

Drug Education Skits for Grades 1–3

Skit 1: "The Magic Shield"

Characters:

- Alex (kid)
- Sparkle (talking bird)
- Peer (kid offering something unhealthy)

Scene: A park. Alex is playing with a ball.

Peer:

Hey Alex! Look what I found! (holds up a fake cigarette or pretend energy drink)
Wanna try it? It's super cool!

Alex:

Um... I don't know...

(Sparkle the bird flies in, flapping wings excitedly.)

Sparkle:

Whoa there, Alex! Danger ahead! Time to use your Magic Shield!

Alex:

Magic Shield? What's that?

Sparkle:

It's your voice! Your strong, brave voice that says "No!" to things that aren't good for you!

Alex (practicing):

No, I choose to be strong and healthy!

Peer:

Aw, come on... just a little?

Alex (louder and confident):

No thank you! I choose to be strong and healthy!

Sparkle:
YES! That's the power of your Magic Shield!

Peer (shrugs):
Whatever. I guess I'll go play somewhere else.

(Peer exits.)

Alex:
Wow! That felt good!

Sparkle:
You did it, Alex! You used your Magic Shield to stay safe and strong. Remember, your choices are your superpower!

(They high-five.)

End.

Skit 2: "The Mystery of the Missing Energy"

Characters:

- Sam (kid)
- Detective Dot (funny detective)
- Healthy Helper 1 (water)
- Healthy Helper 2 (fruit/snack)
- Healthy Helper 3 (rest/sleep)

Scene: Sam is sitting on a bench, yawning.

Sam:
Ugh. I feel soooo tired. I didn't even want to play today...

(Detective Dot enters with magnifying glass and funny hat.)

Detective Dot:
Aha! A mystery! The case of the... Missing Energy!

Sam:
Huh? Missing energy?

Detective Dot:

Yes! You look like a kid who used to be full of bounce and now you're flat like a pancake! Let's solve this mystery.

(Dot inspects Sam with a toy magnifying glass.)

Detective Dot:

Hmm... what did you eat for breakfast?

Sam:

Umm... just candy and soda...

Detective Dot:

Aha! Sugar overload! And what time did you go to bed?

Sam:

...Midnight.

Detective Dot:

Mystery solved! But don't worry—we've got helpers on the way!

(Healthy Helpers enter one at a time.)

Healthy Helper 1 (Water):

Try drinking me! Water helps your body work better.

Sam:

(slurps pretend drink) Yum!

Healthy Helper 2 (Fruit):

And I've got vitamins! Eat me instead of candy.

Sam:

(nibbles) Tasty!

Healthy Helper 3 (Sleep):

And don't forget sleep! Your body needs rest to recharge.

Sam:

Okay! I'm gonna get to bed earlier tonight!

(Sam stands up and jumps.)

Sam:

Wow! I feel so much better!

Detective Dot:

Another case closed! The mystery of the missing energy has been solved—with healthy habits!

End.

Skit 3: "Super You: Making Choices"

Characters:

- Mia (kid)
- Super You (Mia's superhero version)
- Healthy Choice (fun and bright character)
- Unhealthy Choice (sneaky or silly character)

Scene: Mia's bedroom. Mia is drawing a picture of a superhero.

Mia:

I wish I could be a superhero. They're so strong and cool...

(Super You appears in a sparkly cape.)

Super You:

You can be a superhero, Mia! I'm you—but stronger, healthier, and full of good choices!

Mia:

Really?

Super You:

Yes! Let's meet your choices now...

(Healthy Choice enters, bouncing in with fun music.)

Healthy Choice:

Hi Mia! Want to play outside, eat yummy fruit, and drink water?

(Unhealthy Choice sneaks in, dragging a big bag labeled “Bad Ideas.”)

Unhealthy Choice:

Or you can skip lunch, eat only candy, and take this weird thing that says “instant energy” (holds up fake pill or can).

Super You:

Careful, Mia. That stuff isn’t safe and doesn’t make you strong. The real superhero path is with Healthy Choice.

Mia:

Hmm... I want to be strong and happy. I choose Healthy Choice!

Healthy Choice:

Yay! You picked me! Let’s go jump rope and have a banana snack!

Unhealthy Choice (sulking):

Aw man. Foiled again by good decisions...

Super You:

Great job, Mia! Every time you make a good choice, you become more like Super You!

Mia (to audience):

I’m a superhero—and so are you when you make healthy choices!

End.