

**Nastassia Aniceta**  
**TV Show: Abbott Elementary**

## **“Stress Care is Self-Care”**

### **ACT ONE**

**A1.** Janine excitedly hangs up a banner in preparation for the launch of Stress Management Week and tries to get her students eager to learn about learning emotional self-regulation and conflict resolution. She demonstrates how she masters self-control to stay mentally relaxed and tells them that this skill is necessary to prevent anyone/anything from penetrating or disturbing their peace.

**A2.** After class starts, Janine is surprised by a visit from her sister and mother. They’ve decided to crash at Janine’s place while emergency work is being done at their house. The insurance company gave them relocation money, but they pocketed it, so now they need to crash with her. Janine begrudgingly smiles, and hands them her keys.

**B1.** Gregory is eager to prune the plants he’s been nurturing in the school garden, he thinks it’s a good place for everyone to gather, so he tries to get others interested but no one bites.

**A3.** At home, Janine’s mom and sister’s constant arguing triggers her anxiety. She tries to referee but instead they aim their toxic bickering and jabs towards her. Janine’s anxiety escalates as she exits to the next room. She looks in the mirror at her shaking hand.

**A4.** The next day at school, one of Janine’s students keeps raising her hand asking with questions about the Stress Management exercise they are working on. Janine tries hard to keep it together, but she keeps hearing her family’s bickering in her head and got so upset that her hand started shaking.

**C1.** Melissa complains to Ava that she wishes there were funds available to fix the broken vending machines. The kids need healthy snacks and so do the teachers in order to do productive work.

**B2.** Jacob finally agrees to help Greg and shows up in a full gardening suit and has even bought new seeds to expand the garden. The two of them get to gardening, but when they arrive they see it’s vandalized.

**C2.** Ava learns that Abbott Elementary has won \$1000 from a raffle she entered at the Principal Summer Retreat and says out loud her plans to build a vanity in her secret bathroom in the basement instead of fixing the vending machine. When Mr. Johnson overhears it, he demands a financial cut to keep quiet.

**A5.** The same kid asks another annoying question and Janine loses it and snaps at the student causing her to go to the bathroom on herself. Barbara witnesses the entire incident and pulls Janine out of her

classroom and reams her – get her act together and not let her personal problems seep in or she’s reporting her to Ava. Barbara exits.

## **ACT BREAK**

### **ACT TWO**

**A6.** Janine goes to Barbara in the breakroom and explains she’s trying to deal with her family stress, but it’s hard and she doesn’t want to be like them. Barbara is sympathetic but reminds Janine that her job as an educator also includes standing in as a mother, therapist, and an example to these kids. Does she really want to pass on the trauma she’s experienced to another generation of kids? What happened to her Stress Management week?

**B3.** Gregory angry about the vandalism, bans everyone from his garden, but one seems to care. Janine and Gregory commiserate over their problems, wishing they could solve the others.

**A7.** Janine bursts in her home and put her foot down and establishes clear, non-negotiable boundaries with her mother and sister for her own mental health. She tells them she booked them a hotel on her dime, but they refuse... Janine says fine, and she leaves.

**C3.** Mr. Johnson has Ava jumpily buying him his favorite cleaning supplies to get him to keep quiet.

**B4.** Gregory puts up – do not enter signs and cones all around the garden. He even considers putting up an electric fence. Jacob confronts Greg and tell him that the restriction is unreasonable, but Gregory is adamant, he’s the only one who appreciates it, so he’s the only one who should have access.

**C4.** When Melissa realizes how good the school smells, she knows something is up and bribes Mr. Johnson to out Ava, which he does.

**B5.** Janine talks to Gregory in the garden and suggests that they find a way to have unrestricted access while still protecting the betterment of the garden. The students could benefit from it. But Gregory doubles down – no access... until he finds the culprits. He tells Janine she needs to handle her own issues... living at the hotel. While they argue, squirrels begin to chew through the garden. He’s found his culprit.

**A7.** When Janine arrives back at the hotel, her mother and sister are waiting for her. Before she lets them speak, she tells her mom, she’s moving back home and they’ve got to go with all of their toxic behavior. Her mom says she didn’t realize they were jeopardizing Janine’s mental health. She only raised them the way she was raised. But maybe it’s time for something different. Their house is ready, so they came to tell her they are leaving. Janine says she’s still telling them to leave and that’s the story and she’s sticking to it. They hug.

**A8.** In class, Janine uses her family hiccup to successfully incorporate a self-care exercise in her stress management lesson plan.... And she gives extra love to the student she hurt before. Barbara witnessed this and commended Janine on her mental/emotional shift. Thankfully, the contractors informed her mother and sister that their place is ready, so Janine didn't have to stay at the hotel. Overall, Janine is pleased that everyone learned a good lesson on stress management and mental health... and she will continue to grow as a teacher but realizes her first job is to protect them.

**B6.** Gregory comes up with a solution for the squirrel issue and Janine's class is the first to visit the garden as a way to help with their stress management.

**C5.** After being caught by Melissa, Ava concedes and fixes the vending machine, but it's filled with candy no one wants and she still gets her vanity --- when she looks into it, she transforms into the wicked witch of the west...and that's fine by her because her skin is glowing.

**END OF SHOW**