Skit Activity: “The Yellow Brick Road to Happiness”

Older adults who are developing cognitive difficulties often lose the ability to take another person's perspective. The inability to understand how one's actions are affecting others can affect one's ability to socialize and may be a sign of frontal lobe impairment. Theory of mind is a term used by psychologists to refer to this cognitive ability. One approach to enhancing and maintaining cognitive ability is to do activities that require one to take another’s perspective. Here you will find a skit that participants will learn and perform. Research has shown than older adults who engage in theatre-arts training have improved cognitive function.

# Characters and Cast:

Annabelle: Looking for happiness and willing to take advice

Traveler#1: A well-read individual who has searched for happiness

Traveler#2: A well-traveled individual who has searched for happiness

Traveler#3: A wealthy individual who has attempted to pay for happiness

Traveler #4: An individual that has a secret tool to find happiness

# The Script:

A: I am very certain that I can find happiness. I know people who are happy. But where can I look, or will it find me?

T1: Excuse me, miss, but did you say that you were looking for happiness?

A: Yes, I did. *(Excitedly)* Can you tell me where to find it? Please!

T1: No. You see, I have been on this road that you are on. I have looked for happiness in the finest literature, in the best-sellers on “How to.” Happiness cannot be found. And, it will not find you.

A: Well, if I cannot find happiness in books, then where else can I search?

T2: Search for happiness? Forget it. I have been there and done that. You name the continent, name the country. I have searched for happiness in Singapore, Denmark, Australia, Brazil…

A: OK! I understand. So you have not found happiness. Surely you have seen happy people.

T2: Yes, I have. But I have not found a “hot springs” of happiness, where you can acquire it for yourself. Happiness cannot be found. And, it will not find you.

T3: Acquire happiness? Can’t be done. I have purchased more and spent more in a year than most people do in a lifetime. I have been trying to buy happiness, but I can’t find a way to get it. Happiness cannot be found. And, it will not find you.

A: So how do happy people get happy?

T4: Not even the happiest person can explain it to you. But, I have a tool that guarantees you to find it!

T3: I’ll buy it.

T2: Where do I go to get it?

T1: I have never read about this…

T4: I must agree with your companions, Annabelle. Happiness cannot be found. And it will not find you. I cannot tell you where to go, I cannot sell it to you or read about it…I can only give you a way to find it in yourself.

A: What do you mean, “find it in yourself?”

Surprise ending……

Happiness cannot be found. And it will not find you.