

Josie and her Quest for Calm

**Created by Emily Chattle and James Lewis-Knight
In association with Night Light Theatre.**

THE BEGINNING

*Beginning with a movement sequence. Setting up. Seeing the audience, connecting etc.
Music - Dog Days are Over.*

Emily Hello Everyone! My name is Emily, and this is James - Oh no, James, are you alright?

James Well, I guess right now, I'm feeling sad.

Emily Oh... I know what will cheer you up, I could read you one of your favourite stories...

James Really?

Emily Yes! I could read you Josie and Her Quest for Calm!

James But I'm sure this lot have heard that story before.

Emily Oh yeah...

PAUSE

James Wait. Have you not heard of Josie and her quest for calm? What about you - Emily?

Emily Yeah?

James Maybe we can show them together!

Emily Good idea - and James, that would also make you feel better.

James Oh yeah.
So, our story begins one cold November night, the stars are out, the moon is shining, it's here we meet a girl named Josie.

Now, Josie loves superheroes. One day she hopes to become one. She is ten, she's this tall (*Josie stands under hand*) and she has a lot of feelings.

It's here where her journey begins...

PART ONE - The Journey Begins

James *(As Auntie Lucy- offstage)*

Josie, love! Come put your toys away.

Josie But Auntie Lucy! I've not finished playing!

James It's dinner time soon! Come on love, come do it now..

Josie exits.

James re-entering as Storyteller.

With that Josie slammed the door as hard as she could. The house shook and vibrated. Even the next door neighbour heard it!

It was at that moment her Anger Monster bubbled up inside...

Then came the scream...

Josie marches back into her room.

Josie AARRRRGGHHHHHHH

James Usually followed by tears. Josie has a lot of feelings, feelings she can't explain.

(As Lucy) Darling, tea's ready!

Josie Alright! I'm coming.

Emily re-enters as storyteller.

Emily So, Josie was feeling pretty angry there wasn't she!

James You're telling me.

Emily But, I think I know how she feels.

James Me too actually.

Emily Who here has ever felt angry?

James Who here has ever felt sad?

Emily Because Josie was feeling both of those. And that's okay.

PART TWO - Arrival of the Monster

James moves to pillow to create Calm Monster.

Emily Whilst Josie and her family were chomping on their Sunday dinner, something strange and peculiar was happening upstairs in her bedroom...

From out of her toy box, something started to take shape, first a paw, then the rest, here came the arrival of her Calm Monster, in all its beautiful colours of blue.

Music - Chanonry Point. Movement sequence for the formation of the Calm Monster. At some point, Emily leaves.

Josie Alright, I'll do it later. (*Footsteps*)

The Calm Monster panics. Tries to find a hiding spot. Fails. Josie Arrives.

Calm M Arghhhh!

Josie Who are you and what are you doing in my bedroom?

Calm M I'm your Calm Monster

Josie My what?

Calm M Your calm monster

Josie Sorry, come again?

Calm M I have been sent by the monster gods down to earth, your bedroom, to help you find your calm.

Josie Oh. Well you don't seem very calm.

Calm M What do you mean?

Josie You were scared of me! You're silly!

Calm M Well Josie, we all get scared, stressed, angry and sad. But I know how

to calm again.

Josie Well I don't.

Calm M That, my dear, is where you are wrong.

Josie What do you mean?

Calm M Here, let me show you.

Transition back into storytellers.

Emily Oh wow. I really love the Calm Monster!

James Me too!

Emily So he's come to help Josie find her calm.

James I love the next bit...

Emily The next morning, Josie woke from a deep sleep. The Calm Monster felt like a dream.
But, she did remember that he had set her a task. A task to think of/

Calm M
(Voice) Three things which make you angry or sad. And the next time we meet
our quest for calm begins...

PART THREE - A Look Within

Josie Hmm... What makes me angry?

James *As Tommy*

JOSIEEEEE CAN I COME IN

Josie Number one.

James JOSIE

Josie My brother, Tommy. Annoying but loveable.

James AUNTIE LUCY MADE US CRUMPETS! DO YOU WANT SOME??

Josie He makes me angry, because sometimes he won't leave my room. I mean it's not

our room. It's my room.

James Ooo. Doors unlocked!

Tommy enters.

Josie Ugh. Get out of my room Tommy!!

James Nevrrrrrrrr. What ya upta?

Josie Tommy!

James Oooh your bed's bouncy! So do ya want butter on your crumpets?

Josie Yes Tommy. Go and tell Auntie Lucy.

James Alright fine. Byeeeee!

(To audience) Hi... Hi... Hi...

Josie TOMMY. GET OUT OF MY ROOM!

Exits

Josie So that was number 1.

I guess Number 2 is when I fall out with my best friends, Leah and Evie. That makes me sad.

It doesn't happen often because we're mega close but the other day at school we had a fallout. It wasn't a big one but we didn't speak for the rest of the week. That was hard. I remember coming home and locking myself away in my bedroom. I could have swam in my tears that week, there were that many.

So yeah, that's number 2.

I don't really know a Number 3 ...

James *As Grandparents.*

Josie!

Josie!

Josie Oh yeah, how could I forget. Meet Granny Pat...

James Hiya darling!

Josie ...and Grandpa Terry.

James Hiya love!

Josie They always visit when I'm trying to play with my toys. I know they love me, but they just want to talk to me all the time. It makes me want to shout and scream, it's hard not to, but I still try to be calm.

Josie this. Josie that. I love them and all that. But I also love my toys ya know. Especially this one.

Holds teddy and becomes superhero with teddy flying beside her.

Transition to storytellers.

James So they were three pretty big things for Josie

Emily Yeah they were, I can totally relate to wanting a little bit of space.

James Anyone else here just love their own space?

Emily Who here has a favourite place at home they like to go to?

James I totally listen to music in mine.

Emily Do you James?

James Yeah, I might even have a little boogie too.

Emily You don't

James I do.

Emily What's your favourite move?

James Not telling...

Pause Emily looks waiting

James Fine **shows move**

Emily Aw wonderful stuff James!

So, the next night we are back in Josie's bedroom, and the Calm Monster has returned to help her find her calm.

James But Emily?

Emily Yes James?

James I still don't feel great.

Emily That's okay! Is showing everyone the story helping you?

James Well yes... but...

Emily What is it?

James I don't want to be calm.

Emily What do you mean?

James Well... I don't want to be still, you know me, I like to keep moving!

Emily Well maybe calm isn't just about being still. Shall we see what Calm Monster has to say? We all know he's your favourite, James.

James Alright then...

PART FOUR - The Monster Returns

Josie Hello? You can come out now!

Calm M Hello again Josie, how did we get on?

Josie I did what you asked, I have my three things.

Calm M And how did they make you feel?

Josie Angry, sad and stressed.

Calm M I see, and what did you do after?

Josie Nothing really, just put some music on and had a boogie.

Calm M And how did that make you feel?

Josie Well, I did feel better for a bit.

Calm M Wonderful.

Josie But I still don't understand?

Calm M You have everything you need to feel calm again.

Josie What? Listening to music?

Calm M Yes, what else do you enjoy?

Josie I LOVE colouring in my marvel sketchbook.

Calm M Wonderful!

Josie But I still don't get it. How are these gonna help me calm again?

Calm M To be calm, is to do what you love, at a time when you feel angry, sad or stressed. And even when you're excited.

Josie Excited? Like Tommy?

Calm M Yes, like Tommy. And remember Calm is just four letters, one little word, but a big brilliant feeling.

Josie *Stressed and confused spins in cape to let it out a little.*

Calm M Josie, do you like superheroes?

Josie Do I ever?

Calm M Well, you have your own superpower now.

Josie What's that?

Calm M Your calm superpower.

Josie So I'm a superhero...

Calm M Yes, you always have been.

Josie AWESOMEEEE!

Come on Calm Monster, let's dance!

They turn together, Josie making a swooping motion with her cape.

They transition back into storytellers.

Emily Oh that was fun, I love that part!

James Isn't the Calm Monster a good dancer?

Emily Yeah he is- even better than you...

James Excuse me, I'm the best?

Emily Oh alright, if you say so!

James, what things do you do that make you feel calm?

James Well, I get excited when I see the Number 11 bus. But I don't see how you're gonna get a bus in here...

Mimes driving the bus.

Emily Wonderful, what else?

James Well, when I sit on the train, I love listening to the noise it makes.

Emily Okay, well, let's all help James feel calm and do a train noise together like this, are you ready... off we go!

Get audience to join in and do the train sound together.

James Oh I'm feeling calm already!

Emily Well done! See you do know how to feel calm in times of stress.

James I guess I do. So what about you, what do you do to make yourself feel calm?

Emily Well, I feel calm when I do some painting or drawing. Wanna see my masterpiece?

James Absolutely

Emily Drum roll please

Everyone drum rolls. Brings out canvas and places on easel. Ad lib around the audience claiming that they did it.

James Wow that's awesome.

Music - Chanonry Point.

Emily So as we draw nearer to the end of our story, it's time for the most important bit, the goodbyes. The see you soon. The night is drawing in, the calm monster is preparing to leave. And Josie is almost ready for dinner.

PART FIVE - The Goodbyes

Calm Monster movement in bedroom.

Josie Okay Tommy I'll play with you after dinner. Oh hi Calm Monster, where are you going?

Calm M It's time for me to go home.

Josie Wait, can you stay here forever? I don't want you to leave.

Calm M Oh Josie. I have to go now, my mission here is complete.

Josie Please stay for a little while, what will I do without you?

Calm M Oh my dear, I'll always be with you. Because Josie, I'm not just any Calm Monster, I'm YOUR Calm Monster. Goodbye for now

Josie Goodbye... WAIT!

Calm M starts to slip away... Josie runs to the basket and lifts out the Calm Monster pillow.

James Josie, come put ya toys away love.
(As Lucy)

Josie Coming Auntie Lucy.

James And with that our story ends. Josie finds a new way of being, her quest for calm complete. For Josie, this is just the beginning, for she has the world at her fingertips, and the wind beneath her cape. For she is a superhero. And if you think about it, we all are. Each and every one of us.

THE END

Emily Aw James, that was beautiful! How do you feel now?

James Calm as a cucumber.

Emily It's cool.

James What?

Emily Cool as a cucumber.

James Oh. Right.

Emily Thank you so much everyone for listening to our story, and helping James find His very own calm superpower!

James Yes thank you everyone - I hope you enjoyed meeting Josie and her Calm Monster. And of course, calm doesn't always have to be sloooww and quiet, it can be fun and energetic too!

Emily Oh I know what we could do James!

James What's that?

Emily Let's all have a boogie together!

James Great idea - everyone, on your feet! Cue the groovy tunes!

Cue funky tunes and presentation of children's clips etc.