. FOCUS on their hands to show proper fingering.

LEAD 1

Clasp your hands above your head and reach high.  
Your thumbs are horns, sticking up in the sky.

LEAD 2

Your small fingers, are a long slender nose.  
Reach and s-t-r-e-t-c-h so your whole body grows.

19 SPECIAL EFFECTS 19

SPECIAL EFFECTS make the children appear to grow until they're almost as tall as the giraffes. This is done by stretching the image of the children and reducing the image size behind them. The children make sounds of amazement.

LEAD 1

Pretend you are no longer small.  
Reach and s-t-r-e-t-c-h, growing 18 feet tall.

20 EXT. WALKING 20

The children and the giraffes wander off in search of a drink. Their arms and the giraffes necks sway back and forth in time.

CHILD 3

Can we get a drink?

CHILD 2

It's very hot, what do you think?

LEAD 2

Follow the giraffe and walk like they do.  
They'll find a cool water hole for you.

LEAD 1

Let's sing a giraffe song.  
Join me and sing along.

(song)

Giraffes are gentle creatures,  
Who stand very tall.  
Their long legs and neck,  
Make humans seem small.  
They are the tallest beasts alive;  
They eat leaves from trees to survive.  
If you were a giraffe  
You would be

Standing as tall as a tree  
(song ends)

## 21 DRINKING GIRAFFES 21

The giraffe find a water hole and bend down for a drink.

LEAD 1

Well we are finally here.

This water looks fresh and clear.

CHILD 4

(everyone laughingly agrees)

These giraffe sure have a funny way of getting a drink.

CHILD 1

I prefer turning on a faucet at the sink.

LEAD 1

Giraffes have a problem being so tall.

Drinking would be easy, if they were small.

LEAD 2

First they spread their legs far apart

So their mouths can reach the water. Aren't they smart?

CHILD 4

This African savannah is so hot and dry,

CHILD 3

Can we please give it a try.

LEAD 1

Be careful when you practice the giraffe drink.

It's not as easy as you may think.

LEAD 2

Heads up children, when you stand tall.

Watch your balance so you don't fall.

LEAD 1

You need to relax and move really slow.

Stretching and bending, helps your body grow.

## 22 CHILDREN STRETCHING 22

The children practice drinking like the giraffes. Close up of each activity as they occur.

LEAD 1

First spread your legs and bend your knees,  
So you can touch the ground with ease.

LEAD 2

Relax your shoulders, neck and back,  
Then let your upper body go slack.

LEAD 1

Keep your arms straight, lower your chin to your chest.  
Slowly lean forward, bending your back is best.

LEAD 2

Tighten your stomach, and curl your giraffe head down to the  
ground.

Pretend you are taking a long cool drink of fresh water, and make  
a drinking sound.

Children

Glug, glug, glug, Ah-h-h-h.  
(take 5 to 15 sec)

The children are shown in a sequence curling back up.

LEAD 1

You're doing quite well.  
I'm pleased that no one fell.

LEAD 2

Now slowly curl back up, stretch straight and true.  
You've just learned to drink like the giraffe do.

LEAD 1

Let's curl down again just like before,  
Only this time stretch a little more.

LEAD 2

Reach between your legs as far as you can.  
Stop if it hurts, feeling good is our plan.

Children

Glug glug glug. (5 to 15 sec.)

LEAD 1

Try to relax as you stretch out your back,

Let your whole body just go slack.

LEAD 2

Now slowly curl backup, and stretch straight and tall,  
Lower your arms and relax, and you're once again be small.

CHILD 2

We're still thirsty, can we have another drink?

CHILD 1

Perhaps once or twice more before we shrink?  
The children bend down to the side and touch their feet.

LEAD 1

Ok, but this time let's practice in a different way.  
Move your head to the side when you bend and play.

LEAD 2

Curl down like we did first.  
Pretend there is water to quench your thirst.

LEAD 1

Now touch one foot when you reach the ground.  
And once again make a drinking sound.

Children

Glug glug glug. (5 to 15 sec.)

LEAD 1

Now slowly curl back up, s-t-r-e-t--c-h and reach high.  
Then slowly bend down and give the other foot a try.

LEAD 2

That was the last time, now stretch straight and tall.  
Lower your arms, relax and shrink 'till you're once again be small.

23 SHRINKING 23

The children start shrinking and don't stop until they disappear.  
There is a poof and the whole scene disappears with them.

LEAD 1

Our stretching is over I'm sorry to say,  
But stretching is a game you can play every day.

Children  
Goodbye giraffes we had fun today,  
we'll remember you whenever we stretch and play.

CHILD 4

This shrinking better stop soon,

CHILD 3

I'm beginning to feel like a deflated balloon.

ACT THREE

24 INT. PLAYROOM 24

They all pop back in the room in front of the picture of the earth.

25 LEAD 1 25

LEAD 2

Did you children enjoy the stretching and drinking?

All Children

Cheering! Yeah! Hurray!

CHILD 2

But it was scary when we didn't stop shrinking.

LEAD 1

Our next lesson comes from some playful friends.

You may feel tired when their game ends.

26 EARTH 26

The earth has turned so South America shows. It grows until  
Brazil fills the space behind them.

LEAD 2

Who can guess our next location?

CHILD 2

Is South America our destination?

CUT TO:

27 ANOTHER VIEW 27

We ZOOM down and out until the jungle fills the space.

28 EXT. JUNGLE 28

The sounds of the jungle can be heard. Everyone is standing  
looking around but there is nothing but forest.

LEAD 1

You must look up if you want to see,  
The next animal that we are going to be.

## 29 MONKEYS 29

They look up and see spider monkeys swinging among the trees.  
The children are overjoyed by the sight.

LEAD 2

What wonderful animals are these,  
Swinging freely among the trees?

LEAD 1

Playing with them will be a joy.

All Children

Monkeys! Monkeys!, Oh boy! Oh boy!

The children are standing looking up into the trees. We are  
looking up over their shoulders at a troop of spider monkeys  
hanging by their arms and tails looking at us.

LEAD 1

We are going to play an Aerobic game.  
Monkey Business is its name.

LEAD 2

Aerobic exercises are work that is fun.  
Play until you're tired, then you're done.

LEAD 1

Be careful when you climb and swing.  
Playing safe is the most important thing.

LEAD 2

Please be careful not to trip,  
And watch your step so you don't slip.

CHILD 3

The monkeys are up there and we're down here,

CHILD 2

Which makes it hard to play, I fear.

LEAD 1

Let's climb up into the fresh air.

There are plenty of trees, the monkeys will share.  
They are standing at the base of a giant tree.

CHILD 4

There is something you don't see.



CHILD 1

It's impossible for us to climb this tree.

30 CLIMBING 30

The children pretend to climb. As they climb the scene behind shows the trunk of the tree as if they are climbing it.

LEAD 1

Monkey see, monkey do.  
You can be a monkey, too.

LEAD 2

Use your imagination pretend to climb the tree.  
Watch your step, climb carefully.

LEAD 1

Start out slowly, be careful, don't fall.  
Ah-Ah! Ee-Ee! Oo-Oo! is our monkey call.

LEAD 2

Reach and climb with your hands and feet.  
Monkey business is really neat.

LEAD 1

Stretch your whole body from finger to toe.  
Say hey monkeys, Ee-Ee! Ah-Ah! Oo-Oo! Hello!

LEAD 2

You will need to breathe deeply to help you keep going,  
To get your heart pumping fast and your blood flowing.  
It's a very long way to the top,  
Climb fast or slow, if you're tired stop.

CUT TO:

31 ANOTHER VIEW 31

We look up toward the canopy and to the side. There are many different animals to be seen.

LEAD 1

Look the treetops are coming near,  
Many different animals live here.

CHILD 3  
Slithery snakes, beautiful butterflies,  
CHILD 2  
And colorful birds fill the skies.

LEAD 2  
The children of the forest are here.  
Among the treetops, monkeys live without fear.

Children  
We only have one thing to say.  
Ah Ah! Ee Ee! Oo Oo! These monkeys know how to play.  
32 ANOTHER VIEW 32  
We look down.

LEAD 1  
You children are doing great.  
But be careful, falling from up here would be an awful fate.  
33 SWINGING 33  
The children are play swinging with monkeys swinging in the  
background.

LEAD 1  
We've reached the treetops, now swing from limb to vine.  
Monkeys love to play and that's just fine.  
Reach and grasp, hold and swing.  
Soar through the air without a wing.

LEAD 2  
Limb to vine, tree to tree,  
Above the ground, wild and free.  
Swing like monkeys high up in the trees,  
Like acrobats on the trapeze.  
34 SINGING 34

LEAD 1  
I know a monkey song to sing.  
Won't you at home join in as we swing,  
All Together Singing  
Monkey see, monkey do.

Ah ah! Ee ee! Oo oo!  
You can be a monkey, too.

We monkeys live joyfully and free,  
Ah ah! Oo oo! Ee ee!  
Always full of energy.  
We like to eat fruit, leaves and bugs,  
We have big families, and get lots of hugs.  
We live happily among the trees,  
Doing anything we please.

We love to climb and swing,  
Being acrobats is our thing.  
Monkey see, monkey do.  
Ah ah! Ee ee! Oo oo!  
Now we are all monkeys too.  
End of song

35 COOL DOWN 35  
45 seconds

LEAD 1

It's time to go, I'm afraid to say,  
Our monkey play is done for today.

LEAD 2

Now that your blood is really flowing,  
It's time for us to get going.

Swing slowly for a while to cool down.  
Say goodbye to the monkeys and make a monkey sound.

All Children

Ah!-Ah! Oo-Oo! Ee-Ee!

LEAD 1

It's good to do Aerobics every other day.  
Playing like a monkey is one good way.  
For now our monkey business is done.  
But we still have two more games of Animal Exercise Fun.

CHILD 1

I'll always try to live happily,  
By keeping the light heart of a monkey.

LEAD 2

It was fun monkeying around.

Now we're off on another adventure bound.

They all take one last big swing and act like they let go of the vine  
and jump out of the scene.

DISSOLVE TO:

ACT FOUR

36 INT. PLAYROOM 36

The children are sitting in front of the earth scene.

37 LEAD 1 37

LEAD 1

Did you children have fun?

All Children

Hurray! Yippee! Yeah!

LEAD 1

Great! We have more fun to come,  
Two more exercises then we're done.

LEAD 2

Our next lesson comes from my patient friends,  
You'll know how to balance, when their game ends.

38 EARTH 38

The earth has turned so Europe shows. It grows until Central  
Europe fills the space around them.

LEAD 1

Who knows our next destination?

Everyone

Europe will be the location.

Continue to ZOOM IN until we see a flock of storks flying in and  
landing in a marshy field.

39 EXT. ANOTHER VIEW 39

40 Storks 40

The children are standing among the storks which can also be  
seen in the background flying.

LEAD 1  
What wonderful birds are these  
Standing about and soaring on the breeze?  
Children  
Storks!

41 MARSH 41

The children are looking at the storks all around them. They startle the birds by jumping around flapping their arms. As LEAD 1 talks we see scenes of storks.

LEAD 1  
Stand still and be patient please.  
Relax and enjoy the cool breeze.  
We are going to play a balance game,  
Stork Stand Still is it's name.

LEAD 2  
Remember this will be patient play.  
Teaching balance is the storks way.  
Storks are graceful and patient creatures.  
For patience and balance, storks are your best teachers.

LEAD 1  
Waiting around is a storks favorite way to eat  
Frogs and fish that they think taste sweet.  
Pretend you're a stork standing straight and tall.  
Try standing on one leg, storks never fall.

42 CHILDREN 42

The children hold hands in a line and practice balance.

LEAD 1  
To be a stork, you must learn to stand still.  
It helps to hold someone's hand if you will.

LEAD 2  
Bend one knee and slowly lift one leg off the floor.  
Each day lift it a little more.

LEAD 1  
Stork standing is a motionless dance.  
Relax and breath deep, it will help your balance.

LEAD 2

When one leg gets tired, try your other for a while.  
Stork standing will make you smile.

LEAD 1

Standing on one leg is what storks love to do.  
With practice, I'm sure you will too.

CHILD 2

Standing around is not a crime,  
But isn't it a waste of time?

LEAD 2

It may seem so, but that's not true.  
Good balance is helpful to you.

As LEAD 1 speaks we see images of children riding bikes, playing other games and being patient.

LEAD 1

You need good balance to stand straight and tall.  
Good balance will help so that you never fall.

LEAD 2

Good balance is important when you play and run,  
For climbing and jumping, it helps you have fun.

LEAD 1

It's important to be patient sometimes,  
Like when your mother is busy, or you're standing in lines.  
The children practice more fun ways to stand.

CHILD 3

Standing like storks is a boring game.  
Do we always have to do it the same?

LEAD 2

Let's try standing in a different way.  
Think of different ways to play.

CHILD 4

Sometimes storks stand with their wings in the air.

CHILD 2

They look rather funny, but they don't care.

CHILD 1

Try holding your leg straight out without bending your knee.

LEAD 1

There must be more ways, let me see.

CHILD 3

Tip toe on one leg, or try closing one eye.

LEAD 1

Those all sound like fun, let's give them a try.

LEAD 2

Storks can fall asleep on one leg; try closing both eyes.

Practice makes perfect, it may take many tries.

LEAD 1

I know a stork song,

Let's practice balance as we sing along.

Everyone Sings

(song)

Storks stand still stand straight and tall,

With good balance you never fall.

Storks stand still, not so much as a twitch.

When one leg gets tired, you just switch.

It takes good balance to stand very long,

But one at a time, your legs will grow strong.

(end song)

Show different shots of the children while they practice standing until it's time to go.

LEAD 2

I'm sorry to say our stork standing play

Is almost over for today.

Remember in balancing there is one key.

All you need to do is practice patiently.

LEAD 1

Practice your balancing every day,

It will help you have fun in the games that you play.

Say goodbye to the storks for now, we must return,

Then we have one more game to learn.

CHILD 3

Thank you storks, we learned to have fun  
Even if we're just standing waiting for someone.

CHILD 1

We'll be patient when we have to wait,  
And practice our balance by standing up straight.

43 FLYING 43

In the background the storks begin to take off and fly away. The children act like they can fly.

They all flap their arms and take off flying.

LEAD 1

It seems the storks are leaving too.  
I wonder if they knew we were through?

LEAD 2

Let's take off, back home we'll fly.  
Farewell storks, goodbye.

44 Transition 44

The camera ZOOMS in on the storks then up and away into the blue sky, then out into space. The camera turns around to show the earth and backs out until the room.

ACT FIVE

45 INT. PLAYROOM 45

The children are standing in a semi circle in front of the earth once again.

46 CHILDREN 46

LEAD 1

Did you children have fun?

All Children

Yeah!

CHILD 4

We had a wonderful time.

CHILD 2

It's fun to talk in animal rhyme.



LEAD 2

(turning to the camera)

Great! Because after this last game, we'll be done.

LEAD 1

But before we are through,

The children have a few things they'd like to tell all of you.

CUT TO various animal scenes which reinforce the statements.

CHILD 2

All the animals large and small.

CHILD 3

The earth is home to them all.

CHILD 4

All living things depend on each other,

CHILD 1

Like members of a family, we all need one another

CHILD 2

Nature gives this planet life and lets us all survive,

CHILD 3

The natural world keeps us alive.

CHILD 4

The Earth is here for all to share.

CHILD 1

The animals need us humans to care.

CHILD 2

Animals need our help, it's up to you.

CHILD 3

Helping wildlife is an important thing to do.

CHILD 4

The future of all the animals depends

CHILD 1

On we who are the animals friends,

LEAD 1

Exercising with the animals you've learned to be

Always healthy, happy, alive and free.

LEAD 2

Learning and growing strong as you play.  
Exercising makes you healthy the natural way.  
Your last lesson comes from my sleepy friends.  
You'll know how to relax, when their game ends.

ACT SIX

47 INT. PLAYROOM 47

The world turns until it is above North America. The scene zooms down on Puget Sound and into a backyard scene in Seattle.

LEAD 2

This game is a surprise  
We're not going anywhere for this exercise.  
Our next animal friend lives right next door.  
You'll do well in this game if you begin to snore.

LEAD 1

Right outside our door you will see  
Our next friend who is sleepy.

48 EXT. DOG 48

There is a scene of a dog lying asleep in the yard. The sun is going down in the background.

CHILD 3

Our parents tell us to stay away from dogs we don't know,  
And not even say hello.

LEAD 2

Your parents are right, I agree  
Not all dogs are friendly.  
You should always leave strange dogs alone,  
Especially if they are eating or chewing a bone.

LEAD 1

This dog is a friend of mine, it's ok,  
All it likes to do is play.  
So relax and listen to my rhyme,  
It's time to lie down and rest for a time.  
Listen to my voice as soft as a breeze,  
Like the wind whispering through the trees.

CHILD 1

We can see why you are speaking in such a calm tone.  
That dog is lying there like stone.

CHILD 2

The dog looks tired and needs to rest.

CHILD 4

Perhaps it doesn't want a guest?

CHILD 2

We are tired too, it's been a long day.

CHILD 3

Shouldn't we end our play?

LEAD 2

We are almost through,  
This is the last exercise we'll do.

49 EXT. RELAXING 49

The children stretch out around the dog with their heads pointed inwards.

LEAD 1

R-e-l-a-x-a-t-i-o-n is a game that's fun to play.  
It's good to r-e-l-a-a-x once or twice every day.

If you feel nervous or tired or tense

Sit back and r-e-l-a-a-x, it only makes sense.

Please lie down on your backs.

Take a deep breath, r-e-l-a-x.

Let's relax like dogs do.

Relaxing is very good for you.

Imagine what kind of dog you would like to be.

I hope your dog is friendly.

All day long you dogs have played.

All around the neighborhood you've strayed.

First thing in the morning you chased the cat,

Then you wagged your tail to get a pat.

To get attention you chewed up a shoe.

That was the wrong thing to do.

You were put outside to keep out of trouble.

But you dug under the fence and took off on the double.

While eating the neighbors garbage you met another stray,  
And the two of you went off to play.  
All day long you did dog stuff,  
Like chasing cars and barking 'till your throat felt rough.  
Now you're tired so you stretch out and Y-a-a-w-w-n,  
Lying down on the soft green lawn.  
Re-l-a-a-a-x, get as comfortable as you can be.  
Perhaps you need to scratch a flea.  
You're through running around today.  
Close your eyes this is sleepy play.  
Take a few deep breaths, Y-a-a-w-w-n and r-e-l-a-a-x all over,  
Then breathe easily, you sleepy rover.  
Ever so still, and oh so quiet.  
Like an old dog lying still; won't you please try it?  
Take a break, r-e-l-a-a-x, and dream.  
Imagine you are lying beside a quiet stream.  
The sun is almost set.

LEAD 1  
(song)

Let the sleeping dogs lie, best leave them alone.  
Let the sleeping dogs lie, lying there like a stone.  
Dogs lie around in many different ways,  
Sleeping away the nights, sleeping away the days.  
Dogs sleep anywhere, any time,  
They love to r-e-l-a-x, anyplace is fine.  
R-e-l-a-xing is their favorite sport.  
Dogs are just the relaxing sort.  
(end song)

Y-a-a-a-a-w-w-w-w-n another big y-a-a-w-w-n if you will;  
R-e-l-a-x-ing and lying very comfortably still.

Dogs don't have much to worry about;  
As long as they come when their owners shout.  
They like to chew, on old shoes or gloves,  
But most of all, dogs like lots of loves.

The sun sets. The scene rises straight up into the sky which turns progressively dark, stars show and as we reach the other horizon the moon is up.

### LEAD 1

Be like the dog, don't worry what tomorrow brings.

R-e-l-a-x and, think about happy things.

Breathe slowly and deeply, let your troubles disappear.

Slowly drift off to sleep, you have nothing to fear.

When you wake up, it will be a new day.

You will be a new child, healthy, happy and ready to play.

The End