



Ririro

READ ANYWHERE, ANYTIME

Healthy Halloween

Lenore K. Dolan

Once upon a time, during the enchanting season of Halloween, there was a delightful spirit known as the Health Spirit. She was a beautiful girl who dressed in radiant white, adorned with a tinsel crown, symbolizing purity and wellness.

Every year, during the magical night of Halloween, she brought with her an array of delightful characters, each representing different aspects of health and wellbeing. Among these merry beings were the Frost Spirits, the Corn Kernels, the Apples, the Grapes, and the Imps of Exercise.

One crisp autumn evening, the Health Spirit, with a gentle smile on her face, announced, "I am the Health Spirit! I strive to bestow good health upon every child. But I need your help too, dear children. And Halloween, I believe, is a special time for health. Let me introduce you to my army of health, who make Halloween so special."

Then, as the sweet melody of Harvest Time filled the air, the Frost Spirits entered. These girls, dressed in white with a string of tinsel around their necks, danced around the Health Spirit, singing in their melodious voices:

"Coming in the night time, When you are fast asleep, Covering trees and bushes, O'er everything we creep. Frosty days, frosty nights! Frosty all the time; We're what make October bright In this lovely, frosty clime."

After their song, the Frost Spirits bowed to the Health Spirit and moved to the back of the stage, making room for the next group.



Next came the Corn Kernels, boys in vibrant red and yellow suits. They marched proudly, singing about their importance in feeding people across the earth and enhancing the October weather.

Following them were the Apples, girls in full red and green costumes, each taking turns to explain their part in the Halloween festivities and their role in promoting health.

An apple, with a twinkle in her eye, said, "The apple has long been associated with good health. The old saying, 'An apple a day keeps the doctor away,' holds

a great deal of truth. So, we apples proudly take our place in the army of health and the Halloween parade."

After the apples, came the Grapes. These girls in bright purple costumes sang beautifully about how they transform into nourishing raisins, providing valuable iron for all.

Lastly, the Imps of Exercise arrived, each of them eager to share the importance of exercise, especially in the crisp autumn air. "Exercise is necessary for a strong body, and the great outdoors in autumn, filled with fresh air, is the perfect place for it," an Imp of Exercise explained.

The Health Spirit, feeling content with her army's presentations, said, "Now do you see why I am closely connected with your autumn holiday? I hope you'll remember this connection and make good use of each of these blessings. If you do, you will not only have a healthy Halloween but a healthy every-day-of-the-year."

And so, the Health Spirit and her army continued to spread their message of health and joy every Halloween, reminding everyone of the importance of a healthy lifestyle.

Stories help us explore cultures, learn moral lessons, connect with nature — or simply have fun. That's why ririro.com offers 3,000+ free stories — fairy tales, fables, bedtime stories, myths and more — for every age, in 13 languages, with free printable PDFs and often audio. Reading should be a right, not a privilege. Share ririro.com and spread the joy of reading.

Instagram: @ririro_reading · Pinterest: pinterest.com/ririrocom