

Stressbusters

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Parts (7)

Emma, N #1 (Emma's internal thoughts), Josie, Ryan, Mom, Dad, & Ms. Bliss

Scene 1:

Emma: "We're in trouble, BIG trouble."

N #1: Josie and Ryan look at me and roll their eyes.

Josie: "Emma, it's just a fair to raise money for the school. Fairs are *fun*. Why are you getting so stressed out about our booth?"

Emma: "It's no stress for you, Josie. Your mom is a yoga teacher."

N #1: Ryan looks puzzled

Ryan: "So?"

Emma: "You forget. My mom is a fundraiser. So people will expect me to come up with a super-fabulous, amazingly original idea."

Josie: "How about selling lemonade?"

N #1: We are *definitely* in trouble

Ryan: "What if we sold tickets to ride on an elephant?"

Emma: " You think we could get an elephant?"

* Ryan smiles*

Ryan: “No, but I’ll bet we’d sell a lot of tickets before anyone finds out!”

N #1: Very funny.

Josie: “Can’t your mom help?”

Emma: “Now *that’s* a good idea!”

Scene 2:

Emma: “Mom!”

N #1: I yell as I run inside.

Emma: “Can we talk?”

N #1: She’s on the phone

Mom: “What do you mean, it won’t be ready until Monday? When I dropped it off they— Oh, sweetheart, no! We don’t squeeze ketchup on the dog.”

N #1: She grabs the bottle from my baby brother, Lucas. I can see Mom isn’t going to be any help. I find my dad in the garden.

Emma: “We’re having a fair at school, and—”

Dad: “Emma this isn’t a good time. Let’s talk later.”

Emma: “What’s wrong?”

Dad: “Somebody’s been eating my spinach.”

N #1: *Yuck!*

Emma: “Not me!”

Dad: “Groundhogs.”

N #1: He grumbles as I walk away.

Dad: “Those pesky, spinach-stealing groundhogs.”

Scene 3

Emma: “Nobody has time to help. Our booth is going to be a total disaster!”

Josie: “Calm down, take a deep breath.”

Emma: “But we’ve got to—”

Josie: “Relax. Now, close your eyes and picture yourself floating in a cool, clear lake.”

N #1: How can she possibly think of swimming at a time like this? Oh, all right. I close my eyes and take a long, slow breath. Water. Trees. Puffy white clouds. Hey! I do feel a little better.

N #1: Josie tells me it’s a trick she learned from her mom.

Josie: “Quiet music is relaxing, too. And candlelight. And chamomile tea.”

N #1: I go to the kitchen to find some chamomile tea. Mom is wiping ketchup off the dog.

Mom: “What a crazy day! Sorry to be so frazzled, Emma. What did you want to ask me?”

N #1: The phone rings and the buzzer on the microwave goes off. Mom clutches her head. Now she has ketchup in her hair.

Emma: “Never mind! I’ve got the answer!”

N #1: I share my brilliant idea the next morning. Ryan frowns.

Ryan: “A booth where people go to relax? Who would pay for that?”

Emma: “Lots of people. Parents get stressed out at work. Teachers get stressed out at school. Kids have classes, homework, music lessons, soccer practice, tests to study for—”

Ryan: “Stop! You’re stressing *me* out!”

Scene 4:

N #1: After school, we go straight to Josie’s house to plan our booth.

Josie: “What about soothing smells?”

Emma: “My dad has a lavender bush in his garden. We can ask him for some.”

N #1: Ryan volunteers to be in charge of sound effects.

Josie: “You can use my ocean waves CD.”

Ryan: “No way! What if all our customers get seasick?”

N #1: Ryan pretends he’s throwing up.

N #1: The next day we make signs at my house. Dad comes in carrying Lucas.

Dad: “Great job! I’ll bet the line will be a mile long.”

N #1: I look at Josie. She looks at Ryan. He looks at me.

Emma: “Some people won’t want to wait.”

Josie: “Especially if they have little kids.”

Ryan: “What we need is take-out.”

Emma: “How do you make relaxation to go?”

Josie: “I know! Candlelight is soothing. We could make serenity candles and sell them at our booth!”

N #1: My dad takes us to the craft store for supplies.

Dad: “You can pay me back after the fair.”

Josie: “Wow! I didn’t know beeswax would be so expensive.”

Ryan: “Those bees must be billionaires.”

N #1: Josie picks out some brightly colored sheets of beeswax. Ryan finds a special string to make the wicks. I toss in a spool of silver ribbon.

N #1: My kitchen table turns into a candle factory. Ryan measures and cuts the wicks. Josie rolls the beeswax into candles. I tie a fancy silver bow around each one.

Emma: “How much should the candles cost?”

Ryan: “A hundred bucks apiece.”

Josie: “Don’t be ridiculous! How many people would buy a candle for a hundred dollars?”

Ryan shrugs

Ryan: “At that price, we wouldn’t need to sell too many!”

Josie: “We should only charge twenty-five cents. Then everybody will buy one.”

N #1: I do the math.

Emma: “It won’t be enough. Remember, we need to pay my dad for the beeswax and wicks and silver ribbon.”

N #1: We settle on two dollars.

Scene 5:

N #1: The day of the fair, Mom gets us to the school gym super early. After we set up our booth, we walk around and check out the others.

Emma: “They’re all so good!”

Mom: “It’s a fundraiser, Emma, not a contest.”

N #1: Somehow that doesn’t make me feel better. What if nobody comes to our booth?

N #1: Twenty minutes into the fair, Ryan shoots me a grin.

Ryan: “Guess we didn’t need to worry about our booth being a total dud.”

N #1: I check out the long line.

Emma: “The people at the end are looking stressed out.”

Ryan: “Great! Then they *really* need our booth.”

N #1: Josie is busy teaching yoga. The art teacher, Ms. Bliss, flops down on her back

Ms. Bliss: “I give up! I can’t do yoga.”

Josie: “You *are* doing yoga. Lying on your back is called the relaxation pose.”

Ms. Bliss: “Really?”

N #1: Ms. Bliss sighs happily. Then, I hear a quiet voice coming from the floor mats.

Mom: “Emma?”

Emma: “Yeah, Mom?”

Mom: “Great booth, honey. I’m so proud of—”

snore

N #1: Yup, I think. Stressbusters is definitely a hit. Even Lucas is sleeping like a rock.

Scene 6:

N #1: At last the fair is over. All our happy, stress-free customers are gone, and every candle has been sold. I count the money and split it into two piles. One is to pay my dad back for the ribbon, wicks, and wax. The other is the profit we made for the school. It’s big!

Ryan: “I... am... wiped... out.” We must have *stressbusted* a million people today!”

Josie: “I can’t believe it’s really over!”

Emma: “It isn’t. Not until we pack up.”

Ryan: “Wait! There’s one thing we forgot to do.”

N #1: Josie and I look at each other.

**Emma
&
Josie:**

“What?”

Ryan:

We forgot to RELAX!”