



AUNT DOROTA'S FAIRY TAILS

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THE EVIL KING VIRUS  
AND A GOOD  
QUARANTINE

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WRITTEN BY DOROTA BRÓDKA

I WAS ENCOURAGED TO WRITE THIS STORY BY MIRA ORLIŃSKA,  
WITH ESSENTIAL HELP OF ALEKSANDRA KRYSIEWICZ,  
AND THE FIRST AND MOST IMPORTANT REVIEWERS WERE  
LENKA O., FRANIA K., KLARA O. I MARYSIA L.  
FOR ALL THE KIND WORDS I THANK YOU

Behind the seven mountains, behind the seven forests, there were a few, but quite large kingdoms. There was the

Kingdom of Scented Apples  
the Lavender Kingdom,  
the Kingdom of Red Tomatoes and  
the Kingdom of Forest Fungi

People in all kingdoms lived happily, children went to schools and did all what Children Do, and adults went to work and did all what Adult Do.

And everything would be just fine, but one day the unhappy King Crown Virus appeared in these happy lands. . .

This King was terribly huge and had a whole bunch of soldiers who followed his orders no matter what. This Evil King Virus thought that he would like very, very much to have all the kingdoms (for himself) subject to him (that means that everyone should do EVERYTHING that the Evil King tells them to do...)

Everyone could see how the kingdom of the King Virus grew, because mountains and rivers and fields just started to lose colour and became grey. . . There was neither the yellow, nor the red, nor the blue colour. . . And all the people who lived there became also grey and just sick. . .

The King Virus wanted the situation to be the same everywhere, in all the kingdoms. . .

But...

...other Kings just wouldn't have that!

That is for example King Adam and Queen Eve of the Kingdom of Fragrant Apples! They both were sitting on their thrones, and rubbing their heads, they were wondering how to deal with the Evil King Virus. . . They were thinking and thinking (until their heads ached. . .) but they could not find a solution.

- I know! - said the King suddenly - we must ask our Absolutely Wise Masters Men how to deal with this terrible Virus King!



So, they called for a very important meeting and invited:

- All the Queens and All the Kings of the Kingdom of Lavender, the Red Tomato and the Forest Mushrooms. Everybody came, it was that important!
- the Lady from the TV (she often said what to do. . . )
- the Man from the TV (he also often said what to do, but mainly on his mobile phone. . . )
- the Doctor,
- representatives of all Parents – 10 Mums and 10 Dads came!
- Representatives of Grandma and Grandparents – and a lot of them came too,
- Mr. Soldier and Mrs. Fireman
- Mr. Builder
- and many others Very Wise and Good People

They all sat for 2 days and thought and talked and even quarrelled a little, but. . . finally they came back to the King and said:

- Dear King and Dear Queen, we came up with the solutions and it's not one, not two, but three!

The King Adam got his crown crooked from the excitement, but still called out:

- And what is the first solution?

- First, we need to build a Resistance Wall and surround it with a Quarantine! Only then will the King Virus lose his strength and we win! – said the very wise Mr. Builder.

The King blushed slightly, because he didn't quite understand what quarantine and the wall of immunity meant. . .

Then the Queen put her hand to her heart (which she noticed that was done by super cool actresses) and said:

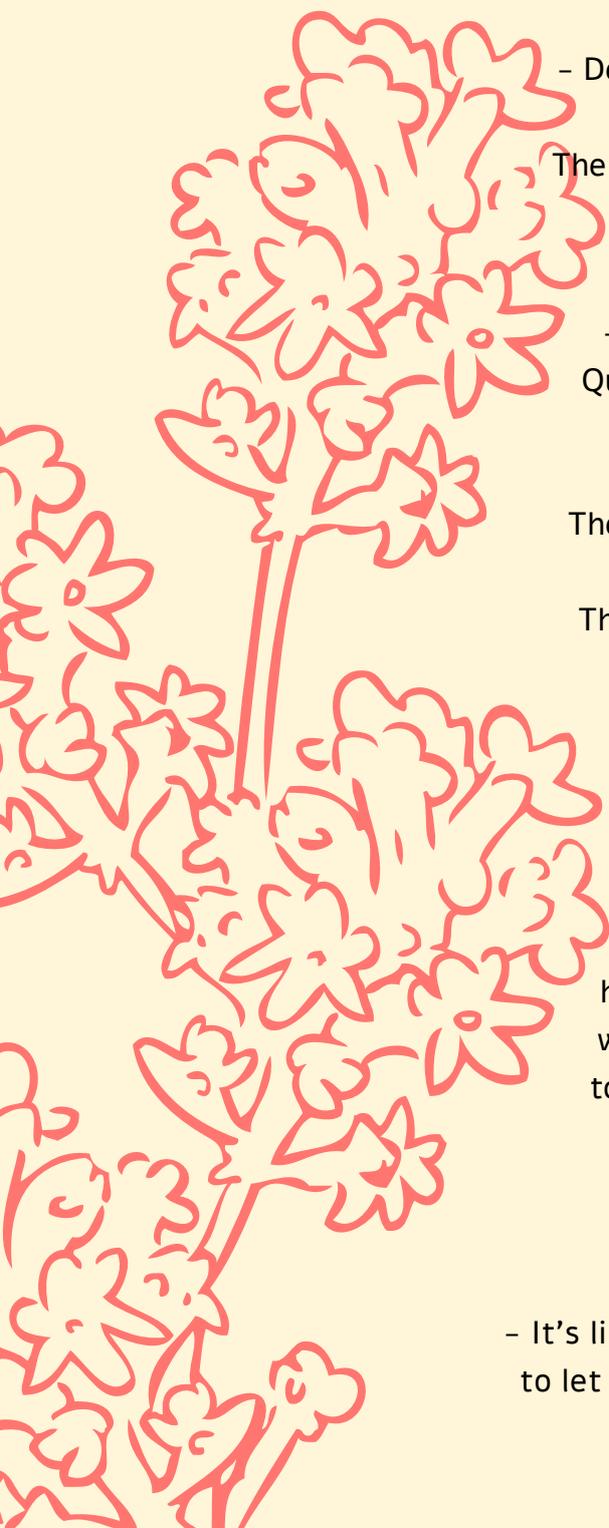
- Quarantine? And what exactly does that mean?

The King was very grateful that someone else, not knowing what the difficult word meant, simply asked.

Mr. Builder replied:

- We all build The Resistance Wall piece by piece in our own homes, and if we all build it right, it will become so strong that it will stop the King Virus! Besides, Quarantine is such a great time to make this Wall strong and durable. So, to make the Quarantine Wall strong, we don't go out, we don't meet with friends and we don't go to school or work. . .

- It's like making pizza dough – said Grandma – we also have to let it grow, otherwise the pizza will be simply awful. . .



- Secondly, dear King and dear Queen - said then Mr. Doctor - it has to be said that, if someone is sick, is just sick and that's it. We need to give to this sick person medication and even, in some difficult cases, take the infected person to the hospital, because there, they will help him in the best and fastest way!

The King blushed again. He was a little bit scared about these hospitals... but then he remembered how his favourite aunt recovered in the hospital and that calmed him down. He also remembered that all the Nurses were nice and smiled often.

The queen still looked very intrigued and asked:

-And the third solution?

- Thirdly, we need to make sure that the Resistance Wall becomes stronger and stronger.

The queen applauded with joy.

-What a great plan! - she screamed happily! - and it's not one, but three!

- I have to talk about it all on TV as soon as possible - said the Lady from TV and got on her feet ready to leave the meeting, when everyone shouted out loud:

- And the Quarantine??????

The lady from TV suddenly stopped and sighed:

- What a close one - she said - and the whole quarantine would be completely broken. . . Well, I can still send messages over the Internet, so I don't have to leave my home!

Mr. Internet was very happy, because he had his private issues with the King Virus, but in this case, he simply quickly passed on the information for the TV studio.

- But most importantly, in the third part of our plan, - said the Doctor loudly - these are recommendations on how we can stop the King Virus every day while we build the Resistance Wall during quarantine: First of all, we stay at home and do not meet other people (we do not meet personally, but you can call or talk on the Internet!);

We often wash our hands;

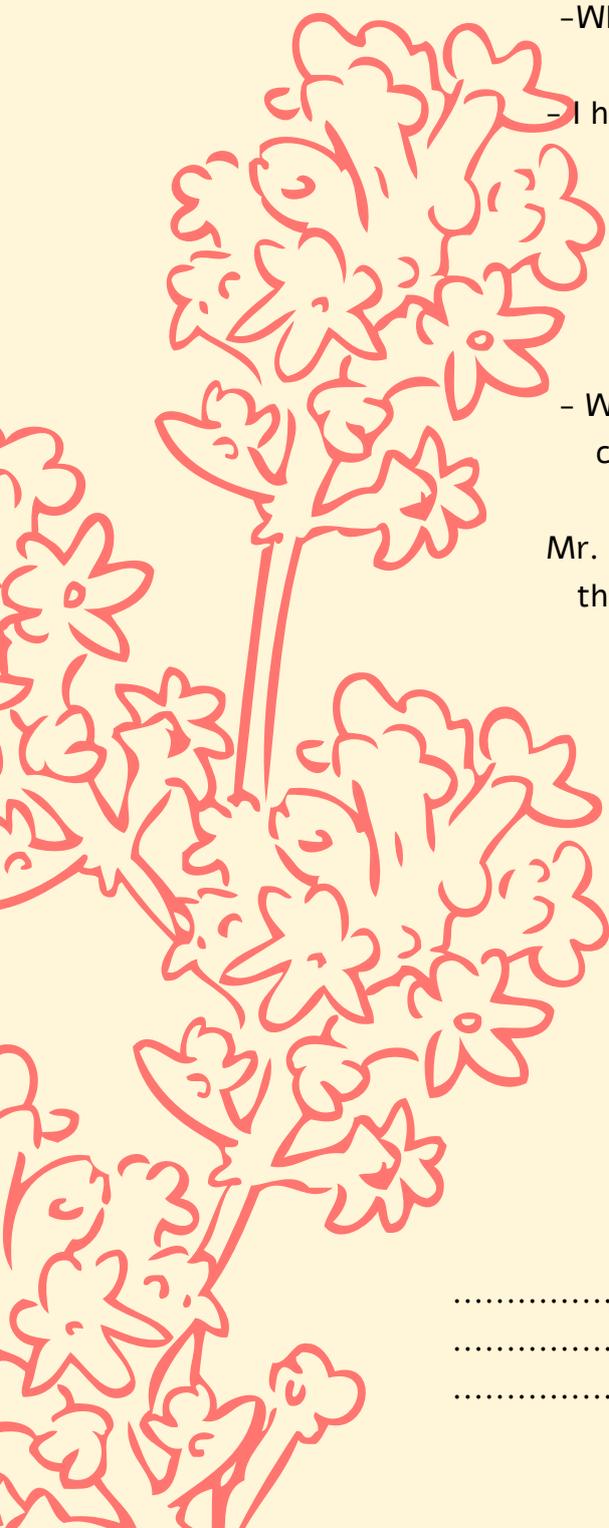
Drink warm soups, teas and juices;

Sleep a lot and rest a lot;

And do all the things we haven't had time for so far...

Here you can write about what you do at home!

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- And when our quarantine is over and our Resistance Wall is strong, how do we proceed then? - The lady from the TV has already prepared to pass these recommendations on.

The Doctor took a deep breath and said:

- You have to try to live simply healthy! Let's stay healthy and concentrate on that, instead of curing the disease! (The Doctor always wanted to say this during the doctor's appointment, but. . . there wasn't always time for this, so now she was very happy to say it out loud).

The Doctor spoke calmly and loudly clearly:

First wash your hands before every meal, after leaving the bathroom, after coming home

- And when we mix chocolate, for example. . . - the Lavender Queen added quietly. Everyone was shaking their heads... Secondly, we go for walks every day for at least half an hour, regardless of whether it is raining, or the sun is shining. We simply dress appropriately to the weather,

Thirdly, we get some sleep every night,

Fourthly, we drink at least 3 glasses of water every day and Fifthly - said the psychologist - every day, for at least half an hour, we do something we love to do and that makes us smile!

The King immediately thought about making a herring salad, which he's been craving for 2 weeks now. . .

(and you, what do you desire right now?)

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Sixthly - said our beloved dog Lunka - it is very important to hug our pets as often as possible. . . Teddy bears also count - Lunka wagged her tail - And there is scientific and human evidence for this!

(The Queen smoothed her royal dress. She liked it so much, what Lunka had said!...)



They liked this plan so much that everyone in their kingdom decided to behave exactly as they should – the sick took their medication and were treated, and the healthy took care of the Quarantine and the Wall of Resistance.

The King and the Queen checked the situation every day and after just a few days they saw that the kingdom of King Virus was getting smaller and smaller and the lands of the Kingdom were coming back with beautiful colours. . .

And what happened next?

Then there was a great picnic on the lawn, everyone brought their favourite treats, played music and everyone had a great time.

And that is the end of the story...

And what are your plans for the time after quarantine?

Why don't you draw this?



Dear Reader,

Please remember that I've written this story as a whole, so should you want to make any changes I need to be informed and asked.

And in return I will keep writing :)

Warm regards, Dorota Brodka

additional materials to use while working with child

How do you imagine the King Virus? Draw him!

What new skills can you get while being at home?

What will you do after the quarantine is over? :)

Not every kid knows what is that adults normally do... what do you think it is?

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And what kids enjoy doing?

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