

The Milkshake Dramas: Theatre Fiasco

Narrator played by _____

Parker played by _____

Rory played by _____

Jordan played by _____

Morgan played by _____

Narrator: "Welcome to Theatre Fiasco. I am your Narrator today. I would like to introduce you to Parker, Rory, Jordan and Morgan".

(Each actor can stand forward or wave hello when their name is called so that the audience know their character name).

Narrator: "It's lunch time. Parker, Rory, Morgan and Jordan are sitting under their favourite shady tree. Parker turns to Rory and says."

Parker: "What are you doing this weekend?"

Narrator: "Rory looks awkward. There is a long pause.....Jordan finally says"

Jordan: "I'm going to see Matilda at the theatre"

Parker: "Cool. Who are you going with?"

Narrator: "Once again Rory looks awkward."

Jordan: "Ummm, Rory and Morgan"

(Jordan looks down at his feet)

Narrator: "Rory is feeling super uncomfortable about this and quickly says to their defence..."

Rory: "Our parents organised it months ago."

Narrator: "Morgan looks down, saying nothing. Parker knows all about the Strength Triangle.

Parker can feel a lump in the back of the throat and knows it means Parker doesn't feel good about

the situation and it's time for some quick problem solving. Parker could yell, run away and cry, stop talking to them, get angry, but all of those choices would escalate the situation and hurt their friendship. Suddenly, Parker takes a deep breath and says in a calm and friendly tone..."

Parker: "Wow. I would have loved to see Matilda with you all?"

Narrator: "Hmmm, Parker shared real feelings but in a careful way. Very cool! How will the group respond to this?"

Rory says in a calm, caring voice: "Sorry Parker, our mum's organised it months ago before we were all hanging out together".

Morgan says in a considerate tone: "I'm sorry that we didn't tell you sooner. We were feeling really awkward about it. We should all go together next time. That would be the best."

Parker: "That would be great. You guys will have a blast this weekend".

Narrator: "Parker smiles at the group, now feeling better. Jordan, Morgan and Rory are all looking relieved. With some careful sharing of emotions, good communication, whole body listening and consideration, a friendships disaster has defiantly been avoided. What a great outcome. Well done everyone!"

The Milkshake Dramas: Friendship Loyalty

Dale is a news reporter played by: _____

Riley played by: _____

Harley played by: _____

Sammy played by: _____

Dale (talks into a pretend microphone): “Hi. I’m Dale reporting live from the playground watching a game of team tiggly. Today were watching Riley, Harley and Sammy”.

(Each actor could stand forward or wave hello when their name is called so that the audience know their character name.)

Riley announces to his friends: “We’ll beat the other team again today for sure!”

Harley: “Actually, I was thinking that I would join the other team today for something different. I’ll see you all later.”

Harley walks off stage smiling and waving goodbye.

Sammy says in a surprised tone: “I wasn’t expecting that!”.

Riley says in an angry tone: “What a trader. What about loyalty? That’s it! We’re not playing with Harley again!”

Sammy looks shocked at Riley’s comment.

Dale (talks into a pretend microphone): “Sammy doesn’t look happy to be told by Riley that they shouldn’t play with Harley again. Last time something like this happened, Sammy bottled up strong feelings and went home feeling upset and annoyed at Riley. Sammy felt sick in the stomach all night. Not a good outcome at all.”

Sammy: “Ummm, I don’t feel very good about being mean to Harley. Tiggly is just a game. I don’t think it’s a problem for Harley to play with a different team. I am both of your friends and I want to keep being both of your friends.”

Riley looks straight at Sammy and says in a stern voice: “You can’t. You have to choose.”

Sammy: "I'm not sure what's right here. I'm going to go and think about it."

Riley's not thrilled about this idea but says: "Fine!"

Riley stands tall while Sammy walks away slowly.

Dale (talks into a pretend microphone): "Wow. Sammy is trying really hard to use the Strength Triangle to deal with this awkward Drama Triangle. Riley is defiantly being a Lion here. I bet Sammy will go and problem solve. Oh look, he's coming back. Let's see what happens now".

Sammy: "I'm comfortable with Harley choosing to play Tiggy with the other group. I'm not going to stop being friends with Harley over that and I don't want to stop being friends with you either."

Dale (talks into a pretend microphone): "Well done Sammy. That couldn't have been easy to say so calmly and clearly. Sammy must have practiced a few times first. That careful wording was really assertive but still caring and respectful to both friends. Go Sammy!"

Riley: "I'm sorry. Your right. Ok. Let's go friend. Let's go play Tiggy".

(Riley and Sammy walk off stage together).

Dale (talks into a pretend microphone): "That's all folks. See you next time at Chanel 39".

The Milkshake Dramas: QUIZ TIME 1

Quiz Master played by: _____

Alex played by: _____

Reagan played by: _____

Harper played by: _____

The Quiz Master could sit behind a desk while the contestants sit on chairs facing the audience.

Quiz Master (talks into a pretend microphone): “Welcome to Quiz Time on Chanel 4!” Remember, you earn points for using the Strength Triangle. Your names are your buzzers. Test your buzzers please.

Alex: “Alex”

Reagan: “Reagan”

Harper: “Harper”

Quiz Master (talks into a pretend microphone): “Here is your question. Addison had a fight with Val about who’s mum is a better cook. Addison is upset and has come to you for help. What would you do?”

Reagan: “Reagan! I would whole body listen while Addison tells me about the problem”.

Quiz Master (talks into a pretend microphone): “You’re defiantly on the right track. I’ll give you half a point. Does anyone else have any ideas?”

Harper: “Harper! I would tell Addison to just agree with Val and apologise for fighting. Then they can be friends again.”

Quiz Master (talks into a pretend microphone): “I’m sorry Harper that’s incorrect. Firstly, you’re telling your friend what to do and secondly, just agreeing and ignoring Addison’s own opinion would be a mouse thing to do. Any other ideas?”

Alex: “Alex! I know the answer to this one. This is one of those times when people are fighting over something that is just a different opinion. They need to accept and respect each other’s opinions and move on. Opinions aren’t something to fight over because there’s no right answer. They should just agree that they both think their mum’s are the best cooks.

But...I wouldn’t just tell my friend what to say, I’d listen first and help Addison problem solve and only if Addison is really stuck for ideas, I’d suggest my idea as another option. In the end, it’s up to Addison to decide how to manage the friendship problem.”

Quiz Master (talks into a pretend microphone): “Right on Alex! Let’s hear a round of applause. We have a winner.”

The Milkshake Dramas: QUIZ TIME 2

Quiz Master played by: _____

Tanner played by: _____

Jessie played by: _____

Frankie played by: _____

The Quiz Master could sit behind a desk while the contestants sit on chairs facing the audience.

Quiz Master (talks into a pretend microphone): “Welcome to Quiz Time on Chanel 8! Remember, you earn points by using the Strength Triangle. Your names are your buzzers. Test your buzzers please.”

Tanner: “Tanner!”

Jessie: “Jessie!”

Frankie: “Frankie!”

Quiz Master (talks into a pretend microphone): “Excellent. Here is your question. ‘If a friend tells other people something personal and private about you, what would you do?’”

Tanner: “Tanner! Never talk to them again and give them ‘the look’ every now and then so that they know that you know that they did the wrong thing!!”.

Quiz Master (talks into a pretend microphone): “Sorry, holding a grudge is a Lion thing to do”.

Tanner looks disappointed.

Jessie: “Jessie! Tell everyone something private about them. Do to others as they do to you my grandma always says.” Jessie looks proud of the answer.

Quiz Master (talks into a pretend microphone): “Sorry, revenge is also a Lion thing to do”.

Jessie looks disappointed.

Frankie: “Frankie! Walk up to them calmly, maybe when they’re by themselves and tell them what I’ve heard and tell them how it made me feel. Then I’d listen to what they might have to say. If it was an accident and they are apologetic, that’s ok, I would accept the apology. I would probably also be careful not to tell them personal information in the future. But, if they have nothing to say, I would tell them that I’m not sure how I’m feeling about all of this and tell them that I’m going to go and have a think about things. I might even ask a friend to help me problem solve because this is a difficult situation.”

Quiz Master (talks into a pretend microphone): “Ladies and gentleman, Frankie has come up with a pretty good idea! If your not sure what to do next, let the other person know that you need to give yourself some time to think about what’s happened and how your going to handle it. A very tricky scenario indeed. Defiantly not something you could resolve well in one quick step. Let’s hear a round of applause!”

Everyone claps and looks happy for Frankie.

The Milkshake Dramas: The Sushi Train Wreck

News Reporter played by: _____

Ainsley played by: _____

Bailey played by: _____

Lou played by: _____

News Reporter (talks into a pretend microphone): “Welcome to the nightly news. We’re coming to you live from the playgroup, while Ainsley, Bailey and Lou eat their lunch. Let’s see what happens.”

Ainsley yells: “Yuk. Is that vegemite? Gross. That’s disgusting!”

Bailey yells back: “Excuse me! You're eating sushi. It smells like an old fishing boat!”

News Reporter (talks into a pretend microphone): “HmMMM. We’ve seen this before. Last time Ainsley and Bailey had a strong different opinion about something, and offended one another, they stopped talking to each other for days. In fact, I recall Lou taking sides with Ainsley.”

Ainsley yells out: “Lou what do you think? What’s more disgusting, vegemite or sushi?”

Lou: “I don’t feel right about getting involved in your argument.”

News Reporter (talks into a pretend microphone): “Oooo, that’s a change for Lou”.

Bailey: “If you don’t help us and tell us who’s right, your not a true friend!”

News Reporter (talks into a pretend microphone): “Ooo Lou must be feeling the pressure now!”

Lou: “Honestly, I think you both just have a different opinion and I hate being asked to take sides. It makes me feel annoyed!”

Ainsley and Bailey say at the same time: “Oh, your right. Sorry!”

Ainsley: “Sorry Bailey. I shouldn’t have offended you by saying that vegemite is gross. Lots of people love it. I know. It’s just not something I like the flavour of. I’m sorry for reacting that way.”

Bailey: “Thanks for the apology Ainsley. I agree, we just have a different opinion and obviously, different taste buds. It’s crazy to let different opinions and different lunches come between friends”

Everyone laughs.

News Reporter (talks into a pretend microphone): “I was sure this group was going to get stuck in another Drama Triangle but instead things turned out just fine. Well, it won’t make front-page news, but they do look happy. Back to Dale in the studio”.

The Milkshake Dramas: A Musical Number

Your group is responsible for the musical part of the program.

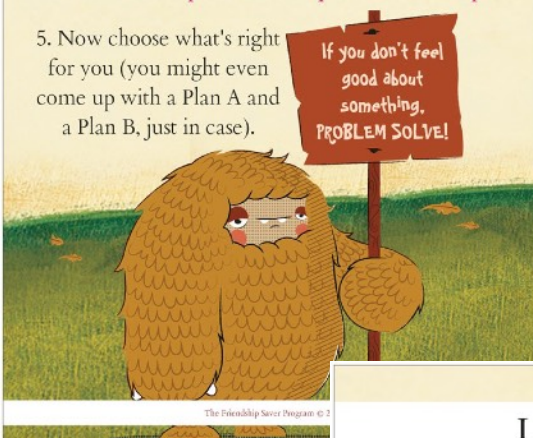
Work together to create a rap, a song, or a poem that will teach the audience about the Strength Triangle. Be as creative as you like. Look at the Strength Triangle Posters to try to come up with some ideas.

For example, you could create a rap about Problem Solving.

Use the Group Work Skills Tip Sheet and the Strength Triangle to ensure that your group can work well together to create something helpful and entertaining. Good Luck!

I Notice My Feelings

1. If you notice that you don't feel good about something, it's time to problem solve.
2. First, describe the problem.
3. Brainstorm options (There are always options).
4. Think of the possible consequences to each option.
5. Now choose what's right for you (you might even come up with a Plan A and a Plan B, just in case).



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I Am Assertive

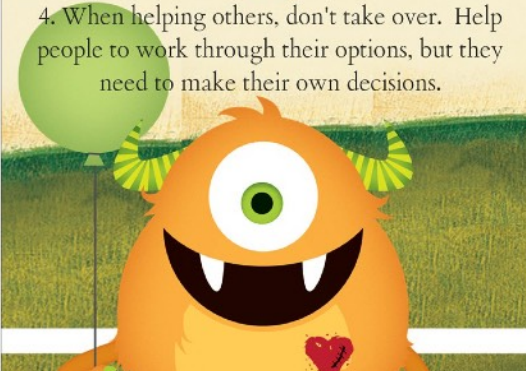
1. Stand up for what's right
2. Communicate face to face, calmly and clearly
3. Forgive
4. Transform different ideas and opinions into compromise and cooperation, not arguments.
5. Respect others. That means, do not insult or put others down, especially when hurt or angry.



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I Am Caring

1. Try to understand what other people experience and feel.
2. Be a good listener (whole body listening helps with that).
3. Only help people with their problems if they ask for help, and if you feel comfortable helping.
4. When helping others, don't take over. Help people to work through their options, but they need to make their own decisions.



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