

A script from



“Mom Therapy”

by
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What	A mom is gets real during a therapy session while a wise and caring therapist puts things into perspective. Themes: Moms, Motherhood, Parenting, Kids, Mother’s Day
Who	Mom Kid
When	Present
Wear (Props)	Couch Office chair that spins
Why	Proverbs 22:6
How	For more ideas on how to perform this script, watch the video “Mom Therapy” at SkitGuys.com. The age of the kid in the video is 5, but for stage purposes you might want to use an older child, around 7-9. They need to be able to hit their mark when they spin around in the chair and be comfortable in front of an audience. Make sure you warn them about laugh lines and to hold off on their next line until the laughter dies down. If you have screens, you might use the text, “Moms, you’ve got this!” at the end of the script while the Mom and Kid are exiting.
Time	Approximately 2 minutes.

Mom is laying on a couch in the midst of a therapy session. A large office chair that spins is facing the couch, we can't see who is sitting in it.

Mom: I just feel so... tired. Physically and emotionally exhausted, you know? It's just tough. Don't get me wrong, I love what I do. I wouldn't change a thing. But sometimes I just gotta wonder, what's it all about, you know? Am I even good at this?

She doesn't give the unseen therapist a chance to answer.

I just look at other moms and their Pinterest-perfect life. They're the ones that make smiley-face pancakes and all those healthy and organic lunches in those amazing little bento boxes. And forget about the birthday parties. I mean, who can even keep up?

She sighs.

And then there's all the mommy blogs and the pediatrician's advice and my mom and his mom and my head is flooded with voices telling me 100 different things and none of them are the same and sometimes it's just enough to make you lose your mind!

A small **boy/girl**, sitting in a large office chair that spins with a paper and pencil nods his head in agreement.

Kid: I hear what you're saying, Mom, and I want you to know that your feelings are valid. I'm hearing some feelings of self-doubt and a general lack of confidence, but when it comes down to it, I'm a good kid. You're a good mom. Chances are I probably won't be a criminal or a dead beat because we eat peanut butter and jelly most days for lunch with a chicken nugget every now and then

Lighten up. Kids have been surviving without their moms on the internet for hundreds of years.

Mom: You're right. You are so right. *(She takes a deep breath)* I shouldn't get so worked up. Hey. How'd you get so smart?

Kid: I get it from Dad. I'm just glad I could help. Now how about some chocolate milk? It's my bad day go-to.

Mom: Good call.

Mom stands and grabs the boy's hand. They begin to exit. As they are walking off, the **Kid** says...

Kid:

Ya gotta learn not to be so hard on yourself. *(They stop and **he/she** looks up to the **Mom**)* And maybe throw in some broccoli every now and then.

Optional: Add a slide to your screen that says, "Moms, you've got this!" and/or "Happy Mother's Day!"

SCRIPT

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