



National School Backpack Awareness Day 2017  
Skit created by Boston University Entry-level OTD1 Students  
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General Theme: Grumpies are so unhappy because their backpacks are too heavy. They capture the trolls and switch backpacks and this gives them happiness. The Trolls backpacks are packed light and packed right. The trolls become sad/grey when their backpacks are swapped because then their backs hurt. Poppy (who is an OT) realizes Branch's backpack is too heavy, fixes it, he becomes happy. From this, she realizes she can change the Burgen's backpacks, she and other trolls fix backpacks, everyone is happy.

Scene #1: Grumpies walking around with very heavy backpacks (wanting show bad backpack habits; one shoulder, too heavy, too big). King tells prince about being unhappy in 2nd grade with back hurting...wait till 5th grade

Scene #2: How happy the trolls are; Grumpies come in and kidnap some Trolls

Scene #3: Attempts at saving them. Trolls get unhappy/ gray with "Grumpie" backpack. Poppy (OT Troll) and Branch talk and AHA, it's their backpacks

Scene #4: Show them backpack best practices (maybe start with Bridget since that matches the movie); song and dance scene

**Character List:**

Narrator

Poppy =

Branch

King Gristle Sr. (Grumpie King)

King Gristle (Grumpie prince)

Grumpie Chef

Grumpie #1

Grumpie #2

Grumpie #3

Grumpie #4

Grumpie #5

## FIRST OUTLINE



### SCENE 1

*Grumpies enter stage left. They are grey, stooped, looking miserable. They're all wearing backpacks that look heavy, in all sorts of incorrect fashions: straps around their foreheads, very low straps, on one shoulder... No one smiles. They're wandering around aimlessly.*

**Narrator:** Once upon a time, there was a people called the Grumpies. They were very unhappy. They carried very heavy backpacks which caused them constant pain, but couldn't find a way to feel better. The only way they could feel better was by capturing a Troll. What is a Troll, you may ask?

*TROLLS enter from stage right. They are happy, they dance and sing and twirl. They are colourful, all have backpacks, smile and hug.*

**Narrator:** Trolls are forest creatures that are very, very happy! They dance and sing and hug, because they know how to properly fit their backpacks. Look how joyful it makes them!

*Grumpies stumble towards the Trolls, who don't notice them. They each grab a troll by the backpack and pull them towards stage left. When they notice they're being captured, the trolls put up a fight.*

**Narrator:** Every year, on Trollstice, the Grumpies capture as many Trolls as they can, lock them in a cage, and make them switch backpacks.

*Trolls look scared but dance, and then fall to the ground, looking exhausted. All exit stage right.*

### SCENE 2

**Narrator:** This year is a very special Trollstice. For the Grumpie Prince, Gristle, will wear his very first magical Troll backpack...

*KING GRISTLE, PRINCE GRISTLE and CHEF enter stage left. Chef looks obviously evil.*

**Prince:** Dad, I'm really excited about Trollstice! All I've ever known is this heavy backpack that makes me hurt all over... I can't wait to see those Trolls and to wear one of their magic backpacks that don't hurt at all.

**King:** My little booboo! You think your backpack is heavy NOW?! You're only in 1st grade, wait until you get to 5th grade.

**Chef:** *Cackling, aside to the audience:* Yesssss... Once I get my hands on those trolls, all Grumpies will choose ME as their queen! Hahahaha!

**King:** Excuse me, what was that?

**Chef:** Hem hem... Apologies your majesty, I meant... um... I can't wait to cook and CLEAN for you, your majesty!

*Grumpie guard enters, in a hurry, panting.*

**Guard:** Sire! The trolls have escaped, we can't find any of them!

**King:** Nooooo!

**Prince:** Nooo!

**Chef:** Nooo!

**King:** Chef! It was your job to capture the Trolls. You are banished!

**Chef:** Nooo!

*Chef exits stage right looking furious. Prince is sobbing in a comical manner. Everyone else exits stage left.*

### SCENE 3

*PRINCESS POPPY enters stage right, singing. OTHER TROLLS join her as they all sing a song about backpacks and happiness. They are all very colorful and wear colorful backpacks.*

**Poppy:** Thank you my friends! I love you all! *(All hug each other)* Thanks to my backpack, I carry only what I really need, like my scrapbook *(shows scrapbook)* and leave the rest at home so I can feel light, light, light! As an occupational therapist, I know all the ins and outs of how to wear a backpack. *(Gesturing as she says each thing)* Tight straps, light load, hip belt, and a lot of fun! *(Poppy will ask the students, do you know what occupational therapy is?)*

**Other Troll:** ME too Poppy! *(proudly shows off appropriate backpack wear)* And hey, do you remember what's happening this week?

**Poppy:** *excited* Oooh! The biggest, wildest, trolliest party EVER!

**Other Troll:** That's right! We'll invite everyone!

*BRANCH enters stage right. He is grey, but lighter than the Grumpies. He is grumpy because he doesn't realize his backpack is too heavy, and walks with a bit of a stoop.*

**Branch:** Everyone? Pff! Not me, thank you very much.

**Poppy:** Aww, Branch! You never join in any party!

**Branch:** That's because these parties are dangerous! With all the music and lights, the Grumpies will spot us for sure! While you're singing and dancing, I'll be safe in my secret hideout, and I'll never be captured!

**Other troll:** *whispering* What's his deal?

**Poppy:** *whispering* He's been like this for ages, I don't know why...

**Branch:** If only they knew what a Grumpie backpack feels like, how heavy, and too big they are, they'd be more careful too.

*All exit stage right*

#### **SCENE 4**

**Narrator:** Later that week, at the Trolls awesome backpack packing party.

*All trolls are partying, there's dance music and lights. Branch is sulking in a corner, maybe looking from behind a cardboard box to simulate the bunker.*

*All partying trolls cheer wildly, dance.*

*Suddenly, Chef enters in a sneaky manner from stage left.*

**Chef:** YES! I knew I was right to follow the sounds and lights! Finally, I can capture the Trolls and return to Grumpietown!

*CHEF storms the party and grabs several trolls by the backpack. They are understandably upset.*

**Poppy:** A Grumpie! Run away!

*She runs away stage right. Other trolls follow. Chef laughs manically, exiting stage left with the captured, panicked trolls.*

*Poppy returns from stage right, looking scared. Other trolls follow over the course of her conversation with Branch, slowly and uncertainly*

**Poppy:** Oh no! What are we going to do?

**Branch** *(coming out of his hideout:)* I told you so, Poppy!

**Poppy:** This is terrible! What are we going to do? *(pauses, gathers her courage)* NO. I won't let my friends wear those awful Grumpie backpacks. I'm going to rescue them, and you're coming with me Branch!

**Branch:** WHAT? Not a chance! It's too dangerous!

**Poppy:** Oh yes you are! You know everything about the Grumpies! You've been studying them for ages!

**Branch:** Nope. Staying here, enjoying my safe bunker. Plus do you know how far they live! It would take weeks to get there

**Poppy:** Weeks! It should only take two days! Unless.... Let me take a look at that backpack of yours! (*Lifts up backpack, drops it, it's too heavy.*) Branch!!! How could carry this heavy heavy backpack for all these years!? What is even in here?

**Branch:** My emergency supplies!! Necessary for moments like this, when the Grumpies come I'm the only one prepared.

**Poppy:** No wonder you have no time for fun, all your energy is being used to carry this heavy old thing! (*She makes his backpack lighter, takes out water bottles, first aid kit, survival supplies.*)

**Branch:** (*Turn bright colored.*) Oh my gosh!!! I can't believe it. I feel so light... I feel so...happy!!!

**Poppy:** Attaboy! I know Branch! We need to go fix the Grumpies' backpacks! That way we all can be safe and happy together! (*Turns to other trolls:*) Who wants to come help fix those Grumpie backpacks?

**All trolls:** YAY! (*Cheers*)

*Poppy, Branch, and trolls exit stage left.*

## SCENE 5

*All the Unhappy Grumpies are filling onto the stage from both sides with their big backpacks Singing:*

*-The unhappy Grumpies*

*Song by Clint Eastwood by Gorillas*

*My back hurts, I'm feeling sad.*

*It's so heavy, in my bag.*

*I'm in pain, but not for long,*

*Because Trollstice day is coming up.*

*It's coming up, It's coming up.*

*Grumpies and captured trolls are stomping around all very unhappy*

**Poppy:** (*talking to Branch*) Look how unhappy and grey the trolls look. We have to help them.

**Poppy:** (*to DJ Suki*) DJ Suki, look your straps are too loose. (*Branch tighten straps*)

**DJ Suki:** (*becomes colorful again*) OH YAA! Now I'm ready to jam (*puts on headphones, maybe sunglasses?*)

**Poppy:** (*to Cooper*) Cooper, your backpack is too too big. Here take this backpack. (*Branch brings new backpack*)

**Cooper:** (*Start singing, I feel good nah nah nah nah*)

**Poppy:** (*to Guy Diamond*) Diamond, your bag isn't packed properly. (*indicates to overflowing backpack*) You have too many unnecessary items and the heaviest items are in the front and not BACK of the bag

**Guy Diamond:** Can I still keep my fidget spinner?! (*spins said fidget spinner*)

**Poppy:** (*feels how heavy*) Sure

**Guy Diamond:** *(throws glitter)*

**Poppy:** *(to Satin and Chenille)* And Satin and Chenille! Both of your backpacks are only on one shoulder and you could really hurt yourself

**Satin and Chenille:** *(actors have hair attached and attempt to spin and give a thumbs up after correcting their backpack troubles)*

**Poppy:** *(to Chef, who is wearing backpack on head)* And your backpack...UMMMM...is just VERY VERY wrong

*Chef looks disgruntled, but after some convincing wears backpack appropriately and is clearly happy for it.*

**Poppy:** Alright Trolls, now we need to help fix the Grumpies' backpacks! Remember, *(all trolls and OT students, nice and loud:)* Pack it light, wear it right!

**All Trolls (and Chef!):** *(Go around and fix Grumpie backpacks while saying Yay! Pack it light, wear it right! All Grumpies become very happy once backpacks get fixed. See some high fives and jumping)*

**Poppy:** Let's switch this day from Trollstice to National Backpack Awareness Day! We all feel so much better

**Guy Diamond:** *(throws glitter)*

**Cooper:** *(in high pitched singing voice)* YAYYYY

**DJ Suki:** This is going to be the trolliest backpackiest party EVER!

**Poppy:** 1...2....3... HIT IT!!

*(Everyone breaks out into song and dance)*

- Posted side by side with original lyrics for reference. Video with simple dance moves to follow shortly!

**Original Lyrics**

I got this feeling inside my bones  
It goes electric, wavy when I turn it on  
All through my city, all through my home  
We're flying up, no ceiling, when we in our zone

I got that sunshine in my pocket  
Got that good soul in my feet  
I feel that hot blood in my body when it drops  
I can't take my eyes up off it, moving so phenomenally  
Room on lock, the way we rock it, so don't stop

And under the lights when everything goes  
Nowhere to hide when I'm getting you close  
When we move, well, you already know  
So just imagine, just imagine, just imagine

Nothing I can see but you when you dance, dance, dance  
A feeling good, good, creeping up on you  
So just dance, dance, dance, come on  
All those things I shouldn't do  
But you dance, dance, dance  
And ain't...

**Backpack Lyrics**

I got this feeling inside my bones  
It goes electric, wavy when I turn it on  
All through my shoulders, all through my spine  
When I wear my backpack right all of the time

I make my backpack have light pockets  
And I bend down at the knees  
Use my legs to lift it up and I don't twist (no!)  
I put the right strap on my body then I move so carefully  
Put the left strap on, I rock it, and I walk

And when I pack light, I feel good head to toe,  
No books inside that I could leave at home  
And when I move well you already know  
Just imagine, just imagine, just imagine

Nothing holding my pack down so we can  
Dance dance dance  
Bend our knees and lift carefully  
And we dance, dance, dance  
One strap at a time, so we can just  
Dance, dance, dance  
Pack it right and wear it light  
And keep dancing