

The Griz Stories



by
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Contents

1. Griz Cleans His Teeth	01
2. Griz Gets a Cold	06
3. Griz Gets the Measles	12
4. Griz has a Bath	19
5. Griz has Breakfast	25
6. Griz Says Sorry	31
7. Griz Crossing the Road	36
8. Griz is Bored	40
9. Griz is honest	46
10. Griz and hot water	50

Griz Cleans His Teeth



This story is about hygiene, and explains to children the need to brush their teeth. Like most children, Griz likes to eat sweets and cakes, and at bedtime forgets to brush his teeth. He rushes to the bathroom, and explains why it is necessary to brush your teeth.

One sunny afternoon, Griz was going to the fun fair with his mummy and daddy. He was a very happy boy, and had a big smile on his face. Every year, Griz's mummy and daddy took him to the local fun fair on the village green.

He knew there were to be many fun rides that he could go on at the fair. He also knew that there would be many food stalls from which to buy sweets, cakes and drinks.

Griz was very excited about going to the fair, and wanted to go on every ride. While walking past each ride, he pointed at it, and shouted repeatedly.

"Mummy, daddy, can I go on that ride?"

At other times, Griz pestered his mum and dad.

"I want to go on the merry go round, and the big wheel please, please mummy and daddy."

Mum and dad were very thoughtful, and only allowed Griz to go on a few of the rides.

"You can go on two rides now, and another two later on," his father said.

Griz's first choice was to go on the merry go round, and then the choo-choo train. Later on, he wanted to go on the big wheel, and the helter-skelter.

After Griz finished the rides, he was very hungry, and saw some sweets and cakes on a stall. He tugged on his mother's arm.

"Mum I'm hungry, can I have something to eat and drink?" he asked.

"Ok Griz," his mum replied, "you can have two fairy cakes and a drink."

Griz looked at the fairy cakes on the stall, and his eyes opened wide with delight. He chose two fairy cakes, one with yellow icing on top, and another with blue icing.

He was so hungry, his parents also bought him a bag of pink candy floss, and a ring doughnut. The doughnut also had icing, and was covered on top with multi-coloured sprinkles.

Griz had a good time at the fair that afternoon, and they were on their way home.

"Did you enjoy yourself at the fair today?" mum asked Griz.

“Yes mum, I really, really, really did. Thank you very much for taking me,” Griz replied.

They arrived home when it was getting dark, and Griz was now very tired. He was not hungry because he had eaten lots and lots of food at the fair that afternoon. He just wanted to go to bed immediately.

“Mum, can I wear my favourite pyjamas tonight?” Griz shouted from his bedroom. “Yes dear, whatever you want, just get undressed quickly,” his mother replied.

Griz got undressed quickly, put on his favourite pyjamas, and jumped into bed. He then remembered there was something he had forgotten to do. Do you know what Griz had forgotten to do?

Yes, Griz forgot to clean his teeth, especially as he had eaten so many sweets and cakes that day.

Griz jumped out of bed, and went to the bathroom to clean his teeth. He took his toothbrush, put some toothpaste on it, and

brushed his teeth. He moved the brush backwards and forwards, up and down, and round and round, until his teeth were clean and sparkling.

Griz would like you to know that you should always clean your teeth before going to bed. Always brush them in a backwards and forwards motion. Also, up and down, and round and round.

Griz Gets a Cold



This story is about the common cold, and explains the illness to children. Griz gets the cold, and suffers from the associated symptoms. He recovers from the cold, and explains the care that is needed to alleviate the symptoms of the cold.

Griz was visiting his granddad's home, and was sat on the floor in the lounge, while watching his favourite cartoons on television.

Granddad was sitting on a chair beside Griz, and was not feeling well, because he had a cold. He was almost asleep, and without any warning, granddad bellowed out a very loud sneeze.

“ATISHOO.”

The sneeze was so loud that it startled Griz, and made him fall over on the carpet.

Griz looked up at granddad.

“Oh granddad, you really scared me,” Griz said.

Granddad picked a paper tissue from a box nearby and blew his nose in it.

Griz knew his granddad was not well, and climbed up to sit on his lap. Suddenly, his granddad sneezed again.

“ATISHOO, ATISHOO.”

This time, granddad held the paper tissue to his nose, and was able to sneeze into it.