



Little Spirit's Journey

The spirit Nat Pouk Si wants to help keep the children of Du Wae Wae healthy from a disease but he's not sure how. What will he discover about staying healthy on his journey to ask the wise Grandpa Ziwaka for advice?



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U U Story@ Dr. Zar Ni Win

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Once upon a time, there was a little spirit named Nat Pouk Si who was loved by every child in the village of Du Wae Wae. He loved helping the children learn and grow.



Recently, villages around Du Wae Wae were affected by a disease. The villagers of Du Wae Wae asked Nat Pouk Si to help prevent the disease from spreading to their children.



Nat Pouk Si went off to think about what he could do to help the children. A rabbit named Phoe Shwe Yone saw Nat Pouk Si and asked, "What are you thinking about?" Nat Pouk Si replied, "I don't know what to say to the children to help prevent the spread of the disease."



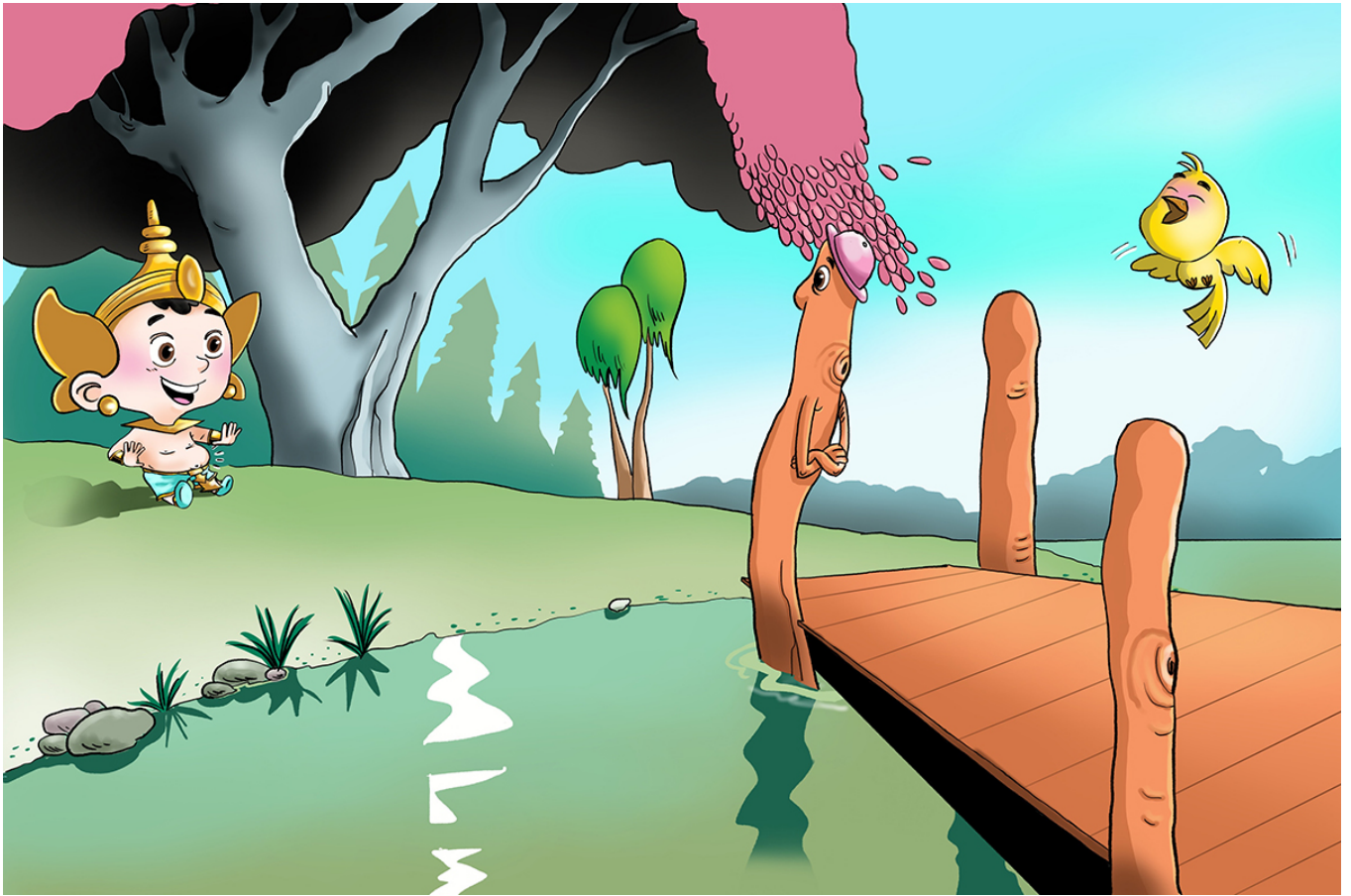
Phoe Shwe Yone suggested, "Grandpa Ziwaka lives in the far north of the lush jungle. He is very wise. He will be able to tell you how to help the children stay healthy. You should go find Grandpa Ziwaka and ask for his advice."



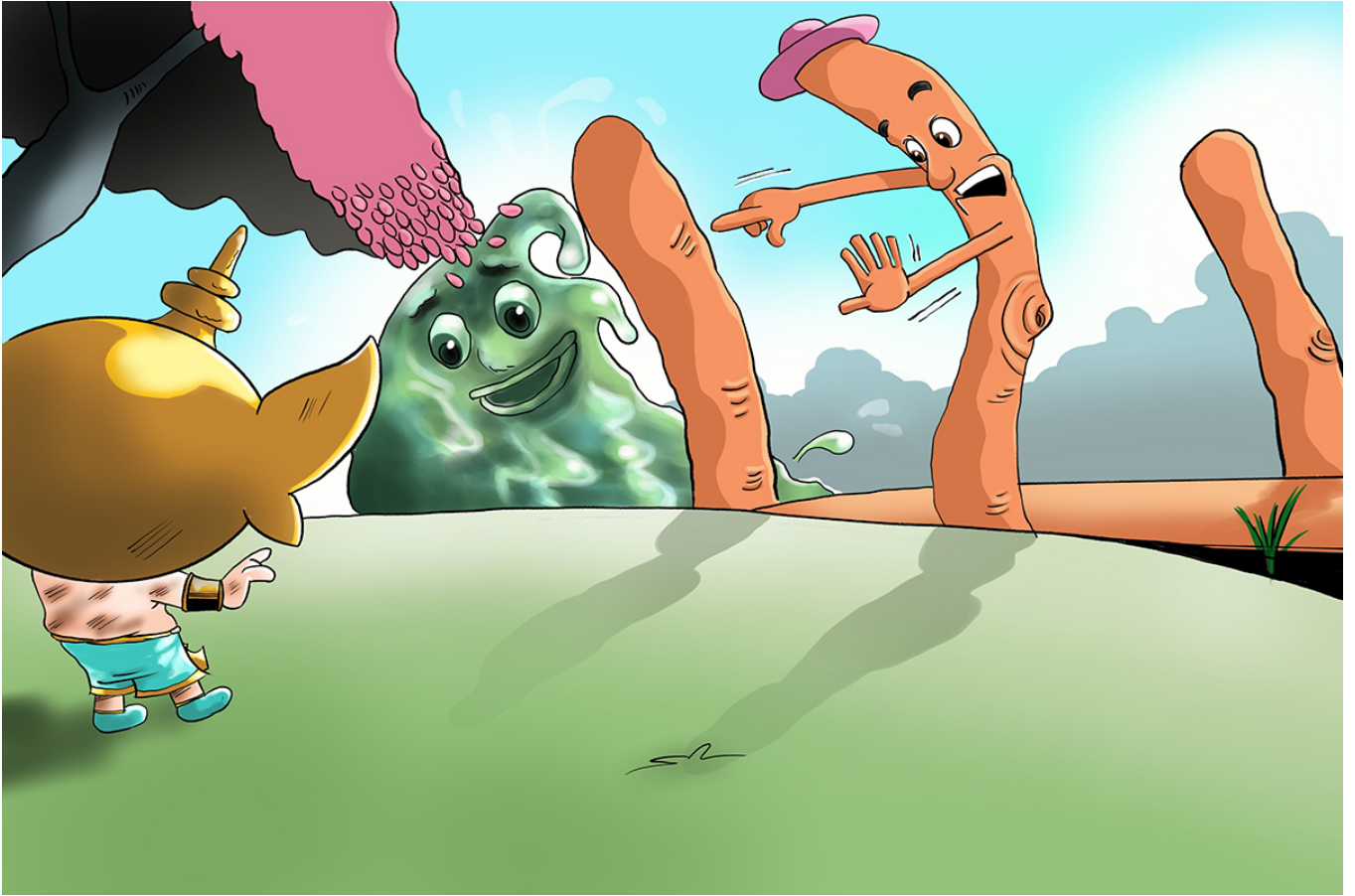
Nat Pouk Si started his journey to find Grandpa Ziwaka. Along the way, Nat Pouk Si met a banyan tree. He sat in its shade and asked, "Could you please show me the way to Grandpa Ziwaka?"



The banyan tree looked down and said, "Oh, you are a little spirit! You look hungry. Here, eat some fruit and after that I will show you the way." Nat Pouk Si had been so worried about helping the children and finding Grandpa Ziwaka, he had not eaten anything.



After eating the fruit from the banyan tree, Nat Pouk Si's stomach was full and he felt much better as he went in the direction the banyan tree showed him. When Nat Pouk Si came to a bridge, he asked for the way to Grandpa Ziwaka.



The bridge looked at the dirty Nat Pouk Si and said, "Please wash up in the stream. You have a long way to go to Grandpa Ziwaka and you must keep yourself clean. Then I will tell you the way."



Nat Pouk Si was in a rush and didn't want to wash, but the children's health depended on him. So, he did as the bridge asked. He felt refreshed by the cool stream water.



As he walked along the path the bridge showed him, he came upon a large, steep hill. Grandpa Ziwaka lived in the forest on the other side, so he asked the hill if there was another way around. "There is not," the hill responded. "But after you climb to my top, you should enjoy the view and rest before continuing on your journey."



The climb was long and difficult. But Nat Pouk Si was determined to make it over the top and help the children.



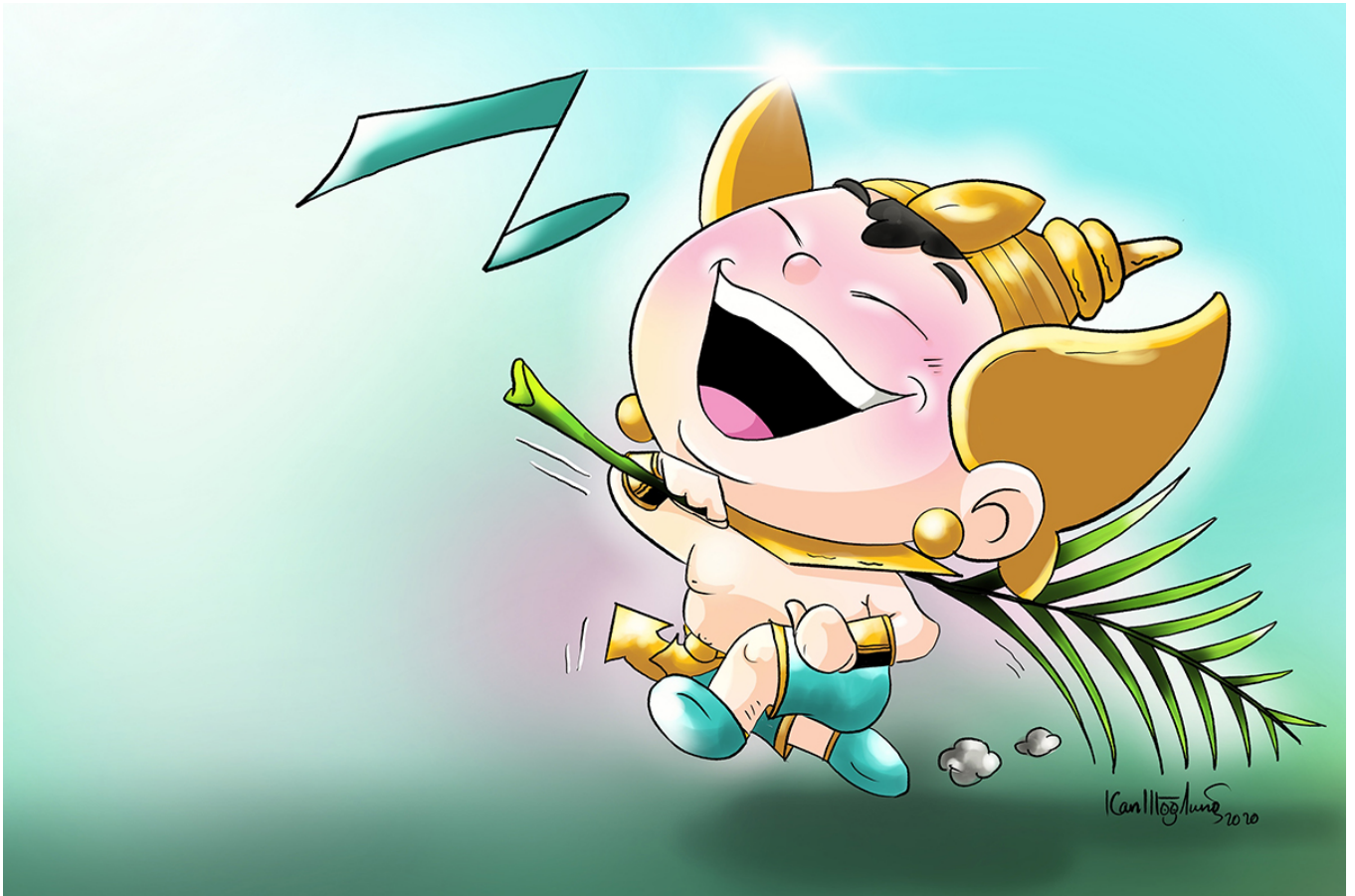
When Nat Pouk Si reached the top, the view was beautiful. Although he was determined to make it to Grandpa Ziwaka, he decided to listen to the hill's advice. So, he laid down for a rest and he soon fell fast asleep.



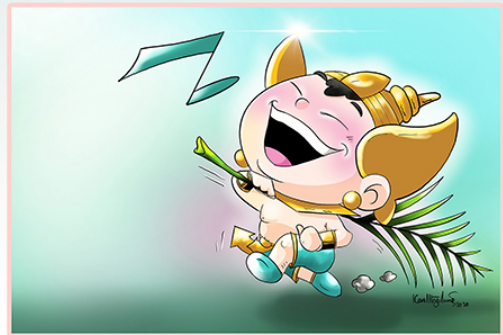
Rested from his nap, Nat Pouk Si continued on the path and finally found Grandpa Ziwaka. Nat Pouk Si told him about everything that happened on his journey. Then he asked, "How can I help the children stay safe from the disease?"



Grandpa Ziwaka replied, "To be healthy, children need to do everything you did on your way here. They need to have food with good nutrients, like the fruit the banyan tree gave you. They must wash their hands and stay clean, like when you took a bath in the stream near the bridge. And they need plenty of sleep, just like you did when you rested on the hill. They also need to stay active, like playing and running around, just like you did by walking all the way here. The last thing is love. The children need your love and the love of their families. These are the things that children need to stay healthy."



Nat Pouk Si was excited to get back to the children and share with the village what he had learned about staying healthy from the disease. If the children and families follow the advice, they will help themselves stay healthy. Nat Pouk Si loves children. He is such a helpful spirit!



Questions. 1. Why did Nat Pouk Si go to Grandpa Ziwaka? 2. Which characters did Nat Pouk Si come across on the way to Grandpa Ziwaka? 3. What did Grandpa Ziwaka say to Nat Pouk Si? 4. What can children do to stay healthy?



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This book was created through a collaboration between Third Story Project and The Asia Foundation. The Third Story Project creates and produces children's books in Burmese and other Myanmar languages to distribute free of charge to children around Myanmar. The stories are written and illustrated by Myanmar artists for a Myanmar audience and address issues of peace, tolerance, diversity, gender, environment, and child rights.

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