

## **Teachers Resource Pack**

### **One Day...**

#### **SALT IS SWEETER THAN GOLD**

#### **AN EASTERN EUROPEAN FOLK TALE FOR YOU TO TELL**

Do you like the taste of salt? Have you ever had salt in a cut? The sea is full of salt. Now remember this. A long time ago before people had fridges or tins to keep their food fresh, people used salt. Salt preserved their food. Salt was precious. If you visited somebody's house they would welcome you with bread and salt. It was their custom.

#### **THE OLD KING MUST MAKE HIS WILL**

Now once upon a time there was a King. The King was very old. He would soon be dead. He had to make his will. He had three daughters and no son. One of his daughters would have to become Queen but which one?

He could not decide how to choose between them. He was a worried old King. Then he had an idea. He thought he was very clever to think of it. He would ask each daughter how much she loved him. Then he would choose the one who loved him the most to be the Queen.

#### **THE KING ASKS HIS THREE DAUGHTERS 'HOW MUCH DO YOU LOVE ME?'**

He asked the eldest daughter first and she curtsied then said, 'Father I love you more than the rings on your fingers and all the gold in your castle.' This pleased the old King.

Then the middle daughter curtsied and said, 'I love you more than all the lands you own in your kingdom' The King was very pleased to hear this.

Then the youngest daughter who truly loved her father walked up to him. She looked straight at him and simply said 'Father, I love you more than salt'. This did not please the King. He was insulted. He shouted 'Salt? Salt! The day that salt becomes more precious than gold is the day when you become my daughter again.' Then he threw her out of the castle in a rage.

#### **THE YOUNG PRINCESS IS THROWN OUT OF THE CASTLE AND WANDERS ALONE THROUGH THE FOREST**

The princess left the castle with nothing except the clothes she stood in. Soon she was lost in the dark forest. She didn't know what to do. She was all alone in the world. What should she do? Then a path appeared in front of her. She walked along the path and saw a clean stone house in a clearing. She

knocked on the door and an old wise grandma came out. Her name was Babichka.

The Princess said, 'Can you help me dear lady? I need rest for the night and food.' Babichka was kind and helpful. 'You need more than rest, dear child. But can you cook, sow seeds, chop wood?' Now the Princess had never had to do any of these jobs before. She answered honestly, 'No I can't, but I'm ready to learn'. So the Princess worked hard for Babichka and was given food and a safe place to live.

#### THE ROYAL FEAST AND THE STORM

The King planned to hold a feast. He wanted to show off his daughters to the guests. The day before the feast it rained and there was a terrible storm. Water swept through the castle. In the forest the old woman Babichka smiled.

#### THE COOK LOOKS FOR THE SALT

Cook was happy. The soup, the pies, the fish were cooked. Everything looked perfect. All cook had to do was to put salt in the food. He went to fetch it. He screamed! It had all been washed away! The cook told the king. The king sent his messengers to the four corners of his kingdom to find more salt. When they came back they said, 'Your majesty, there is so little salt left that it is now more precious than gold. Nobody will give it away.'

The King felt deeply sad. He remembered his daughters' words 'Father I love you more than salt'. Salt had now become more precious than gold to his people. He didn't want to show his feelings so the King said, 'Use sugar instead.' Cook said nothing but did as he was told.

#### THE GUESTS LEAVE THE FEAST IN DISGUST AND THE KING TAKES TO HIS BED

The guests sat down at the royal tables ready to eat the feast. It looked delicious. They lifted their spoons to taste it. Sugary soup! Sugary meat? Sugary fish pies! They cried out and felt sick! Then they all left the banquet in disgust!

The great hall was empty. The old King despaired. He couldn't cry as he had no salt left in his tears. His two daughters plotted behind his back. He sorrowfully took to his bed and stayed there.

BABICHKA GIVES THE PRINCESS A BAG OF SALT  
Babichka the old woman in the forest smiled. She gave the princess a small bag and she said, 'this will help you on your journey. And when it is empty, remember to follow the wind over the three hills and through the three valleys. When you come to the grassy mound knock three times and you shall see what you shall see.'

Now the Princess did not understand what Babichka meant but she listened carefully. When she was ready to leave she kissed Babichka goodbye. As she stepped into the forest she didn't look back.

**THE PRINCESS GOES HOME THROUGH THE FOREST**  
She was no longer frightened of the forest but she soon got lost. Then she saw a poor man's hovel and knocked on the door. A young man opened the door and he said, 'I would welcome you in, my lady, but I have no salt for the bread. It was all washed away in the storm!'

No salt in the poor man's house? The princess thought about this and then she remembered. She looked inside the small bag and found it was full of salt. She sprinkled some on the bread and so she was able to stay there for the night.

The next day she traveled alone through the forest towards the castle. But once again she was lost and it was getting dark. Then she saw a path and a fine merchant's house. She knocked on the door and the merchant opened it. He said, 'I would welcome you into my house dear lady, but I have no salt for the bread. The storm washed it all away.'

No salt in the merchant's house? The princess thought about this and remembered. She took out the small bag of salt. She fetched the bread and she sprinkled some salt onto it. So she was welcomed

into the merchant's home and she was safe for the night.

**THE PRINCESS REACHES THE CASTLE GATES**  
Each time she was lost the salt bag brought her good fortune. People started to hear about this simply dressed girl with the bag of salt. A crowd of people followed her to the castle gates. She told the guard at the gate that she had a cure for the sick King. The old King was close to death and no medicines had helped him. So the guard allowed her into the palace to try out her cure.

**THE PRINCESS CURES THE KING AND HE SHEDS SALT TEARS**  
Her father, the King, lay shriveled up in bed with his eyes closed tightly. The princess used the last sprinkles of salt, put the grains on her lips, then kissed his eyes open. His eyes began to see and with the salt he was able to cry at last and he said, 'My daughter, forgive me.' They cried and laughed together but the two sisters watched jealously.

**THE PRINCESS REMEMBERS BABICHKA'S WORDS AND 'SEES WHAT SHE WILL SEE'**  
The salt bag was now empty. The princess had to think what Babichka had said to do. When she remembered she said, 'Father, I must leave you for a while, but this time I shall not be gone from your

heart.' She ran out past the crowds over three hills, through three valleys and when she reached the grassy mound she knocked three times and it opened like a door.

She went in through a tunnel of ice into a vast cavern. There she saw a garden of white roses. She plucked a rose and it crumbled a little so she licked her fingers and she understood it was made of salt. Then two white horses and a fine white carriage appeared. She stepped inside and they galloped off down three valleys and over the three hills, until they reached the castle courtyard.

THE PRINCESS BECOMES THE QUEEN OF SALT  
Babichka smiled in the forest and outside the castle there was a crack of thunder. The horses and the carriage melted into a mountain of salt. The princess sat on top of it as if it were her throne. The people called to her, 'you are the Queen of Salt.'

The old king could now rest in peace as he knew that his daughter could be Queen. As for her two sisters they could not believe their eyes and both died of shock, eaten up with greed and jealousy.

Some things are more precious than gold and one of them is love.

## 'You shall see what you shall see'

A banished princess proves faithful to her father and the people. Through her hard work, honesty and the help of a wise woman she becomes the Queen of Salt.

Some things are more precious than gold and one of them is love.

## SALT IS SWEETER THAN GOLD

***Can you remember some of the places in the story?***

1. the Kings castle
2. the forest
3. Babichkas tidy small house
4. the poor mans hovel
5. the merchants fine house
6. the gates of the castle
7. the Kings bedroom
8. the grassy mound

**Here are some questions to help you think about the story...**

***What was the question the King asked his daughters?***

'How much do you love me?'

***Is this a wise way to decide which daughter should be Queen? What other ways could the King use to decide the future of his kingdom?***

Babichka says 'can you cook, sow seeds and chop wood?'

***Why do you think the Princess doesn't know how to do these things?***

Babichka says 'this will help you on your journey. And when it is empty, remember to follow the wind over the three hills and through the three valleys. When you come to the grassy mound knock three times and you shall see what you shall see.' The princess listens and carries out the task.

***How is she rewarded?***

***Can you remember the magic spells?***

Babichka smiles when the storm washes away the salt.

The bag of salt has enough for everyone who needs it.

The rose, the carriage and white horses change into salt.

***How many hills and how many valleys and how many times must she knock on the grassy mound?***

Theme of three - the three hills and three valleys, knock three times on the grassy mound.

***What do you believe in?***

Some questions to ask children to find out what they value.

What is most important to them?

***What is most important to people? What would you choose?***

Sweets or water?

Your friends or being famous?

T.V. or food?

Your health or money?

## Themes

Sisters	Fathers and daughters
Leaving home	Growing up/responsibility
The journey	Asking for help
Using your wits	Tasks to be done
Rewards	Punishments
The nature of true love	Rich and poor

## Oracy and Drama Skills: Four story making games

### The shortest story

Agree a subject such as 'a house'. When it is your turn say 'Once upon a time there was a house and it (now make up this bit). The end.'

So it can go like this as you take turns...

'Once upon a time there was a house and it sneezed. The end.'

'Once upon a time there was a house and it ate a mountain. The end.'

'Once upon a time there was a house with hairy legs that jumped. The end.'

### Truth and Lies

Taking turns, tell one true thing and one lie. So it goes like this...

'Today I ..... And then I .....

'Today I woke up and then I fell down a hole.'

'Today I had two pieces of toast for breakfast and then I turned inside out.'

## Story and Actions

*In pairs make up a story talking one at a time and taking turns. Build upon each others ideas. Whenever you come to an action, do it. So it goes like this...*

'One day I was *SKIPPING* down the hill ... when I *TRIPPED OVER* and ... *LANDED* with a thump on top of ... a *GROWLING* dog who ... *BIT* my left ankle and ... *ATE* up my sandwiches ...

## One that tells and one that questions

*In pairs, one person tells a story and the other interrupts with a question. You are working together to make the story more detailed not to catch each other out. It might go like this...*

'Once upon a time there was a cat....

'What was she called?'

'Her name was Dot and she hated being alone in the house....

'Why did she hate it?'

'She hated it because there were noises and ...

'What sort of noises?'

*You can do this in pairs. Really listen to each other. Practice and you will become very good at it. Perform it in front of other people.*

## Why not start a story telling club?

**How?** Start small. **Just do it!**

**When?** Breaktimes, lunchtime.

**Leader:** Start with one of these games.

Tell a story yourself. The children break into pairs or groups to retell, or to create their own tales. They can then come back and tell everyone. Praise their efforts. The children can say what is good and what can be developed. Time limits can help.