

# Snow White and the seven days

( Poland)

**Narrator** Dwarf 1  
**Snow White** Dwarf 2  
**Stepmother** Dwarf 3  
**Mirror**  
**Prince**



**Narrator:** Once upon a time,  
as it is usually in the fairy tales,  
a princess lives...

**Snow White (jumping on the stage):** My name is Snow White!

**N:** Her story is not too interesting,

A princess has a stepmother...

**S:** I it is not your business!

**N:** Snow White, stop! You are embarrassing yourself!

(Snow white leaving angrily)

**N:** Thick hair, pure skin,  
Oh! Not ordinary beauty!  
This is about the stepmother,  
who took care of herself so much,  
she ate only healthy food,  
cooked very willingly,  
and nobody can doubt it,  
she ate really delicious!

She ate some carrots and shallots,  
some sweet, delicious tomatoes,  
cucumbers, kohlrabi, leek,  
and bags of fruit.

There were some peaches, earrings  
of red cherries, oranges, mandarins  
and jars full of raspberries.

(Snow White and Stepmother slowly come on the stage)

**N:** When Stepmother was feeding Snow White,  
Snow White always was so choosy...

**S:** These raspberries are too red,  
These cucumbers are cut in a bad way.  
Why should I eat any vegetables?

I won't eat that carrot, it's too crooked!

**N:** Although Stepmother is still explaining that...

[**Stepm:** Healthy food means so much.]

Snow White is so stubborn  
and she chooses candies all the time.

(narrator is pulling out a candy out of his pocket and slowly leaves the stage, while Snow White seeing the candy decides to go after the narrator)

**Stepm:** Something needs to be done, changed  
to make Snow White value the health.  
I have no idea what to do...

Mirror: Ask these... dwarfs for help!

They train all day,

They run and do the gymnastics.

**Stepm:** Hey! Colorful little creatures!

Come here, please.

(three dwarfs are stepping on the stage)

**M:** They're quite funny.

**Dwarf 1:** We!? Quite funny!? Well, well, darling!

You are looking at the DWARFS!

**Dwarf 2:** Fit, strong and healthy.

**Dwarf 3:** Always ready for a hard work!

**D 2:** If we need to plow or to harvest grain..

**D 3:** ... dwarf will always help with joy.

(stepmother takes dwarfs with her and together they slowly leave the stage)

**Stepm:** We have a problem with our princess...

(stepmother and dwarfs are completely out of the stage)

**M(contemptly):** They will not be able to help for sure...

(on the other side of the stage, Snow White appears)

**S:** Hey, mirror! Tell me honestly...

**M(resigned):** I have the worst role ever here...

**S:** What are you saying? Grumbling as always, darling?

**M(fake kindness):** I am saying that you look sweet today.

**S:** Sweet!? Sweets! Do you have sweets?

**M:** Even if I had any, I wouldn't give it to you.

You want something sweet? Apples are there.

**S:** I prefer some cake. I am going to look for something sweet!

(runs out of the stage)

**M(to the audience):** I hope she won't find anything there...

*(The stepmother and the dwarfs come on the stage while talking)*

**D1**We have to get to this young lady somehow.

**D2:** But we can't do this alone.

**D3:** I already have an idea,I'm right for sure.The princess has to have motivation!

**D1: True!** K3:Exactly! K2:Are you thinking the same...?

**D2:** I'll be back in 10 minutes.

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*(Runs of the stage,after a moment Snow White comes in)*

**S:**There's nothing good in this house

No sweets,no cookie....

**Stepm:** Eat this apple my princess

*(gives Snow White the apple)*

**S(looking at the apple with disgust):** Apple? Sour for sure.I want some sweets,chips,candy bars....

*(A dwarf enters)*

**D2(aproaching the stepmother):** ?There's a visitor for you, should he enter?)(Stepmother accepts the visitor and the prince enters)

**Stepm:** Who is this coming to my humble kingdom?

**Prince:** I'm the prince. *(bowing down gently)*

I hear that you need a coach.

So I offer you my service.

*(the pleased dwarfs give themselves high-fives and leave)*

**Prince(looking at snow white):** Oh! Such a miracle! beautiful, ripe!

I would eat the whole thing with pleasure.

**M:** Great!Because our dear Snow White is pouring out her sorrows

and she keeps complaining

about eating the apple

**Prince:** Oh what a mistake you are making!

Honestly, I'm telling you that the vitamins are the best.

*(Snow white frowns hearing that)*

Don't make that face darling,

After all,these peaches and apples

Are coming into the hands of this sweet girl

Just try it...I have this idea...

Lets make a deal

For a week you have to look after your health

And after that?I'll disappear.

But I'm in control for a week.

And I'll control your diet

There will be some sport for sure...

So what do you say my princess?

**S (talking to herself):** A week of rigour.? Seven days of torture?!

I don't think I can take such a torment

But on the other hand... a week together?

*(to the prince)*I think I can settle for your rules.

Only seven days,not a minute longer

And after that,you'll disappear?

**Prince:** Just say a word and I'm gone..

I really don't know were this panic is coming from.

**S:** Lets try then,it's a deal.

*(snow white and the prince shake their hands)*

**Stepm:** Oh, I'm so excited my darlings

**S:** So maybe a tray of cookies?

Tomorrow we'll start our hard work

**Prince:** You want to binge already,princess?

I'll disgust those cookies fast for you

*(The prince and Snow White leave)*

**M:** Oh,this can't end well

*(narrator enters)*

**N:But the mirror made a mistake.**

The seven days really changed Snow White

She was jumping and she she was running

and she put herself through the hoops

She kept on working out with the prince

She threw out sweets out of her diet

And although she suffered sometimes

She didn't back down for seven days.

She felt better day after day

And she didn't get the gripes so often

On the eighth day,when she lasted a week

A big prize was waiting for her.

An enourmous basket of sweets

I really don't know if you can count all of it

*(narrator leaves,on the stage snow white and the stepmother appear*

**Stepm:** Snow White,everything here is for you.

**S:** Cookies..I'm in heaven

But wait.. what was all the trouble for?

I don't want those days to go to waste..

I'll eat just a little bit now

The rest I'll save for later

I'll come here every week

I'll take some snacks

And I'll be happy of my decision

I'll live healthy for the rest of my days

Because everything tastes better

.When you have to earn it

,And I have to admit

.That healthy food has its good sides

Fruits taste very good,

,Those who eat them, rarely get ill

There are delicious soups , salads

And very good, healthy lunches,

So,if you want to be healthy!watch out what you eat

*(rage on the crowds side,actors relief,group bow,the end)*