

Skit 1: Lonely Pizza Party

Characters:

Alex – New student at school

Jess – Friendly classmate

Riley – Party host

Taylor – Quiet observer

Setting: School cafeteria, lunchtime

(Jess and Riley are sitting with pizza. Alex walks in holding a tray, looking unsure.)

Jess: (whispering) Hey, that's Alex, the new kid. I heard they just moved here last week.

Riley: Yeah? They look kind of lost.

Jess: Should we invite them to sit with us?

Riley: (shrugs) Sure. Pizza tastes better with more people anyway.

Jess: (calls out) Hey Alex! Want to sit with us?

Alex: (surprised and smiles) Oh? Yeah—thanks!

(Alex sits down. Everyone starts eating and laughing.)

Taylor: (aside, breaking the fourth wall) You know, pizza is great—but being seen, invited, and included? That's the real nourishment. Welcome to the Love and Belonging tier of Maslow's hierarchy.

(All characters high-five each other as lights fade.)

Skit 2: The Mirror doesn't lie

Theme: Self-Esteem

Characters:

Sam – Teen struggling with self-doubt

Mirror Self – A reflection with a voice

Coach Mia – Encouraging mentor

Jordan – Supportive friend

Setting: Sam's bedroom, in front of a mirror

(Sam stares in the mirror, frowning.)

Sam: Ugh. Why do I even try? I'm not smart enough, not fast enough... not enough.

Mirror Self: (mirroring Sam's motions, but speaks confidently) You're more than you think. Remember that time you aced your history test? Or helped Jordan with their project?

Sam: Yeah, but that was just luck.

(Enter Coach Mia and Jordan.)

Coach Mia: Sam, I saw your hard work on the field. You don't give up—and that's what matters.

Jordan: And I couldn't have finished that science project without you. You're awesome, even when you forget it.

Mirror Self: See? You've got support. And now, you're starting to believe it too.

Sam: (smiling a bit) Maybe I am enough. Maybe I always was.

(Mirror Self nods approvingly. Coach and Jordan fist bump Sam.)

Mirror Self: Welcome to the Self-Esteem level.

(Lights fade on a confident smile.)