

What's it all about:

I have decided to create a jukebox musical based on emotions that we go through on a daily basis. The reason that I went with this idea is because I think it'll help people to understand emotions a little more. As well as this, I know that there are a lot of us out there who struggle to express the way they feel. Having the emotions talk about different ways that they react/feel might just help those who find it difficult to show how they're feeling through these characters. I wanted this piece to be for everyone, whether they have a hard time saying how they feel, if they might struggle to understand someone else's emotions, or just those in general who are intrigued about how we often feel. My original idea was to have this done at a theme park, however I feel that that would be a little extreme, so instead I've decided to do it as a live performance. I think that the central question revolving around this piece would be; Why do we feel the need to devalue our emotions? I'd love for people to feel like they can open up a little more about how they really feel after this show. As someone who struggles to explain my emotions, I know that this can be a difficult task, but you feel so much better after you've spoken up about them.

First ideas:

As my original idea was to have it done in a theme park, I came across a way of each of the emotions reacting to certain things. Such as:

Disgust - Finding something that isn't very appealing

Joy - Getting to the theme park and going on the rides

Sadness - Leaving the theme park and having to say goodbye to all the fun

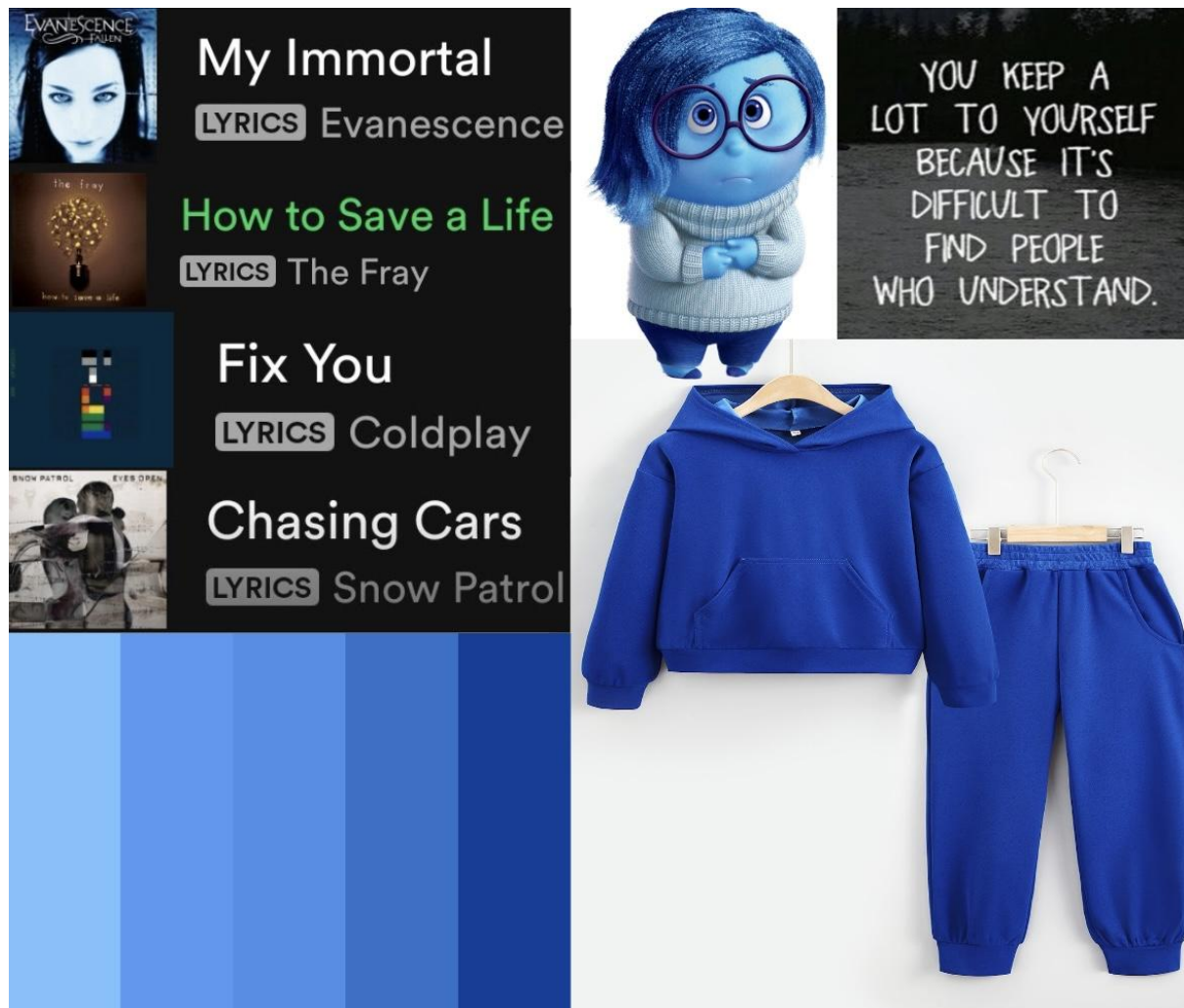
Anger - A ride being closed.

Then I was going to have it done as a musical, but the emotions speaking through the character/controlling them more. However, I thought this was far too similar to the film. Which then brought me to my final idea.

Research

At first, my piece was going to be named "Emotional Rollercoaster," more or less because it was going to take place at a theme park and it was to do with emotions. However, when scrapping that idea and thinking of something a little easier but also still unique, I questioned myself: If we're not feeling any emotions, then what are we feeling? Instantly, the word Numb came into mind and I thought that was the perfect title for the musical. I've taken some bits of inspiration from the movie "Inside Out." The core emotions in that film being "Joy, Anger, Disgust, Sadness and Fear." I decided to use a similar idea and names, just changing joy to Happiness as I found finding other names was tricky and didn't quite sound right. However, I wanted to do some research into each character. Since it's a musical, every character has a song which is cut down and they also have a scene interacting with the main character, Maddie.

Chasing Cars. I listened to each, but eventually decided on My Immortal since this is a well known song and represents the way that emotion feels.

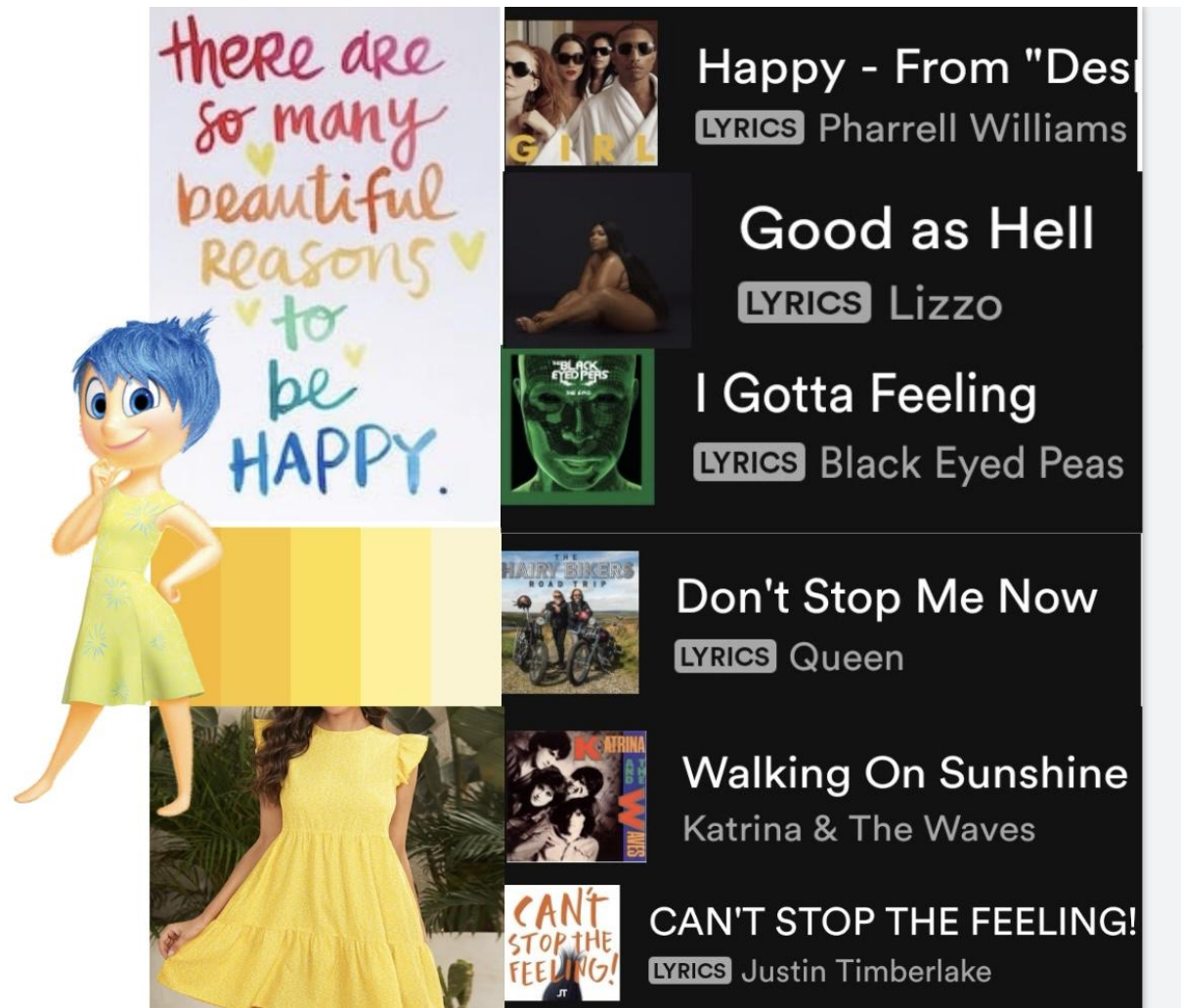


Happiness

This is one of the most joyful emotions out there. She is always looking out for the best in people. She dislikes it when people are sad and wants to help them be like her as much as possible. She wants to be the main character so that we experience happiness more than any other emotions. However, this causes a lot of conflict between the group. There's never a dull moment when she is around and she's pretty much the life of the party. She is always beaming, giggly, jolly and merry. One of the most positive people you'll meet.

This was the emotion that I was most looking forward to creating. I'm quite the bubbly person myself, or at least that's what I'm often told. Joy represents me a lot, especially with how bubbly she can be. As for her outfit, I've decided to go with the colour yellow as that represents the sunshine and it's the perfect colour for her. There were quite a few songs to decide between as well. The ones I got it down to were: Happy, Good as Hell, I Gotta Feeling, Don't Stop Me Now, Walking on Sunshine and Can't Stop the Feeling. The final decision was hard because of how upbeat they all were. However Good as Hell caught my

eye and I also had the inspiration to do a small dance number between Maddie and Happiness. Her quote is rather straightforward but also effective. "There are so many beautiful reasons to be happy," which she sort of mentions to Maddie.

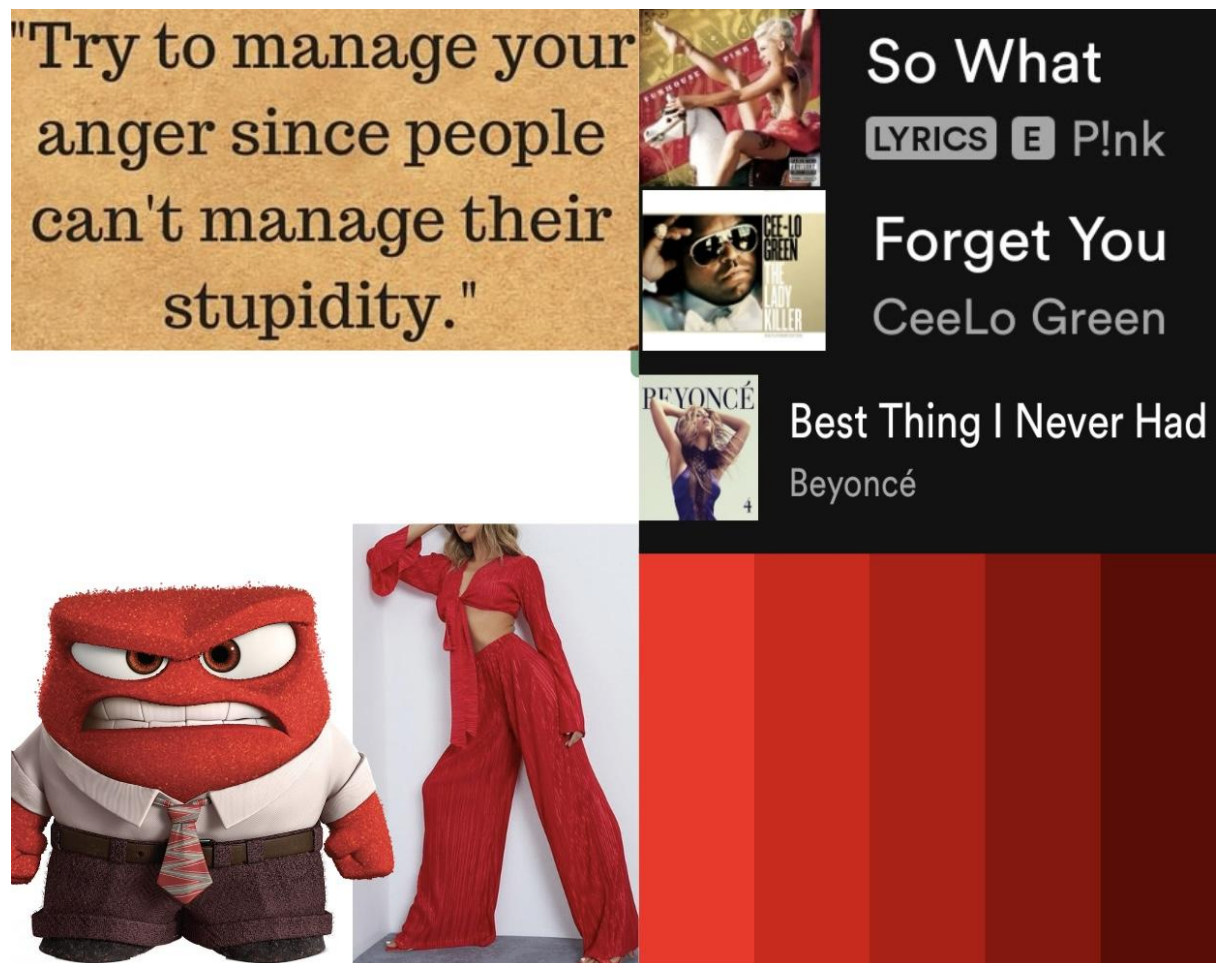


Anger

This emotion is basically a very stroppy toddler. They get annoyed and angry at the tiniest of things. Piece of pineapple on your pizza? The tables are flipped. A long queue? The people in front will experience a storm. Being the main emotion doesn't seem like the best idea and this one tantrums all the time. No matter how hard someone tries to make things better. Anger is basically a Karen x10. All hell will break loose with one foot out of line. Don't even get me started when it comes to them driving. Road rage alert!!

After writing this for the emotion, anger, I read and it also gave me quite a bit of inspiration for disgust, especially the pineapple on pizza part. Even though Anger is

supposed to be raging, I feel like he's also quite the comedic character. Red is the first colour that springs to mind when I think of someone getting angry, sort of like fire. In the picture, Anger looks like he's about to burst into flames. The songs that I decided to go with are So What, Forget you and Best Thing I Never Had. As much as I loved Forget You and Best Thing I Never Had, I decided to go with So What as it's rocky and you can hear the annoyance in it. The quote I went with is "Try to manage your anger since people can't manage their stupidity." I found this rather amusing and it's definitely something that Anger would say, or yell.

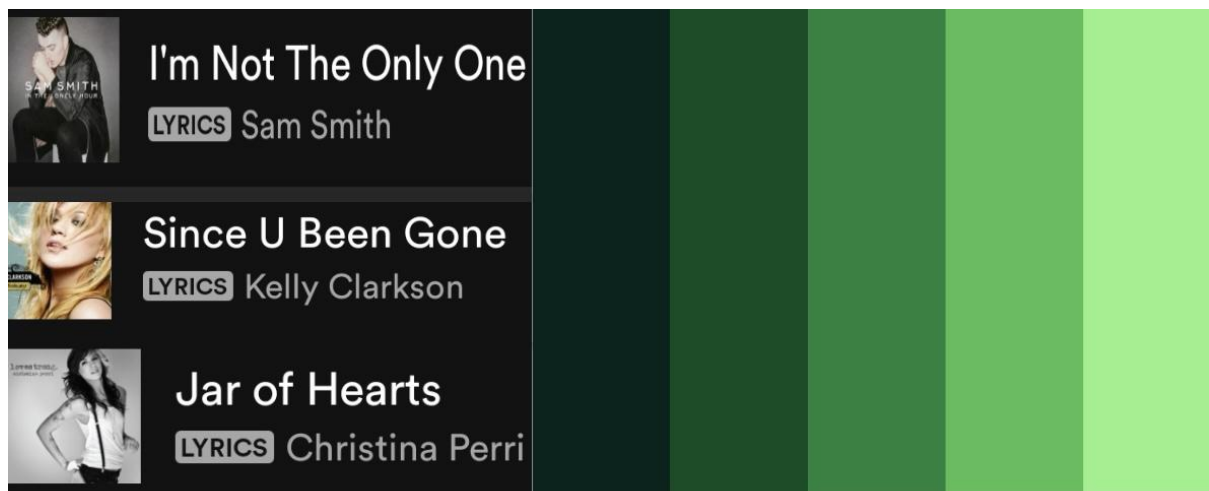


Disgust

Disgust is disgusted about almost everything and anything. You know when you see those photos that you wished you'd never seen? For example, a video of a camera moving down the larynx. From experience that wasn't nice. Or, in secondary school, do you remember having to dissect a heart? Yeah, I wish I never had to witness that either. Him and Anger have things in common, however if they heard you say that, all hell would break loose and

I'm not even being overdramatic about that.

More than likely, Disgust will be the Karen of the characters. When we think of something disgusting, the colour green pops into our heads. I don't think green only resembles disgust, but it reminds me of something gross which is why I picked it. Finding a quote for disgust was rather difficult. But putting myself in Disgust's shoes, this is more than likely something she'd say. "The time will come when it will disgust you to look in the mirror." I felt like it was a bit rude though, but then realised that this was the character and not me. As for songs, I had three, I'm Not The Only One, Since U Been Gone and Jar of Hearts. I wanted the songs to sort of contrast each other, so two slower and two more upbeat depending on the character. This made the decision easier and I decided to go with Jar of Hearts.



The time will come
when it will disgust you
to look in the mirror



For the final song, I wanted something upbeat that all the characters could sing. I then decided to go with the song "Get Back up Again," which is sung by Anna Kendrick in the motion picture film Trolls.

The story behind Maddie is that her mother is killed in a large car crash whilst driving across a bridge on the way to work. For the longest time, since finding out this news, she has felt numb. This musical starts by her reading a Newspaper which has the event in, this gives her

flashbacks and all the emotions start going wild and echoing, causing her to scream for them to stop. One by one, the emotions introduce themselves and such. I wrote a little timeline to go with it which also gave me ideas as to what to put in the script. Since this was sort of the start, it was a tricky thing to get done.

Timeline:

1 - Traumatic Event Happens (Crash)

2 - A year or so later she's been living as this person who's been numb

All the emotions screaming at person and then it's emotion overload and then blackout and then she wakes up to one of the emotions

Maddie is sitting on her bed, reading a book, something comes up in the book that reminds her of something in the past that has happened to her, then emotions start screams, one and then they all eventually join in, making a loud noise, BLACKOUT.

A traumatic event happens, rather than acknowledging the trauma she decides to bottle it up and ignore it. A year on, she's been living as a shell until she reads a newspaper/sees something on the news which reminds her of the traumatic event that's happened. Resulting in the emotions slowly flooding back one at a time which is where it starts, explains who they are, why the emotion is important and sings their song. Through each story we learn a little more about the character.

Beginning - The traumatic event sets up the character and story, leading to the emotions flooding back

Middle - The emotions introducing themselves and explaining why they're there

End - The character accepting the emotions and what happened, coming to terms with it and moving on

Casting

This was a little bit of a tough task to do. A lot of people had already casted people for their projects which didn't leave a lot of others since they were already partaking and didn't want to give themselves too much work which was something understandable. The first person I asked was my closest friend in Uni, Freya. She gives me such bubbly vibes and in general is quite the happy person so I've cast her as Happiness.

Since I was writing the part, I've given myself Maddie. I don't think that there will be too much blocking involved and such which is a relief as I've written it, I'm directing it and I'm also playing a part in the show.

Other than that, I placed a message in the whole of WAVDA group chat to see if anyone would like to participate. I had a few people message me, 2 from 1st year BA Musical Theatre and one from MA Musical Theatre, all interested. I sent over voice notes regarding what the Musical was about and also sent them the first draft of my script so they could get

the gist of it. They gave some wonderful feedback and said that they'd be interested. This meant that I had a full cast. It's just a case of waiting for feedback from my tutor to see how the script is and then once I've finalised that, I can get onto rehearsals.

I want to be as flexible as possible when it comes to rehearsals but I also want to make sure that I am organised and know everything that I want to do in rehearsals so that I don't waste time. At first, I'd like all the cast to meet and just have a brief discussion about the show, and some techniques we may be able to use throughout.

First Script Draft:

Opening songs as people come in
(Make list)

(Maddie starts off by sitting up in bed, reading a newspaper)
4 words appear that hit her like a tonne of bricks, these words are repeated by the emotions

Sadness starts, once they have said the word 4 times, the next emotion joins in to build it up until the end where it gets very loud. Like a soundscape

Sadness: Car Crash x24

Happiness: Mother x19

Disgust: Death x 14

Anger: Daughter x9

Maddie: (Feeling overwhelmed and shaken up) STOP!!!

The emotions disappear. Maddie is heavily breathing and places down the newspaper beside her bed. Sadness enters, looking all glum and sits on the end of her bed. Maddie is sitting there staring at her hands, feeling numb.

Sadness: Life sucks, doesn't it? Everything is just so tragic and depressing. It's like it's grey, gloomy and rainy every single day of the week. Things get chunked at you all at once and you're left in this deep dark pit of depression contemplating what the point of living even is anymore.

Maddie glances up at Sadness and shrugs.

Sadness: I can really see the resemblance between us. Hearing this story. Imagine it being repeated again and again. How does it make you feel?

Maddie: What do you mean?

Sadness: Well, you could be depressed, hurt, lonely, guilty, powerless, ashamed, fragile...or sad, like me.

Maddie: I don't understand.

Sadness: Well, when something bad happens, we can often feel upset about it. There are so many ways to describe the feeling of sadness. You feel glum and almost like there is no hope left. Like, you don't want to be here anymore.

*My Immortal by Evanescence starts to play.
Anger bursts onto the stage.*

Anger: Are you serious right now?! You're just standing there singing THAT. I mean, couldn't you have even picked a better song? Do you know how sad that is? I am furious.

Sadness runs off crying

Anger: Sorry, when I say I'm furious I mean - Hi, I'm Anger.

Maddie: Yeah, you certainly act like you're angry too.

Anger: How rude! I will not tolerate those sorts of comments. That is despicable behaviour.

Maddie: Well who put 50 pence in you?

Anger: 50 PENCE?! Is that what you think my worth is?!

Maddie: No, no I didn't say that.

Anger: CLEARLY you don't know what it's like to be me! I feel furious, disrespected, annoyed, mad, humiliated, maaan the list could go on. You know when something doesn't go your way, it makes you so ANGRY! Well, that's me. You just wanna SCREAAAAM.

Maddie nods, still not exactly sure what Anger is talking about.

Anger: It's like you're always in a battle, always in a war. There is so much going on around you, yelling, screaming, shouting, so much chaos.

Maddie: Oh. I get you. It's like with the crash that happened, that killed my mother, I'm so mad at the person who caused it!

Anger: That's exactly it!

*Anger starts singing So What! By Pink.
Disgust wanders on, shaking their head.*

Disgust: I can't believe that you are here. Out of all the emotions, it just had to be you, didn't it? Trying to stay in the spotlight, makes the whole world angry for no reason whatsoever.

Anger: OH YEAH? Well, at least I'm not disgusted about everything. You're basically the Karen of the emotions.

Disgust: Go and find someone else to bother, Anger.

Anger: Maybe I will!

Anger storms off.

Disgust: I'm so sorry about him. He can be a little too much at times. This more than likely being one of them.

Maddie: I mean, it's understandable. I've met him and sadness so far.

Disgust: Saving the best emotions for last, huh. Why anyone would want to be like them is beyond me.

Maddie: I've actually learnt a lot.

Disgust: Well, that is quite the surprise. I'm here to teach you more. I don't know who those two thought they were.

Maddie: They didn't seem that bad.

Disgust: Anyway, shifting on from that conversation. As you can probably tell, since Anger ruined it, I'm Disgust. A way to describe me is probably...you know when you have those people who speak about things that you shouldn't have on pizza. Well, pineapple is one of them. Why would you put a HEALTHY piece of fruit on something that is classed as a fast food item. It makes absolutely no sense. That and it's revolting.

Maddie: I quite like pineap-

Disgust: Ah ah ah, no, don't say it. Don't you dare say it! I will not tolerate that sort of grossness.

Maddie: Grossness? Is that even a word?

Disgust: It does not matter! Besides, even if it wasn't, it is now! Aha, a dictionary of disgusting words!

Maddie: I suppose.

Disgust: You're meant to agree with me, not just suppose. Goodness gracious woman, what do you know?

Maddie: Not a lot, apparently.

Disgust: Let me show you how it's done.

Disgust starts singing Jar of Hearts

Maddie: Are you related to Anger by any chance? I can just see so much in common between the two of you.

Disgust: You did not just say that. Please do not tell me those were the words that came out of your mouth.

Maddie: Oh come on, you really don't see it?

Disgust: Nope, absolutely not. I refuse. I am more joyful than Anger.

Happiness dances in.

Happiness: Did someone just say joy?

Disgust: Now look at what you've done. Summoned the person who everyone else classifies as "The Queen." Yo, what's up, your high knees.

Happiness: That's your highness to you.

Disgust: You come to take over my spotlight?

Happiness: No offence, but I think you've had your turn. Plus, I feel like our girl deserves a bit of a smile now. She's really been through the rollercoaster of emotions.

Disgust grumbles and walks off..

Happiness: You must be Maddie?

Happiness twirls and gently plops herself on the bed.

Maddie: Yeah, how'd you know?

Happiness: We've all been talking about you for weeks. It felt like the longest time, but now we're here and get to meet you. It's all rather exciting isn't it?

Maddie: What's there to be excited about?

Happiness: Sadness really was quite the effective emotion here.

Maddie: I'm sorry

Happiness: Hey, there's no need to apologise. This is all quite new to you. But, I'm here to teach you to look on the bright side of life, try to see the positives and the good in everything. Sometimes it's a lot easier said than done, but I'll be here with you every step of the way.

Maddie: So, where do I start?

Happiness: The tragic event that occurred will be difficult and it may take some time to grieve over it. However, you cannot let it affect the rest of your life. There are so many possibilities in the future to look forward to. You're a bright and bubbly person on the inside, you just need to let that little ray of sunshine inside of you beam. You're a sunflower. There is still so much room to grow and make the most of everything that's yet to come.

Maddie: Well, I've met you guys which means slowly but surely I'm discovering my emotions. That's a good place to start, right?

Happiness: You're getting it!

Maddie: I am?

Happiness: Yes! And there are so many other words we can use to describe your fizzy personality. You've got proud, powerful, optimistic, successful, joyful. You know, a smile is contagious.

*Happiness gives a slight grin
A small smile appears upon Maddies face*

Maddie: I suppose it is.

Happiness: Here, let me show you a song, it makes you feel like you're superior!

*Good as hell starts
(Add choreography)
They both end up laughing after the song.*

Happiness: Okay, I know this might be a lot but...I'll be back in a moment!

*Happiness walks off to get the others
Disgust comes back on all disgusted
Anger comes back on Angry
Happiness is leaping on and doing twirls
Sadness is sobbing whilst wandering on.*

Maddie: What's going on?

Anger and Disgust: I don't know...JINX!

Happiness: I thought I'd bring all of the emotions back so that we can work on those core memories, matching each of us to every big event that has happened in your life. So, let's start with day 1, the day you were born.

Maddie: You really think I can remember that far back?

Sadness: She has a point.

Happiness: If we think about it this way, the first thing that babies do when they're born is cry so Sadness, I think you'll take the lead in this one.

Sadness: Me? Oh wow, I don't think I've ever felt so special before.

Disgust: You're not special, at least not THAT special.

Disgust laughs.

Happiness: Play nice you two. Okay, so moving onto your first day of Nursery.

Maddie: That was such a good day!

Sadness: Yeah, but you cried.

Maddie: Because my parents were leaving me alone for the first time with some random people I didn't know.

Anger: Oooh, is that anger I can hear blowing up?

Happiness: Perhaps we all play a part in that day.

Disgust: I finally have a part...and I have to share.

Happiness: It's nice to share.

Disgust: Oh oh oh! What about that day when you played shot roulette with your friends

Maddie pulls a funny face.

Maddie: That was gross. Never again.

Disgust: She said gross! I am gross!

Happiness: That, you are.

Sadness: What about...the event?

Everyone looks at each other. Maddie is slightly confused but a little aware of what they're talking about.

Happiness: Right...yes. The big event.

Maddie: Do we have to bring this up?

Happiness: It's important we talk about our emotions. Otherwise, they build up and we become one big mess. This can lead to feeling drained and then the sadness takes over.

Sadness: Oh I don't mind taking over. That's no problem.

Happiness: That's the thing. We all need to work together so that things don't start to get overwhelming for Maddie. Which is more than likely what happened after the accident. I'm not saying it's easy, but at the end of the day, we're all here to help our girl, not make things worse for her. Almost everyday will have its core emotion, or there will be days where we all get involved somehow, like today.

Maddie: I think we can say that today you've all played a big and important part in it.

Maddie smiles.

Maddie: Sadness, you've made me realise that it's okay to be upset about what happened. Anger, you've taught me that when things go wrong I'm allowed to be mad about the situation. Disgust, you've shown me that sometimes the things people eat are yucky.

Everyone laughs.

Maddie: And Happiness, you've revealed that there's always a reason to smile. It may not be all the time but there's joy in everything. The one thing you've all got in common is that you like singing. So, I think it's time for one more song!

Get back up again starts playing

Bows

END

After writing my first draft, I emailed my 1-1 tutor to get some feedback, see what he liked and also what I could work on. There were some really good comments and he mentioned

that rather than just explaining the emotion, I need to let it show through the characters. He also made a few comments on my work about rewording and perhaps removing a few parts which I then did and it came together nicely.

Final Script

The song Numb Little Bug opens the show.

(Maddie starts off by sitting up in bed, reading a newspaper)

4 words appear that hit her like a tonne of bricks, these words are repeated by the emotions

Sadness starts, once they have said the word 4 times, the next emotion joins in to build it up until the end where it gets very loud. Like a soundscape

Sadness: Car Crash x24

Happiness: Mother x19

Disgust: Death x 14

Anger: Daughter x9

Maddie: (Feeling overwhelmed and shaken up) STOP!!!

The emotions disappear. Maddie is heavily breathing and places down the newspaper beside her bed. Sadness enters, looking all glum and sits on the end of her bed. Maddie is sitting there staring at her hands, feeling numb. Use blanket perhaps to cover Maddie

Sadness: Life sucks, doesn't it? Everything is just so tragic and depressing. It's like it's grey, gloomy and rainy every single day of the week. Things get chunked at you all at once and you're left in this deep dark pit of depression contemplating what the point of living even is anymore.

Maddie glances up at Sadness and shrugs.

Sadness: I can really see the resemblance between us. Hearing this story. Imagine it being repeated again and again. How does it make you feel?

Maddie: What do you mean?

Sadness: Well, you could be depressed, hurt, lonely, guilty, powerless, ashamed, fragile...or sad, like me.

Maddie: I don't understand.

Sadness: Well, sometimes in life, bad things happen. There are so many ways to describe the feeling of sadness. You feel glum and almost like there is no hope left. Like, you don't want to be here anymore.

My Immortal by Evanescence starts to play.

I'm so tired of being here
Suppressed by all my childish fears
And if you have to leave
I wish that you would just leave
'Cause your presence still lingers here
And it won't leave me alone
These wounds won't seem to heal, this pain is just too real
There's just too much that time cannot erase
When you cried, I'd wipe away all of your tears
When you'd scream, I'd fight away all of your fears
And I held your hand through all of these years
But you still have all of me

Anger bursts onto the stage.

Anger: Are you serious right now?! You're just standing there singing THAT. I mean, couldn't you have even picked a better song? Do you know how sad that is? You're never happy, never angry, never, disgusted. You're just a sad sad little person. I am furious as to how you think that that's okay.

Sadness runs off crying

Anger: Sorry, when I say I'm furious I mean - Hi, I'm Anger.

Maddie: Yeah, you certainly act like you're angry too.

Anger: How rude! I will not tolerate those sorts of comments. That is despicable behaviour.

Maddie: Well who put 50 pence in you?

Anger: 50 PENCE?! Is that what you think my worth is?!

Maddie: No, no I didn't say that.

Anger: CLEARLY you don't know what it's like to be me! I feel furious, disrespected, annoyed, mad, humiliated, maaan the list could go on. You know when something doesn't go your way, it makes you so ANGRY! Well, that's me. You just wanna SCREAAAAM.

Maddie nods, still not exactly sure what Anger is talking about.

Anger: It's like you're always in a battle, always in a war. There is so much going on around you, yelling, screaming, shouting, so much chaos.

Maddie: Oh. I get you. It's like with the crash that happened, that killed my mother, I'm so mad at the person who caused it!

Anger: That's exactly it!

Anger starts singing So What! By Pink.

Na-na-na-na, na-na, na
Na-na-na-na na-na
Na-na-na-na, na-na, na
Na-na-na-na na-na
I guess I just lost my husband
I don't know where he went
So I'm gonna drink my money
I'm not gonna pay his rent (Nope)
I got a brand new attitude
And I'm gonna wear it tonight
I wanna get in trouble
I wanna start a fight
Na-na-na-na, na-na, na
I wanna start a fight
Na-na-na-na, na-na, na
I wanna start a fight!
So, so what?
I'm still a rock star
I got my rock moves
And I don't need you
And guess what?
I'm having more fun
And now that we're done
I'm gonna show you tonight
I'm alright
I'm just fine
And you're a tool
So, so what?
I am a rock star
I got my rock moves
And I don't want you tonight

Disgust wanders on, shaking their head.

Disgust: I can't believe that you are here. Out of all the emotions, it just had to be you, didn't it?
Trying to stay in the spotlight, makes the whole world angry for no reason whatsoever.

Anger: OH YEAH? Well, at least I'm not disgusted about everything. You're basically the Karen of the emotions.

Disgust: Go and find someone else to bother, Anger.

Anger: Maybe I will!

Anger storms off. Maddie is a bit confused, feeling a mix of both sad and anger within her.

Disgust: I'm so sorry about him. He can be a little too much at times. This more than likely being one of them.

Maddie: I mean, it's understandable. I guess I get angry sometimes too and there are definitely gloomy days where I've felt down in the dumps. Don't you?

Disgust: Well no, that's not what I'm here for. Those are emotions for other times. But, not right now, right now I am here.

Maddie: I guess you're right, there's more to learn and I suppose that you're up next.

Disgust: Finally, we're speaking the same language.

Maddie: Right.

Disgust: Anyway, shifting on from that conversation. As you can probably tell, since Anger ruined it, I'm Disgust. A way to describe me is probably...you know when you have those people who speak about things that you shouldn't have on pizza. Well, pineapple is one of them. Why would you put a HEALTHY piece of fruit on something that is classed as a fast food item. It makes absolutely no sense. That and it's revolting.

Maddie: I quite like pineap-

Disgust: Ah ah ah, no, don't say it. Don't you dare say it! I will not tolerate that sort of grossness.

Maddie: Grossness? Is that even a word?

Disgust: It does not matter! Besides, even if it wasn't, it is now! Aha, a dictionary of disgusting words!

Maddie: I suppose.

Disgust: You're meant to agree with me, not just suppose. Goodness gracious woman, what do you know?

Maddie: Not a lot, apparently.

Disgust: Let me show you how it's done.

Disgust starts singing Jar of Hearts

I know I can't take one more step towards you
'Cause all that's waiting is regret
Don't you know I'm not your ghost anymore
You lost the love I loved the most
I learned to live half alive
Now you want me one more time
Who do you think you are?
Runnin' 'round leaving scars
Collecting your jar of hearts
Tearing love apart
You're gonna catch a cold
From the ice inside your soul
So don't come back for me
Who do you think you are?
It took so long just to feel alright
Remember how to put back the light in my eyes
I wish I had missed the first time that we kissed
'Cause you broke all your promises
And now you're back
You don't get to get me back
Who do you think you are?
Runnin' 'round leaving scars
Collecting your jar of hearts
Tearing love apart
You're gonna catch a cold
From the ice inside your soul
So don't come back for me
Don't come back at all

Maddie: Are you related to Anger by any chance?

Disgust: You did not just say that. Please do not tell me those were the words that came out of your mouth.

Maddie: Oh come on, you really don't see it?

Disgust: Nope, absolutely not. I refuse. I am more joyful than Anger.

Happiness dances in.

Happiness: Did someone just say joy?

Disgust: Now look at what you've done. Summoned the person who everyone else classifies as "The Queen." Yo, what's up, your high knees.

Happiness: That's your highness to you.

Disgust: You come to take over my spotlight?

Happiness: No offence, but I think you've had your turn. Plus, I feel like our girl deserves a bit of a smile now. She's really been through the rollercoaster of emotions.

Disgust grumbles and walks off..

Happiness: You must be Maddie?

Happiness twirls and gently plops herself on the bed.

Maddie: Yeah, how'd you know?

Happiness: We've all been talking about you for weeks. It felt like the longest time, but now we're here and get to meet you. It's all rather exciting isn't it?

Maddie: What's there to be excited about?

Happiness: Sadness really was quite the effective emotion here.

Maddie: Right.

Happiness: Hey, there's no need to apologise. This is all quite new to you. But, I'm here to teach you to look on the bright side of life, try to see the positives and the good in everything. Sometimes it's a lot easier said than done, but I'll be here with you every step of the way.

Maddie: Okay, but where are the positives? My mother is dead and you're just all of a sudden trying to make it into a happy situation. It's not that easy.

Happiness: The tragic event that occurred will be difficult and it may take some time to grieve. But, you can't just stay like this the whole time, Maddie. Imagine sulking for the rest of your life. That wouldn't be very enjoyable now, would it?

Maddie: It doesn't make it any less sad though.

Happiness: There, you are partially right. But, come on, try to think more of the future than the past.

Maddie: You 're not listening. My mum is DEAD. *(Angry)*

Happiness: I understand that life doesn't revolve around happiness but we need to shine some light onto it too. Even if it's just the smallest things like...getting ice cream. You like ice cream, right?

Maddie: Well yeah, ice cream is good, I guess.

Happiness: Alright, now what about other things in life that you enjoy? Name me some things.

Maddie: Uh, singing, dancing, cooking, baking...sleeping.

Happiness: Exactly. You're getting the swing of it. We all love a good nap

Maddie laughs a little.

Happiness: Is that a laugh I hear?

Maddie: It might be.

Happiness: I knew there was some joy inside you!

Maddie: It's really really nice to smile.

Happiness: Isn't it just the best feeling? And there are so many other words we can use to describe your fizzy personality. You've got proud, powerful, optimistic, successful, joyful. You know, a smile is contagious.

*Happiness gives a slight grin
A small smile appears upon Maddies face*

Maddie: I suppose it is.

Happiness: Here, let me show you a song, it makes you feel like you're superior!

Good as hell starts

I do my hair toss
Check my nails
Baby how you feelin'?
Feeling good as hell
Hair toss
Check my nails
Baby how you feelin'?
Feeling good as hell
Woo child, tired of the bullshit
Go on dust your shoulders off, keep it moving
Yes Lord, tryna get some new shit

In there, swimwear, going to the pool shit
Come now, come dry your eyes
You know you a star, you can touch the sky
I know that it's hard but you have to try
If you need advice, let me simplify
If he don't love you anymore
Just walk your fine ass out the door
I do my hair toss
Check my nails
Baby how you feelin'?
Feeling good as hell
Hair toss
Check my nails
Baby how you feelin'?
Feeling good as hell
Feeling good as hell
Baby how you feelin'?
Feeling good as hell

(Add choreography)
They both end up laughing after the song.

Happiness: Okay, I know this might be a lot but...I'll be back in a moment!

Happiness walks off to get the others
Disgust comes back on all disgusted
Anger comes back on Angry
Happiness is leaping on and doing twirls
Sadness is sobbing whilst wandering on.

Maddie: What's going on?

Anger and Disgust: I don't know...JINX!

Happiness: You'll see. Let's start with day 1, the day you were born.

Maddie: You really think I can remember that far back?

Sadness: She has a point.

Happiness: The first thing that babies do when they're born is cry so Sadness, I think you'll take the lead in this one.

Sadness: Me? Oh wow, I don't think I've ever felt so special before.

Disgust: You're not special, at least not THAT special.

Disgust laughs.

Happiness: Play nice you two. Okay, so moving onto your first day of Nursery.

Maddie: That was such a good day!

Sadness: Yeah, but you cried.

Maddie: Because my parents were leaving me alone for the first time with some random people I didn't know.

Anger: Oooh, is that anger I can hear blowing up?

Happiness: Perhaps we all play a part in that day.

Disgust: I finally have a part...and I have to share.

Happiness: It's nice to share.

Disgust: Oh oh oh! What about that day when you played shot roulette with your friends

Maddie pulls a funny face.

Maddie: That was gross. Never again.

Disgust: She said gross! I am gross!

Happiness: That, you are.

Sadness: What about...the event?

Everyone looks at each other. Maddie is slightly confused but a little aware of what they're talking about.

Happiness: Right...yes. The big event.

Maddie: Do we have to bring this up?

Happiness: It's important we talk about our emotions. Otherwise, they build up and we become one big mess. This can lead to feeling drained and then the sadness takes over.

Sadness: Oh I don't mind taking over. That's no problem.

Happiness: That's the thing.

Anger: We all need to work together so that things don't start to get overwhelming for Maddie.

Happiness: Which is more than likely what happened after the accident. I'm not saying it's easy, but we're all here to help our girl, not make things worse for her.

Disgust: Well, I think I should be the core emotion. I never get to play the main character.

Anger: It's not about playing the main character, Disgust.

Disgust: Then what is it about, huh?!

Happiness: It's about playing an equal part.

Sadness: I can be equally as sad as a rainy day.

Happiness: Something like that...

Anger: Nobody wants you in their life, Sadness.

Sadness starts sobbing.

Happiness: Anger, there was no need for that. Apologise. Now!

Anger: Oh, someone's feisty. Fine. Sorry, Sadness.

Happiness: Hug it out.

Anger: Are you serious?

Happiness: No, I'm Happiness, but yes, I'm serious.

Anger grumbles, but Sadness and Anger Hug.

Disgust: Uh guys, I thought we were talking about who's playing the core emotion for Maddie.

Sadness: , Happiness already said, nobody is. We're all a part of it.

Happiness: Exactly, imagine it being a show and we're all the ensemble. Maddie is the main character.

Sadness: That's a good way to put it.

Happiness: Thank you.

Anger: Stop being so soppy, Sadness.

Maddie: Guys, stop fighting, please. You're making me feel a little overwhelmed. Woah, that's a new emotion.

Everyone stops and looks at her.

Maddie: How about we go around and say what we're good at and take it from there. Happiness, you can go first.

Happiness: Well, I'm good at keeping the positivity in life and looking forwards to the future rather than looking back in the past.

Maddie: You're definitely not wrong. Anger?

Anger: I think I'm quite helpful when bad things happen. I can throw a tantrum and then soon enough things will be okay, but I'll still hold a grudge.

Maddie: That's great. Disgust?

Disgust: Well, when people say stupid things or perhaps just do weird things, that's when I come in handy. I get to pull faces too.

Maddie: Hilarious (*Rolls eyes.*) And finally, Sadness.

Sadness: I'll be here for you when times get tough. We can have a bit of a cry and listen to sad songs. Like the day when your mother died.

Maddie starts to get emotional.

Disgust: Alright Sadness, we got it, no need to go overboard.

*Happiness goes over to cheer Maddie up
Disgust and Anger shake their heads at Sadness.*

Sadness: Sorry.

Happiness: The one thing to know is that no matter what emotion you're feeling, you will always be able to get back up again and find your feet.

*Get back up again starts playing
Bows*

END

Rehearsal Process

Once my script was completed and had been approved by my 1-1 tutor, I decided to meet up with my cast to discuss the whole musical and ideas that I'd like to involve. Since a few of them weren't around during the Easter Holidays as they were either working or had headed back home, I asked if they could learn the script so that when we returned we could focus on blocking it. I also wanted their input so asked if they had any suggestions or questions which they all answered no to.

After the Holidays, we all met up in person and started blocking the musical which was quite simple. I didn't want to make them feel uncomfortable so I let them decide how they wanted to go about their characters. All I told them was to really become their characters. It was really nice to see the musical come together and everyone was on top of their lines.

On Tuesday, we blocked the lights and I already had some ideas as to what I wanted. Each of the emotions had their own lights; Sadness - Blue, Disgust - Green, Anger - Red and Happiness - Yellow. When we were all together it was all 4 of the colours. The only other change was the nightmare scene at the beginning which we had purple lights for. As for sound, I found backing tracks on YouTube and trimmed them all down to fit the length I wanted for the characters to sing. The only struggle was that Jar of Hearts was a little low for Disgust at the beginning. However, we resolved this by having her sing either in a higher key for the start or she just spoke it. Everything else went really smoothly. As for the set, all we needed was a bed which we used a sofa for. I brought my own pillows in, as well as a blanket and a newspaper for a prop. For costumes, I asked my cast to wear the colour of their emotion which was also the same as the light colour. For myself, Maddie, I wore pyjamas as it took place in her bedroom.

Throughout the week, we continued to rehearse almost everyday to make sure everyone was confident with everything. I made sure to ask if anyone had any questions or concerns so that I could take things into consideration. They were a brilliant cast to work with and they were also really supportive of me and this project.

The Performance

Overall, when we performed on Friday, I think that the performance went really well. Considering the time we had the performance was when classes were on, I had quite a good audience. All the lighting and sound went smoothly and the cast were fabulous. I think we all really enjoyed

ourselves too. I was so happy with how it went, I think if I had more time I would've written more and added more elements and perhaps more emotions. Considering at the beginning, there was someone who didn't have a lot of faith in me, it was really nice that I could prove them wrong and that I was capable of making it work.

Feedback from the Audience:

Rebecca Wescott - Good morning, Sammy! I just wanted to say thank you again for a fabulous show yesterday! It ticked so many boxes! Well written with lots of quips and observations. Your choice of cast was bang on! We all thoroughly enjoyed it. FAB-U-LOUS my darling truly
FAB-U-LOUS!

Celyn Jones - When I first heard about Sammy's project and the characters I immediately went to the thought that it sounded like inside out the Disney film, but when I watched it, I had such joy. It was incredible to think Sammy herself wrote it as it really came across both text and performed as a professional showing. The story line was lovely with both sad and happy elements. Sammy's ability to cast was incredible. The individual playing each part really captures their quality and brought them to life. I think she had the perfect cast and the perfect balance of humour and sadness. I came out of her performance feeling very proud of her and was thrilled to be able to say I got to watch such an enjoyable piece of new writing.

Temujin Drew - OK well going off what I can remember of the second half and what I saw of the first half, it was good. I can see this working as a few length production with original songs in place of the pop songs if you wanted. The cast were perfectly chosen and the costume/colour choices were simple and pleasing on the eyes (very colourful show) the songs chosen were perfect for the most part and played with the right mannerisms by the cast, you yourself were a good lense to watch the show through. Serving as the guide for the audience to follow. The show was very musical theatre-like in terms of its acting and many of the comedic moments landed and got a laugh out of me. ! There were only a few issues I could think of to make the show even better. First, off I wish you had a song because you are a great singer and was really hoping you would. I didn't think disgusts song fit how she was introduced and presented. The song was very much something sadness would sing. I think a scene in which Maddie is left alone to acknowledge her mothers death and finally lets the emotions overwhelm her would have been good. If for no other reason than to create some tonal variety towards the end. You should be very proud of yourself Sam. This was not any easy task and you put together a show that was comedic as well as entertaining. The show was honestly an ease to watch from start to finish it, with there being heart and polish to an impressive degree. Especially considering you made it a week. I could honestly see this being developed into its own thing in the future.

Henna Kokko - It was a super pleasant surprise because at first when I heard the topic that it was a musical about feelings I was like "okay that sounds a bit generic" like what will that mean? But then the way you had created the dramatic arc and the meaning or the whole story behind it made it make a lot of sense. So, after I saw it, it didn't feel generic at all. I also based on how little I knew about it, it was going to be quite sad and obviously the main theme was about being able to experience sadness and stuff. But, it had very very nice comedic moments and it was short and light enough and even though the subject was heavy it was approached in a light way. Also, I think the casting was spot on. Everyone was amazing as their characters, really suitable casting. The songs made sense also the costumes made sense in regards to the characters. I really enjoyed it and felt really proud seeing someone bring together a big topic like that. It was entertaining. I think the only thing that could be worked on was; there were moments where the pace would slow down a bit too much. I don't know whether it was a matter of the script or a matter of how it was put on stage. But, I think, some of the transitions lingered a little bit. Though, it didn't affect my enjoyment of it. But if you wanted to make it even more sharper than

maybe the pace of some of the moments could be looked at. All in all, I really liked it!

Feedback from my Cast:

Freya Bussy (Happiness) - "It was the best experience of my entire life. 10/10. I highly recommend it. It was a very fun show to participate in and it was interesting to teach people about how we can handle emotions."

Zoe Barr (Disgust) - Liked: Patience, Script, Relaxed Atmosphere. Could be improved: More Direction, more time from start to finish.

Photos:



The two photos on the left were taken after the performance.

The photo on the top right was taken during the performance.



The photo on the bottom right was the poster that I designed to promote on Social Media and gather an audience.



Evaluation

Overall, I had so much fun writing this musical as well as directing and working with an incredible cast. It's been a great experience and I've learnt so much throughout it. It's shown that I am capable of writing, directing, casting as well as performing which is quite a lot for just one person. Nevertheless, I am so proud of myself. I think my strengths were definitely finding the

right cast, time management, managing to get rehearsals in and being organised, trying to fix things whenever they didn't quite go to plan. As well as this, my writing skills have definitely improved. Something I could improve on next time is not leaving things till last minute. I think that if everyone was in their accommodations over the holidays then we could've met up more. However, this was solved by using zoom and running lines through that. The only other struggle was that we didn't have mics. My solution was that we just had to project a little more so that the audience could hear us clearly whether this was talking or whilst singing over a backing track.

References:

- Spotify. (n.d.). Songs Of Disgust. [online] Available at: <https://open.spotify.com/playlist/3qgzMg4m5tvf16PzIPgGa9> [Accessed 28 Apr. 2022].
- Time Out Worldwide. (n.d.). 25 upbeat songs guaranteed to put you in a good mood. [online] Available at: <https://www.timeout.com/music/best-happy-songs> [Accessed 28 Apr. 2022].
- BigTop40. (n.d.). ARGH! 11 Rage Anthems To Listen To When You're Angry. [online] Available at: <https://www.bigtop40.com/features/songs-to-listen-to-when-angry/> [Accessed 28 Apr. 2022].
- www.thesaurus.com. (n.d.). Synonyms of happiness | Thesaurus.com. [online] Available at: <https://www.thesaurus.com/browse/happiness> [Accessed 28 Apr. 2022].
- www.thesaurus.com. (2019). Synonyms of sad | Thesaurus.com. [online] Available at: <https://www.thesaurus.com/browse/sad>.
- www.thesaurus.com. (n.d.). Synonyms of angry | Thesaurus.com. [online] Available at: <https://www.thesaurus.com/browse/angry> [Accessed 28 Apr. 2022].
- www.thesaurus.com. (n.d.). Synonyms of disgusted | Thesaurus.com. [online] Available at: <https://www.thesaurus.com/browse/disgusted> [Accessed 28 Apr. 2022].
- Thechalkboardmag.com. (2022). [online] Available at: <https://media.thechalkboardmag.com/wp-content/uploads/2018/04/29212018/feelings-wheel-explained.jpg> [Accessed 28 Apr. 2022].
- UWA Online. (n.d.). Our Basic Emotions Infographic | List of Human Emotions. [online] Available at: <https://online.uwa.edu/infographics/basic-emotions/#:~:text=The%20Six%20Basic%20Emotions&text=They%20include%20sadness%2C%20happiness%2C%20fear.>