



Help End Hunger - The Play

Introduction

This mini-play can be performed in a church service or would be ideal for a school assembly.

Most of the parts are suitable for children but it may be better for adults to play the parts of Mother, Father and the Narrator.

The play is easy to run as most of the words are read by the Narrator so there are no lines to learn. The play also includes audience participation to add to the fun.

The words spoken by the Mother, Father and man/woman can be spoken either by the Narrator, or by the actors.

It needs a small team of actors who will have to rehearse it a little beforehand.

- Narrator
- Mother
- Father
- At least 3 children for the family
- Additional children for the crowd
- Man (or woman)

Props

Vegetables (potato, cabbage, tomatoes, beans, eggplant)

Egg

School Books

Chairs

£5 note

Suggested stage directions are all in red but you can run it how you wish. Enjoy the show!

The audience is asked to participate, as follows...

When the Narrator says Amazing, the audience must all shout Wow!

When the Narrator says Horrible, the audience must all shout Oh No!

When the Narrator says Rain, the audience must all shout Whoosh Pitter Patter!

When the Narrator says Hunger, the audience must all shout Say goodbye to those noisy bellies!

When the Narrator says Smelly Manure, the audience must all shout Poo!

Get the audience to rehearse this before the play starts.

[Audience directions](#)

STAGE DIRECTIONS

Let's begin...



Send a Cow, The Old Estate Yard, Newton St Loe, Bath BA2 9BR
Tel: (01225) 874 222 Email: info@sendacow.org.uk
Registered Charity No. 299717



Narrator: This is an amazing story about building a farm that will end hunger for good!

All the audience say Wow! and Say goodbye to those noisy bellies!

Once upon a time there was a family in Africa.

MOTHER, FATHER AND 6 CHILDREN ENTER, LOOKING SAD, AND MIME THE ACTIONS

They were very poor, and they did not have enough food to eat. They had a small field. But it did not grow much food. So they were all hungry, all of the time.

THEY RUB THEIR TUMMIES

It was Horrible!

All the audience say Oh No!

And they lived in a little house.

THE FAMILY WALK INTO A CIRCLE OF CHAIRS

Sometimes it was very hot and dry.

THE FAMILY FANS THEIR FACES

And sometimes it rained.

All the audience say Whoosh Pitter Patter

And the roof leaked – plip plop, plip plop.

THE FAMILY HOLD OUT THEIR HANDS AND LOOK UPWARD

And they all got cold and wet. It was horrible !

All the audience say Oh No!

One day, the Mother went into the field and pulled up just one small potato from the ground.

SHE BENDS OVER AND PICKS UP A SMALL POTATO

It was all they had. So she cooked it carefully.

SHE MIMES COOKING

And then they all shared it together.

SLOW SAD EATING

But afterwards they were still hungry.

SAD RUBBING OF TUMMIES



And there was so little food they could only have one meal a day. It was horrible !

[All the audience say Oh No !](#)

The children were very thin. And they couldn't go to school because the family didn't have any money to pay for the school books.

CHILDREN SIT DOWN

They were all very sad, and they didn't know what to do.

ALL LOOK SAD

Then one day something amazing happened.

[All the audience say Wow!](#)

A man (or woman) came to see them.

WALKS ONTO STAGE

Man: "I come from Send a Cow, and I've got a very important question to ask you. Would you like to find out how to grow more vegetables and crops on your land ? Then you can build a farm, end your hunger and all have more food to eat."

[All the audience say Say goodbye to those noisy bellies!](#)

Isn't that amazing !

[All the audience say Wow!](#)

Narrator: And the family all said "Yes please."

So the man asked them to come to a special place where they show people how to grow more food. And they all went off together.

THE MAN AND THE FAMILY ALL WALK OFF STAGE.

THEN SOME OTHER CHILDREN WALK ON FROM THE OTHER SIDE OF THE STAGE, AND SIT DOWN.

AND THE MAN AND THE FAMILY TURN ROUND AND COME BACK ONTO STAGE AGAIN, AND THE FAMILY SIT DOWN.

When they got there, there were some other people there as well, and they all sat down. And the man from Send a Cow said...

Man: "I'm going to show you how to build a farm and end your hunger".

[All the audience say - Say goodbye to those noisy bellies!](#)

"It will be hard work, but the results will be amazing".

[All the audience say Wow!](#)



Narrator: Then they all made a special vegetable garden.

THEY PUSH THE CHAIRS TOGETHER INTO A CIRCLE

And they planted some special seeds in their garden.

CHILDREN CROUCH DOWN ON THE FLOOR IN THE MIDDLE OF THE CHAIRS

And they put lots of smelly manure onto the seeds.

All the audience say Poo!

FATHER MIMES SHOVELING MANURE ONTO THE CHILDREN

Then they got a big water pipe.

FATHER PICKS UP AN IMAGINARY PIPE

And joined it up to a roof. And then it started to rain.

All the audience say Whoosh Pitter Patter!

And the water landed on the roof, and flowed down into the pipe, and flowed down into the garden, and what happened next? The little seeds all said "Ooh lovely, now we can grow". And they started to grow little shoots and little stems, and they started to grow taller and taller and taller.

THE CHILDREN GROW TALLER AND TALLER.

And then something amazing happened.

All the audience say Wow!

The cabbage plants started growing cabbages.

MOTHER GIVES A CABBAGE TO ONE CHILD, WHO HOLDS IT UP

And the tomato plants started growing tomatoes.

MOTHER GIVES A TOMATO TO ONE CHILD, WHO HOLDS IT UP

And the bean plants started growing beans.

MOTHER GIVES A BEAN TO ONE CHILD, WHO HOLDS IT UP

And the eggplants started growing eggs.

Mother gives an egg to one child, **THEN EVERYONE SHOUTS "NO"**, and she takes it back and gives the child an eggplant

Then the man from Send a Cow showed them some more things.

THEY PUSH THE CHAIRS ASIDE, AND GIVE THE VEGETABLES BACK TO MOTHER

Man: "I'll show you some other ways you can end your hunger".

All the audience say Say goodbye to those noisy bellies!



Narrator: And he showed them how to dig their fields.

THEY ALL DO DIGGING ACTION

And how to plant their crops.

THEY ALL DO PLANTING ACTION

He even showed them how to put smelly manure on their fields, to make the crops grow more.

All the audience say Poo!

And then the family said goodbye to their friends and went home.

ALL WAVE. EVERYONE EXCEPT FAMILY EXITS

And the family worked really hard. And they did everything the man had said. They dig, plant, add manure.

And do you know what happened at the next harvest ? It was amazing !

All the audience say Wow!

THE FAMILY CROUCH DOWN

Their crops grew larger, and larger, and larger.

THE FAMILY STAND UP VERY SLOWLY, AND SPREAD THEIR ARMS WIDE

And eventually they had 4 times as much food as last year.

HOW MUCH ? THE FAMILY SHOUT "4 TIMES"

And they were hungry no more.

All the audience say Say goodbye to those noisy bellies!

So now they could eat 3 meals a day, for the first time ever. How many ?

THE FAMILY SHOUT "3 MEALS A DAY"

It was amazing !

All the audience say Wow!

And they had so much food that they could sell some to other people in the village. Now they had really started to build their farms.

OTHER CHILDREN COME BACK ON STAGE AND MIME BUYING FOOD.

ONE MEMBER OF THE FAMILY RECEIVES A £5 NOTE AND WAVES IT AROUND.

And then they had enough money to mend the roof. And then when it rained they didn't get wet any more.

All the audience say Whoosh Pitter Patter!

And then they had money to buy some school books.

MOTHER HANDS SCHOOL BOOKS TO CHILDREN



And she gave the books to the children. And the children were very happy.

CHILDREN ARE HAPPY

So she kissed them goodbye, and they went off to school for the first time ever.

THE CHILDREN START TO WALK OFF STAGE, AS THEY ALL WAVE, AND THEN FREEZE

And that is the end of the story, and the beginning of a new life for just one family in Africa. For them, it was completely utterly fantastically mind-bogglingly amazing!

All the audience say Wow!

THE FAMILY ALL WAVE, AND THEN FREEZE AGAIN

So listen. There are lots of sad families, all over Africa, who only have enough food for one meal a day. But we can help them to build farms, grow enough food to eat and to end hunger for good.

We can help Send A Cow to teach them new skills. And to give them seeds and tools. And then they will be able to grow their own food. And have enough for 3 meals every day. And their lives will be transformed forever.

Goodbye everyone.

ALL WAVE, AND EXIT



Send a Cow, The Old Estate Yard, Newton St Loe, Bath BA2 9BR
Tel: (01225) 874 222 Email: info@sendacow.org.uk
Registered Charity No. 299717



WE DON'T JUST GIVE COWS - we create successful farming communities!

Over a billion people in the world currently don't get enough to eat. Yet in rural Africa, we know that people have the potential to feed themselves, **if only they knew how!**

Who are we?

We are farming experts!

We work hand in hand with families so that they can grow enough food to feed themselves, sell produce and develop livelihoods that last. We teach them our innovative techniques and we've been doing it for over 23 years now!

What we do?

We help people to help themselves.

In it for the long haul, we don't offer a quick fix solution to poverty and rural development. Instead we typically work with groups of families to effect substantial and sustainable change so they can become truly self sufficient. We know that issues such as gender equality, health and family harmony are just as vital to success as learning how to farm.

How are we different?

We PASS IT ON!

All the families we assist agree to pass on that help to another family in need. Whether it's their animal's offspring, seeds, tools or knowledge this simple technique helps us reach many more people.

Research in Uganda has shown that for every one person we help another 10 people will go on to benefit.

Help us provide livestock, seeds, training and support to families in rural Africa so they can learn how to feed themselves and their communities, replacing hunger with hope. Any gifts you give will quickly make an impact and we will stay until the knowledge and skills are shared, turning lives around.

We've got plenty of fundraising materials for individuals, schools, clubs and churches.



**SHARING KNOWLEDGE
SHARING SEEDS
SHARING TOOLS
SHARING GIFTS
SHARING WORK**

Go on, make a difference today and find out more! Visit www.sendacow.org.uk