

The Four Lives of Squirrel Cleansy

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NAMES OF THE CHARACTERS IN THE TALE: Squirrel Cleansy, the Healing Man with the Huge Hat, Magpie, Rabbit, Hedgehog, Thieves.

Once upon a time there was a large forest, on the edge of the large forest there was a big tree, in the big tree there was a hollow and in the hollow lived Squirrel Cleansy. Her fur was shiny and that was no wonder because she used to cleanse it all the time and that is why everybody called her Squirrel Cleansy.

One day Squirrel Cleansy remained alone in the hollow, her brothers, sisters and parents have already set off into the forest to find some hazel-nuts, pine cones and other fine squirrel treats. Squirrel Cleansy shouted to them that I will go soon but first I will cleanse my fur.



As she was cleansing and polishing her fur, all of a sudden a huge storm broke out! The wind roared, the rain poured, the trees swayed and cracked, and the raindrops were pattering on the leaves. It was thundering and huge lightnings flashed out from the clouds.

Cleansy crouched shivering in the depth of the hollow, she did not even dare to poke her nose out, covered her ears and closed her eyes too.

A huge lightning struck the tree! The tree **caught fire and burned smouldering**.

The **smoke** poured into the hollow, Cleansy **coughed** gasping for air.

"This is no joke!" she thought. "In this smoke one can easily choke!"



Her **head was dizzy**, her **stomach turned**, her **lungs** struggled **tensely** with the **smoke**, that is to say she really felt horrible. In the great heat her **skin started to dry out** and so did her **throat** too.

"Flee Squirrel Cleansy! Flee to the fresh air," she encouraged herself and climbed out of the hollow. The trunk of the tree **glowed, it burned** her foot while she staggered down the tree. The ground was covered with **hot ashes**, she jumped up and down as she run out of the forest.

When she was out from the burning forest, she sat down at the bank of a little brook to have a rest. In the brook the water gurgled quietly and as she took a big breath, Squirrel Cleansy noticed that she was thirsty. She laid down on the water of the brook and drank the cool, clean water in huge gulps. "This was good," she heaved a sigh of satisfaction. Then she discovered that she was hungry and that was no wonder because in the great **fire** and in the flight she missed her breakfast.



With a searching eye she was looking around in the grass for something to eat. Stepping here and jumping there, she found nothing suitable for a squirrel. "Never mind," she thought, "if there is no nuts and no cones, I will find something else!" She rummaged on the ground and found a red berry. She smelt it, tasted it by biting a small piece of it and found that it had quite a good taste and swallowed the red berry. She continued her search and found a white root. "Ahem, I will try this one too!" she said, and bit into the white root. The root was **bitter** and Cleansy spit it out. "This is not good! **Bitter.**"

As she was searching and tasting and sampling, she arrived to the edge of a meadow. A small house stood on the edge of the meadow. Squirrel Cleansy looked at it with curiosity to see who lived in there. "The best will be if I approach it cautiously. Then I will cautiously peek in."

So she did, she approached the little house cautiously and peeped through the door cautiously. She was dumbfounded with astonishment because in the middle of the small house a man with a huge hat was sitting, and around him there was a magpie, a rabbit and a hedgehog! The man with the huge hat started speaking with a smile.

"Come on in, come on in don't be afraid!"

Squirrel Cleansy entered the house then asked with hesitation.

"Who are you?"

"I am the healing man!" was the answer. "And they are my patients and friends: the magpie, the rabbit and the hedgehog."

Squirrel Cleansy just noticed that the magpie's wing was hanging down a bit, the rabbit had a stiff leg and the hedgehog's nose was swollen.



"I see," mumbled Squirrel Cleansy. He is the magpie, he is the rabbit and he is the hedgehog.

Then timidly she asked the man with the huge hat.

"And who am I? Tell me if you are so clever!"

The man with the huge hat kept nodding his hat and smiled.

"I tell you. It is very important for everyone to know about herself who she is! Very important! Because if she knows about herself who she is, then she will find her place in the world. And who finds her place in the world will also find happiness, that is to say will be happy!"

Squirrel Cleansy interrupted him rather impatiently.

"Tell me quickly who I am."

The man with the huge hat puckered up his brow.

"I am telling you, telling you. As I look at you, you are a frightened squirrel kid. As if you have just escaped from some great danger. And as if you sprained your leg a bit. No worries, I will heal it right away. Come closer, don't be afraid!"

Squirrel Cleansy moved closer. The healing man wrapped Cleansy's sprained leg up with a white shawl.

"This is it! This will hold it and keep it **warm**. And now eat some fine nuts. You like nuts, don't you?"

Squirrel Cleansy nodded her head rapidly indicating that she liked nuts very much! The man with the huge hat gave her nuts in a small basket. Squirrel Cleansy was crunching them happily.

The magpie watched her curiously with his shiny eyes.

"Where did you flee from?"

"From the forest, from the **fire**!" said Squirrel Cleansy between two crunches.

"Oh!" said the rabbit frightened. "What was the **fire** like?"

"Hot. And **smoky**, and sooty," replied Squirrel Cleansy.

"And you were not scared?" asked the hedgehog.

"Oh yes! I was scared a lot," acknowledged Squirrel Cleansy.

"And what did you do?" continued the hedgehog.

"I was scared. I ran and **coughed** in the meantime." Squirrel Cleansy looked at them smiling. "But now I am not scared. And I don't run. And don't **cough**. Because I am here among you! And I also know who I am! And I also know that I am not alone. And this is very good!"

They laughed at each other happily like good old friends! The man with the huge hat looked at the small company with satisfaction, he knew it well that laughter and joy is the sure sign of healing! Because he who laughs, thinks less of sickness and he who thinks less of **sickness** is half-cured already!

He said aloud.

"Now everybody should find the place where he will go to sleep! I go away for awhile."

As the man with the huge hat went away, Squirrel Cleansy looked around in the little house. She saw a flat wicker-basket. She went there and said.

"This will be just right. This will be my sleeping place."

She heard angry squealing behind her back.

"No good! This is not your place. This is my place," said the rabbit squealing. "I was here first and I selected it before you!"



Squirrel Cleansy looked back at him in a friendly way.

"If it is **yours** than it is **yours**. I find another place."

She searched and searched and found an old straw-hat.

"This will be just right." she said "This will be my sleeping place."

She heard angry chattering behind her back.

"No good! This is my place!"

The magpie chattered and sat quickly into the straw-hat.

Squirrel Cleansy wagged her head and said.

"If it is **your place** than it is your place. I find another one."

She searched and searched and found a box full of paper.

"This will be just right!" she said. "It is nice and soft."

She heard angry snorting behind her back.

"No good! This soft is **mine!**" said the hedgehog snorting and climbed quickly into the box.

"So where can I sleep?" sighed sadly Squirrel Cleansy.

The rabbit looked at her from the wicker-basket, the magpie from the straw-hat and the hedgehog from the box. First the rabbit began to speak.

"Really, where should she sleep? Everybody has a place only she has none!"

"Pull out the cupboard-drawer!" recommended the magpie.

"Come here, I give you half of the paper! Line the drawer with it," said the hedgehog.

Squirrel Cleansy was cheerful again as if the sorrow had been blown away! Why, they like her here! And everybody wants to help!

"Thank you," she whispered. "The drawer will be a very good place! And **only mine!** It is like a hollow in a tree."

"And you can also pull it or push it over yourself if you want to be **alone!**" cried out merrily the magpie.

They smiled at each other and slowly went to sleep. It was quiet, only snorting, squealing and chattering could be heard.

They lived on like this in the little house in friendship and affection!

Everybody had his own place, but they also felt that the little house is their **common place**, that is it belongs **to all of them!** The healing man watched them with satisfaction as they **helped each other in moving** and in healing. The rabbit and Squirrel Cleansy used to teach the magpie how to fly. They did it in a way that the rabbit perched himself on the chair and Squirrel Cleansy handed up the magpie to him. The rabbit then put him on the table.



"Go! Fly now!" they urged the magpie.

The magpie flew from the table to the ground wobbling.

"I can fly!" he chattered proudly.

"And my legs are getting stronger in the meantime!" squealed the rabbit.

"And **mine** are getting stronger too!" boasted Squirrel Cleansy. "As strong as iron!"

"And all of us are breathing in the **fresh air!**" grinned the hedgehog.

Giggling and laughing, they told what other good things can be done with **fresh air**. It was as if they had invented a new game.

"Do not breathe in **smoke** but fresh air!" began the hedgehog all over again.

"**Smoke** poisons the **lung!**" said the rabbit.

"He who moves is not **sick** anymore!" chattered the magpie.

"All the children are **healthy!**" concluded Squirrel Cleansy.

When they reached the end, they looked at each other in amazement.

"This is like a poem!" stated the rabbit.

"What poem?" asked the magpie.

"The healing poem!" said the hedgehog wisely.

Time has passed, and every morning they recited the healing poem and maybe because of this, all of them were healed completely. The magpie could fly, the rabbit could jump, Squirrel Cleansy could climb the tree and the hedgehog's swollen nose subsided!

One morning however something very wrong happened! The healing man left the house, walked the roads to see where he can find sick animals.

As soon as he left two wicked-faced bearded thieves came by stealthy steps to the little house. They looked through the window and saw that the man with the hat was not at home. With an ugly laughter they sneaked through the door. Squirrel Cleansy could not even recover her wits when they caught her quickly and pushed her into a crate. Just as quickly they caught the magpie, the rabbit and the hedgehog and shoved them into the crate. One of the shaggy man closed the top of the crate and by holding the crate on two sides they bolted.

The thieves' house was in a bushy place, it was a dirty and untidy wooden house. In the wooden house they opened the crate, but first they locked the door, and the animals climbed out. Right away they got a whiff of the **foul smell, the stale tobacco smoke**, the house was full of **cigarette butts, ash**, dust and dirt. Since the thieves bad habit was to smoke all the time, they blew **smoke** like smokestacks, and their teeth were ugly yellow! Even now cigarettes were hanging in their mouths, their clothes and even their skin stank of tobacco smoke.

"Ha ha!" roared the skinnier thief. "Do you want a drag? A puff? Go on!"

And he handed the burning cigarette to them.

Squirrel Cleansy stepped back horrified, the others also turned up their noses.



"Wait with the fag, training will come later!" said the fat thief. "First I tell you why you are here. First of all you are captives, that is prisoners! And you are here because we will make artists of you. Specifically we will make smoking artists of you. Ha ha! This will be a world-wide hit! The cigarette-smoking rabbit! The cigarette-smoking squirrel! The fag-smoking hedgehog! The fag-smoking magpie. Ha ha! A gigantic performance! We start training right away."

He took out a cigarette and lit it.

"Open your mouth!" he said to Squirrel Cleansy.

Squirrel Cleansy shook her head, that she will not open it.

The fat thief viciously grabbed Squirrel Cleansy's head, pressed it behind her ears, so she opened her mouth from the pain. The fat thief quickly pushed the cigarette into her mouth.

"Pull at it!" and pressed her head again.

Squirrel Cleansy was choking from the **smoke, coughed**, and tears came into her eyes.

The fat thief waved his hand.

"We will continue tomorrow! We have time. Let's go look around in the village what else is there to steal."

And they went out of the house and locked the door.

It was silence, the animals were listening.

"They are gone!" whispered the magpie.

"We should go too!" cried the hedgehog.

"Let's escape!" declared the rabbit.

"We will escape!" stated Squirrel Cleansy.

"But how will we escape? They locked the door!" said the hedgehog sadly.

Squirrel Cleansy went around the room but there was no opening anywhere, there was no hole! She stopped and smiled triumphantly.

"I got it!" she cried out. "We dig a tunnel! There, next to the wall."

They get down to it, they dug, scratched, scooped and shovelled, the tunnel got longer and longer and suddenly they were out from the house!

"We are free!" shouted Squirrel Cleansy. And she drew a colossal breath from the **fresh air**. The others followed her and ventilated the cigarette smoke from their **lungs**. When their **lungs** were full of **fresh air**, the rabbit started to speak.



"Where should we go?"

"Into the forest!" said Squirrel Cleansy. "Follow me I will show the way!"

They went and went until they reached the edge of the forest. Squirrel Cleansy was happy to see that the forest has turned green again!

"I am here!" she whispered. "I came back! I gained a lot of experience! Although I am still little, but I still had four lives. That's right! First it was the **fire**. Then I learned who I am. Then I was ill. Then I was suffocating in the **smoke**. But all's well that ends well!"

The other were listening Squirrel Cleansy with astonishment.

"Well, how clever!" gaped the magpie in astonishment.

"Did I also have four lives?" asked the hedgehog.

"You also had! We were together in the bad! We will be together in the good!" smiled Squirrel Cleansy at him.

And taking a colossal breath from the delicious forest air, they marched chattering, and squealing, snorting and gasping into the green forest.

The End

EPILOGUE

Challenge for smoking kindergarten teachers participating in the Smoking Prevention Program

Always keeping in view the fact that each person has the right to decide by himself on his way of life and to select his life habits at his own responsibility, we have to tell that the Program's success is greatly endangered if the kindergarten teacher managing the program smokes in the presence of children. The kindergarten teacher who both emotionally and physically is so close to the children, stands before the children as an identification model, an example and as a transmitter of values. Whatever we do in the group-room regarding social influencing, we lose our credibility if after this the child sees a smoking kindergarten teacher in the school-yard. Since the aim of the Program is only prevention and not the changing of the smoking habits of parents and kindergarten teachers, it is the personal and responsible decision of those working with the Program to influence with the help of the Program the development of the children's future healthy lifestyle.

During the description of the program we have emphasized that the drawings on smoking made by the children before the start and after the completion of the Program should be compared. It would help the analysis of the success and the improvement of the Program if these drawings could be used by the compilers of the Program during their future research. Please send your opinion, ideas and the drawings of the children to the following address:

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Thank you. The compilers of the Program.

Ferenc Móra said:

"The secret of extending life is not to shorten it".

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Short Program Schedule (in detail see from page 37)

day	activity by the children	activity by the kindergarten teacher	tools
1-12		Organizing a parent-teacher meeting, providing information on the Program, requesting opinions, preparing the parents	- Manual, - program box - child-package
	They plant seeds (wheat, barley, beans). One of the plants should get no air during its growth. An other should develop under "ideal" conditions.		- different seeds - soil - fruit-jar - black plastic bag - small hose for watering - forceps for closing the hose
		Selecting, from the offer daily activities, two activities for each day during the last four days, and adapting to the given group the material to be elaborated, obtaining and preparing the tools required for the sessions. Designing the activities.	- Manual
		Elaborating the tale "The four lives of Squirrel Cleansy", making photocopies for each child of the coloring pictures of the tale and the cherry form.	- Manual
13	The children color the photocopied picture belonging to the tale	Preparation Placing the cherry poster on the wall of the group's dressing room Elaborating the tale (first story telling) Elaborating the topic of sensation	- cherry poster, - drawing-pin - slide projector - slides, - Manual, - photocopied pictures (first and second picture) - color pencils,

14	The children color the third and fourth photocopied picture	<p>Telling the tale again, projecting the slides (perhaps with the participation of the children)</p> <p>Elaborating the topic of personality</p>	<p>- photocopied pictures (third and fourth)</p> <p>- color pencils</p> <p>- slide projector</p> <p>- slides,</p> <p>- Manual</p>
15	The children color the fifth and sixth photocopied picture	<p>Projecting the slides belonging to the tale, recalling the tale with the participation of the children</p> <p>Elaborating the topic of health promotion</p>	<p>- slide projector, slides,</p> <p>- Manual,</p> <p>- photocopied pictures(fifth and sixth),</p> <p>- color pencils,</p>
16	The children color the seventh and eighth photocopied picture	<p>Elaboration of the tale with puppets or by dramatizing it for the stage</p> <p>Elaboration of the topic of smoking</p>	<p>- slide projector, slides,</p> <p>- Manual,</p> <p>- photocopied pictures (seventh and eighth)</p> <p>- color pencils</p>

Detailed Program Schedule for days 13 to 16

Topic 1

Sensation:

Concepts:

a) seeing	burning, fire, glowing embers, ashes
b) hearing	hoarse human voice, coughing
c) touching	dried out skin
d) sensation of heat	cold skin, warm
e) sensation of pain	sore throat , turning stomach, dizziness, tensing the lung
f) smelling	smoke
g) tasting	bitter

day	activity by the children	activity by the teacher	tools
13	<p>The children color the first and second photocopied pictures belonging to the tale and take them home to show it.</p> <p>Activities that can be selected for this day:</p> <p>a) The children sit in a circle. One of them is given a candlestick with a burning candle, which they carefully pass around, during this time they observe the process and consequences of burning. When the flame went around, the last child blows it out and places it in the middle of the circle. Prior to the play the things to pay attention to and to observe should be discussed: flame, heat, glowing ember, smoke, responsibility for our mates.</p> <p>b) What did you hear? When can we hear this sound? Whose voice can it be? What do you think how the owner of the voice would look like? Recognizing various voices by hearing them.</p> <p>c) Recognizing tastes and smells blindfolded. Setting up the "magic shop"</p> <p>What do I experience with it? Seeing blindfolded, smelling with the nose covered, listening with the ears covered.</p>	<p>Telling the tale and projecting the slides.</p> <p>Placing the colored pictures of the tale at a place exposed to view.</p>	<ul style="list-style-type: none"> - Manual, - slide projector, - slides, - color pictures, - color pencil - photocopied pictures - candle, - candlestick, - matches, - cassette, - cassette player, - headband - vinegar - sugar - lemon - salt - tobacco

topic 2

Personality

Concepts

a) ego-consciousness	mine, yours, his, hers, ours
b) behavior	to take care of something
c) relation of the community and the individual	to disturb others, to take care of someone

day	activity by the children	activity by the kindergarten teacher	tools
14	<p>The children color the photocopied picture belonging to the tale and take it home to show it.</p> <p>Activities that can be selected for this day: a) Dramatic play, playing of roles, situations. Ownership: my toy, group-room, common toys How do you express your feelings? Friendship, love, curiosity, etc. b) The children are lying on their backs in a circle. One of them takes around a smoke-ball or water in a cup and steps over the others lying on the floor.</p>	<p>Projecting the slides belonging to the tale, telling the tale again.</p>	<ul style="list-style-type: none"> - Manual, - slide projector, - slides, - color pictures -color pencil - photocopied pictures - clothes for the different roles - headbands with animal signs - own toy brought from home - plastic cup, - smoke-ball

topic 3

Health condition

Concepts

a) health condition characteristics	healthy, ill
b) health damaging effects	smoke, poison
c) healthy way of living	fresh air, movement

day	activity by the children	activity by the kindergarten teacher	tools
15	<p>The children color the fifth and sixth photocopied pictures belonging to the tale and take them home to show it.</p> <p>Activities that can be selected for this day:</p> <p>a) Making a poster on health promotion</p> <p>b) Playing "doctors". What does the doctor do and why, how?</p> <p>c) Free discussion on the cherry poster. The cherry sheets are to be cut into four parts and colored.</p> <p>The children take home the sticker, and after discussing it with and obtaining permit from the parents, stick it on the door of their own room, or on their cupboard or bed (as describe on page 20).</p>	<p>Elaborating the tale from the slides with the participation of the children.</p> <p>Together with the children, placing the cherry poster in the group-room.</p> <p>Distributing the cherry sticker, 1 sticker per child</p>	<ul style="list-style-type: none"> - Manual, - slide projector, - slides, - color pictures - photocopied pictures - pictures cut out from newspapers, magazines - white coat - medical dressing material, etc. - cherry poster, - photocopied cherry pictures, - color pencils - paint, - pair of scissors, - 1 cherry sticker per child,

topic 4

Smoking

Concepts

a) effect on physique	illnesses, lung, yellow teeth, coughing
b) passive smoking	air filled with tobacco smoke
c) harmful passion	will, intention, habit
d) smoker	unpleasant company
e) environment pollution	littering, cigarette butt, matches, ash, air pollution

day	activity by the children	activity by the kindergarten teacher	tools
16	<p>The children color the seventh and eighth photocopied pictures belonging to the tale and take them home to show it.</p> <p>Activities that can be selected for this day:</p> <p>a) Drawing around the body of a child. Lung, breathing, air. What is the effect on smoking on the lungs? Comparison of a healthy apple and a rotten apple.</p> <p>Conversation about habits, good and bad habits</p> <p>b) Show and give the cotton-wool to the children so they can examine it how black and smelly it is. Do not leave anything in view, take quickly away the "smoke sucking device" (package it in paper, or in a box), so that it will not distract the children's attention. Indicate to them that the poisonous material found in the cigarette will deposit in our lung the same way.</p> <p>c) Examining the plants planted earlier, those that did not receive air did not grow like..... "Smoking is just like if you do not give air to plants."."</p>	<p>Projecting the slides belonging to the tale. Elaborating the tale with puppets or with dramatization.</p> <p>Smoke suction device demonstration.</p>	<ul style="list-style-type: none"> - Manual, - slide projector, - slides, - color pictures - photocopied pictures - color pencil - large-sized paper, - pencil - black patch - smoke suction device, - cigarette - matches - newspaper - tweezers - cotton-wool - top of fruit-jar - skewer - small dish - plants planted earlier,