



A story and song written and illustrated by Rosemary Phillips

One Seed

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written and illustrated by
Rosemary Phillips

Quills Quotes & Notes — Made in Canada

“One Seed” - Third Edition

First Edition (B/W) with Read-along/Sing-along CD published November 2002 (ISBN 0-9731568-0-5)

Second Edition (Colour) with Read-along/Sing-along CD published March 2010 (ISBN 0-9731568-1-2)

Simultaneously published as an E-Book in PDF Format and MP3 downloads of the Read-along/Sing-along recording (ISBN 0-9731568-3-6)

Second Edition Educational Video, Read-along/Sing along published on YouTube, February 2011, and as a DVD (ISBN 978-0-9866066-7-0)

Third Edition Book only, published September 2017 (ISBN 978-1-928040-06-4)

Third Edition Electronic Book only, published 2017 (ISBN 978-1-928040-07-1)

Third Edition Read-along/Sing-along CD, 2017 (ISBN 978-1-928040-05-7)

Third Edition Electronic Read-along (ISBN 978-1-928040-08-8) Sing-along (ISBN 978-1-928040-09-5)

Persian Edition with translation by Fariborz Asghari published March 2010 (ISBN 0-9731568-2-9)

Simultaneously published as an E-Book in PDF Format (ISBN 0-9731568-4-3)

English and Persian Edition with translation by Fariborz Asghari, March 2010 (ISBN 0-9731568-5-0)

Simultaneously published as an E-Book in PDF Format (ISBN 0-9731568-6-7)

French Edition (Une Petite Graine) with translation by Nadine Armand and Jeanne Webb published March 2010 (ISBN 0-9731568-7-4)

Simultaneously published as an E-Book (Une Petite Graine) in PDF Format (ISBN 0-9731568-8-1)

All E-Books and audio recordings now available as FREE downloads and livestreams at www.oneseedstory.com

www.quillsquotesandnotes.com www.oneseedstory.com

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Images for the Education Pages, as seen in the Education Video, now here in print, are taken from public clip art.

Made in Canada

“One Seed” as a Play

“One Seed” can be performed as a play with children taking on the roles of narrator and seeds. Children can also create “sound effects” by using instruments, blocks of sandpaper, xylophone, keyboard sounds for birds and insects and wind, or the children can make the noises themselves such as the whooshing of the wind or the sound of being weary and tired travelers. The song makes a wonderful ending. Please feel free to present “One Seed” in schools and places of worship and learning, or children’s groups, clubs and organizations anywhere in the world. For video, recordings and free PDF scripts visit—www.oneseedstory.com.

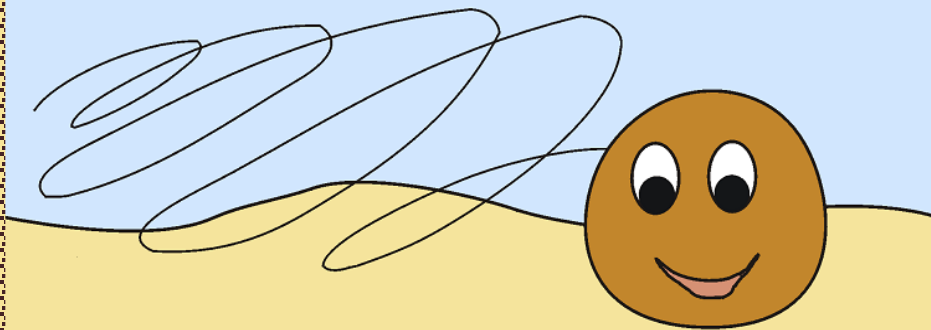
Dedicated to my Bedouin friend, the storyteller; and
to all children and grown-ups who have the courage to
make a difference in this world.

Thank You

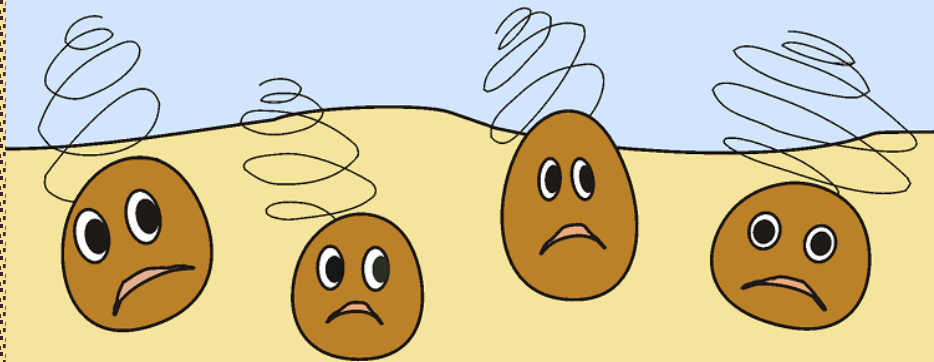
My gratitude goes to the children (now grown-ups) who participated in the recording of the story and song in 2002; to teachers everywhere; to all those **around the world** who have used One Seed in schools and homes; to Lisa McCall, staff and students at Okanagan Falls Elementary in British Columbia for their inspiration and support; to my friends and family; to all the teachers and children who have sent their art for the One Seed Kids Art Gallery; and to the Creator, Allah, God, however you call that wondrous Source of All.

Now, this is a story about One Seed.
Is everybody ready and comfortable?
Then, we will begin...

A long time ago there was a Seed,
blowing about the desert plain. It
swirled and flew with the wind and sand,
in one direction and then another.



One day the Seed decided to settle down and grow. Now this was unheard of in the desert. All the other seeds shouted as they went spinning by:



"It can't be done!"

"It's never been done before!"

"It's impossible!"

"No, you can't do that!"

"Yes I can," said the Seed. "Just watch me."



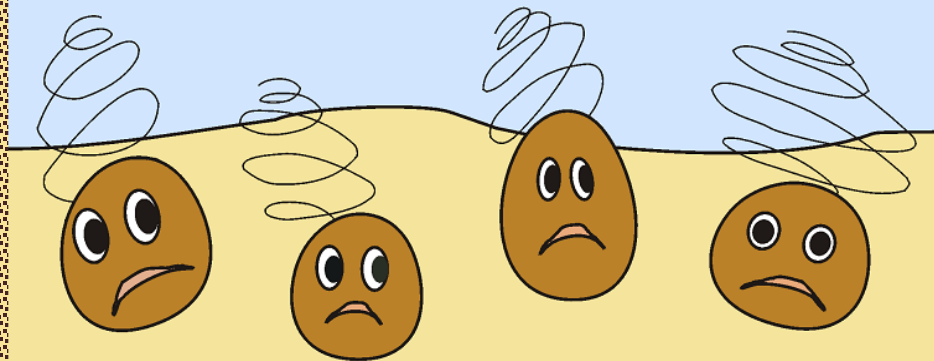
The Seed took no notice of what all the other seeds said and it planted itself firmly in one spot. It opened itself and sent up a little shoot, then sent down a little root.



Still the wind blew and the sand swirled around. Soon the shoot grew above the surface of the sand. It was green and had little spikes at the top.



The roots grew down and down and began to hold firmly. Still the wind blew and the sand swirled around. All the other seeds shouted as they went spinning by:



"It can't be done."

"It's never been done before!"

"You'll not survive!"

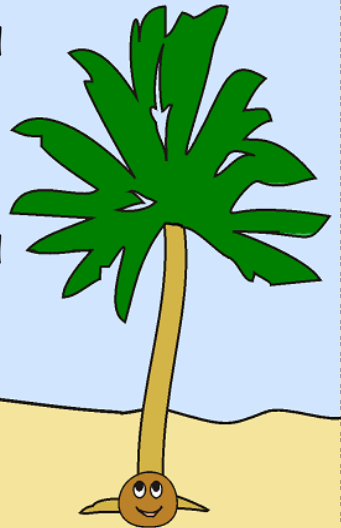
"You'll never grow!"

"Yes I will," said the Seed. "Just watch me."



And still the shoot grew taller
and taller, and taller and taller,
until it grew into a tree. It stood
majestic against the bright
golden sand and the brilliant
blue sky.

All the other seeds were amazed
and surprised and shouted as
they went spinning by:



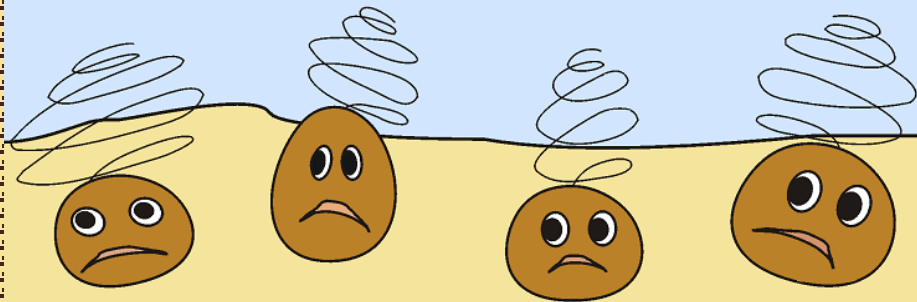
"You won't last long!"

"You wait and see!"

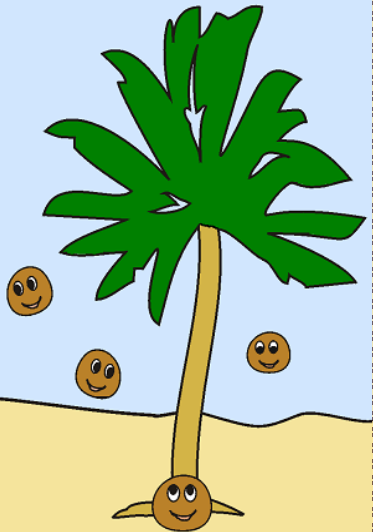
"You'll only fall!"

"You won't last long!"

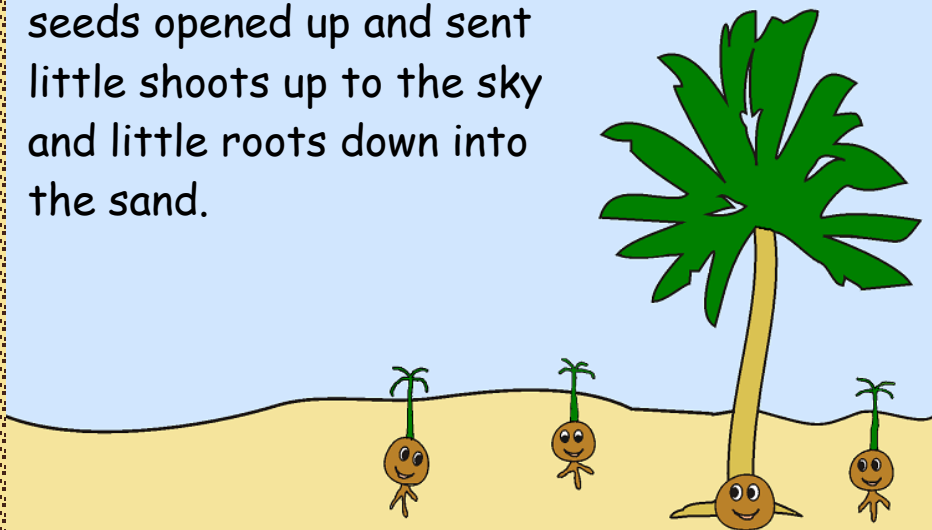
"Yes I will," said the Seed. "Just watch me."



Years went by and the tree just grew bigger and bigger, stronger and stronger, and started dropping seeds to the ground.



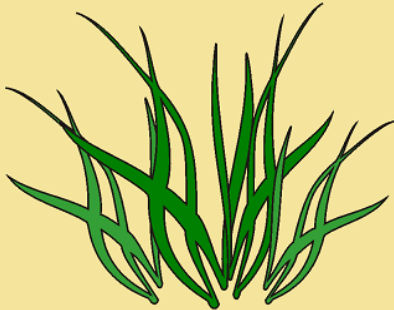
Pretty soon these new seeds opened up and sent little shoots up to the sky and little roots down into the sand.



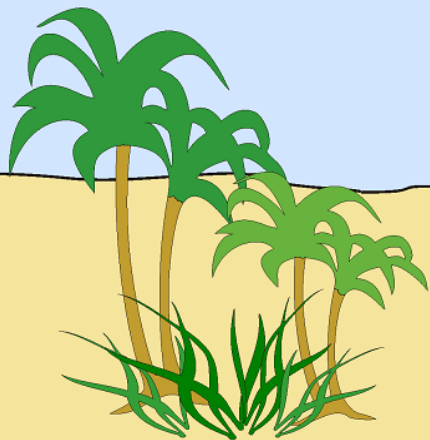
It wasn't long before
there were several little
trees growing around the
big tree.



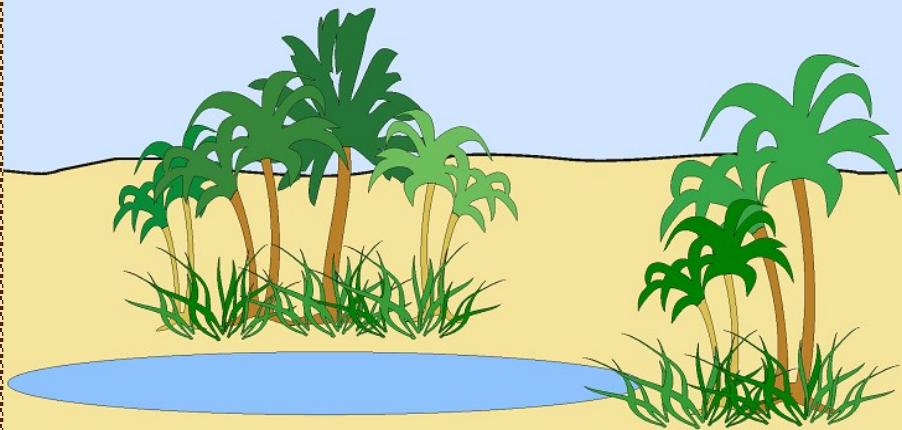
Their roots had grown so deeply into the sand to find moisture that they started to suck water up to the surface of the desert and soon the sand was moist enough for grass to grow.



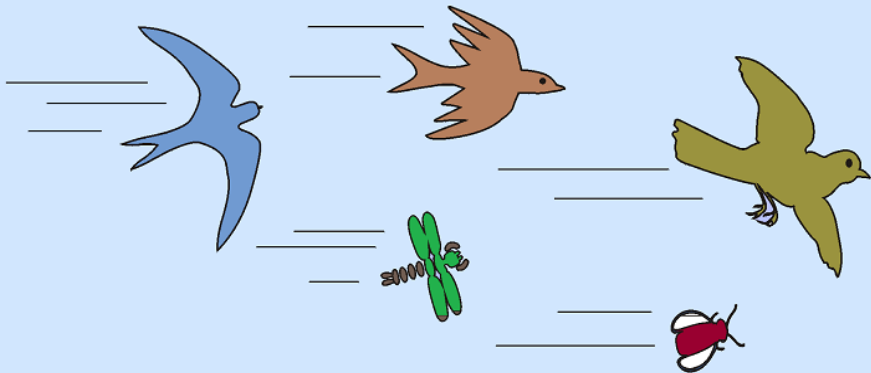
Then, when there were several trees
growing strong and tall...



...the water began to bubble to the surface
and made a wonderful cool blue lagoon.



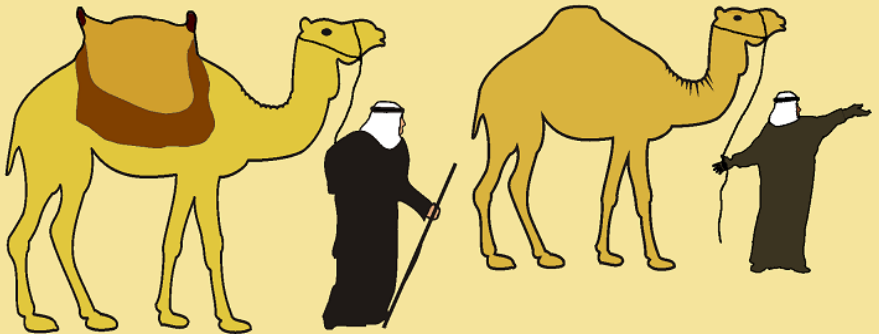
Word about the new lagoon was carried across the land by the wind, and little birds and insects flew to see this magnificent place and make it their home.

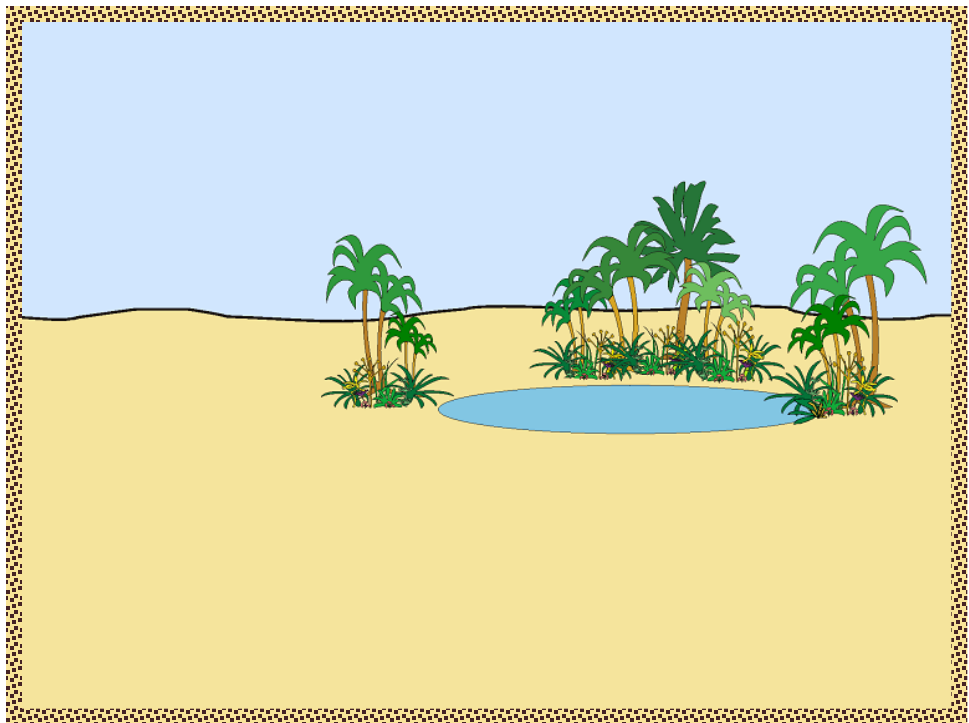


With them they carried all kinds of seeds
which grew into beautiful plants and flowers.

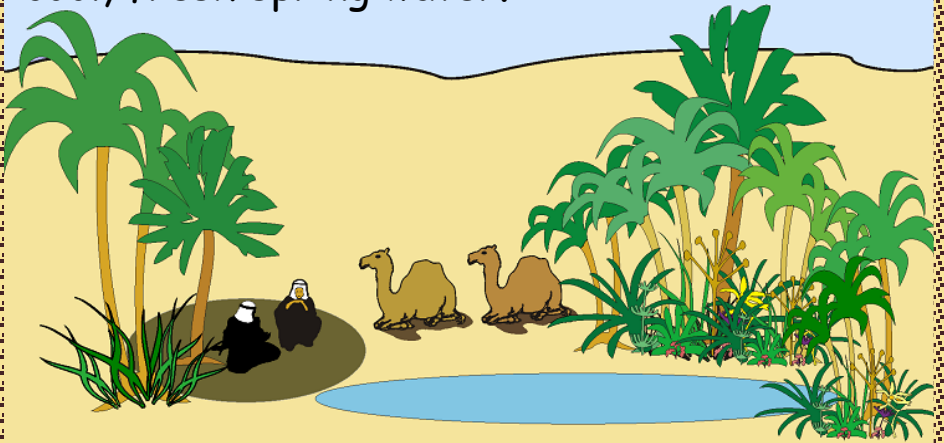


One day some weary travelers were making their way across the desert and noticed in the distance this magical place.

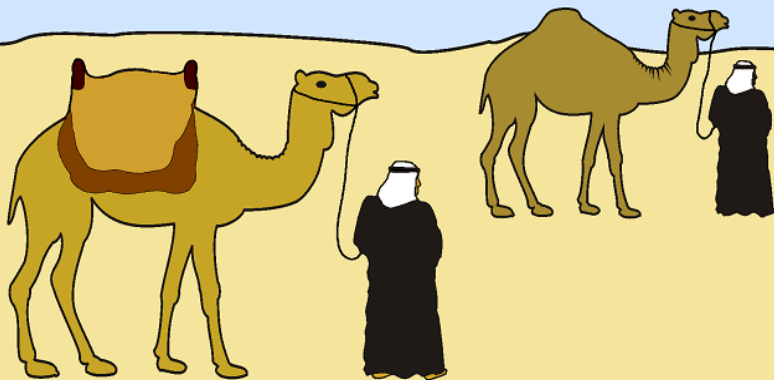




They led their camels to the oasis, relaxed in the shade, and filled themselves with the cool, fresh spring water.



After a few days they felt refreshed and stronger and continued on their journey across the desert.



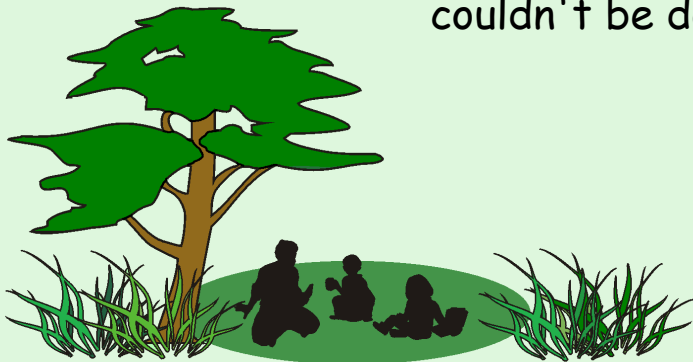
In their clothes they carried seeds that had fallen on them from the trees while they rested.



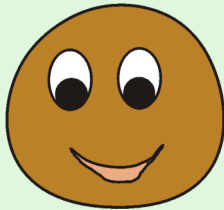
As the travelers walked across the desert
the seeds fell out of their clothes, one by
one, and took hold in the sand and grew into
trees.



So next time that you are seeking shade and
you find it under a tree, just remember, it
took one brave seed to start to grow when all
the other seeds said it was impossible, and
couldn't be done...

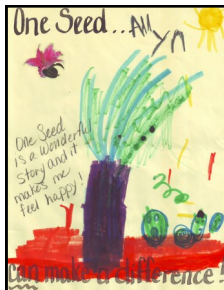
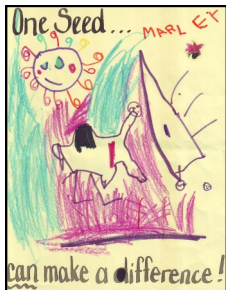
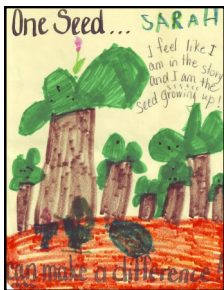
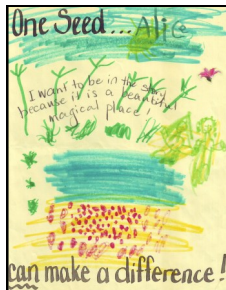


...One Seed



that's all!

The One Seed Kids Art Gallery





Visit: www.oneseedkidsart.com to see art by children from around the world.



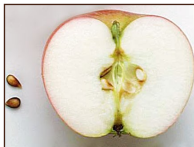
These are
a few
drawings
done by
children
when they
read
One Seed.



Some questions to think about.

What comes from a seed?

To give you an idea, an apple comes from a tree which comes from a seed.



Your cotton shirt comes from cotton which comes from the cotton plant which comes from a seed.



A book is made from paper which comes from pulp which comes from wood which comes from a tree which comes from a seed.



Just about everything comes from a seed, especially if you think of Planet Earth as the biggest seed of all.



What do we need to help a garden grow?



What have you been able to do that seemed impossible and couldn't be done, but you did it?

... like riding a bike,



... singing a song in front of people



... growing a garden



... swimming across a pool



... reading a whole book

... making something special



... running a race



... standing up for yourself



... doing something that made you feel really good...

Seeds as Ideas

Ideas are also like seeds—they grow!

In 1903 the Wright Brothers believed they could fly. It hadn't been done before. And many people thought it was impossible and couldn't be done. But they did it!



Now we have jet planes and rockets and space ships.



In 1876 Alexander Graham Bell demonstrated his telephone invention by speaking to his assistant in the next room. It had never been done before and some may have thought it was impossible. But he did it.



Now we have computers, cell phones, iPhones, iPads, GPS, and much more...

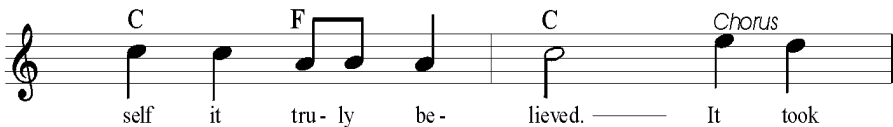


Maybe an idea *you* have in the future will grow—like One Seed!

One Seed ☺

words and music by Rosemary Phillips

Guitar chords



F C
 one seed to make a diff - rence. It took
 F C
 one seed to grow up tall. It took
 F C
 one seed to have the cour - age.
 C G C
 One seed that's all. *Please see the next page for all the verses.*

One Seed—The Song

Words and Music © by Rosemary Phillips

There once was a seed that decided to grow
While the others laughed and teased
But that seed just wouldn't say "no"
In itself it truly believed.

CHORUS

*It took one seed to make a diff'rence.
It took one seed to grow up tall.
It took one seed to have the courage,
One seed that's all.*

The seed took root and grew real tall
While the others laughed and teased,
"You won't last long, you'll only fall".
But the seed became a tree.

CHORUS

Now that tree is fully grown
And now it's making seeds
Strong enough, it won't be long
As they grow up into trees.

CHORUS

Next time that you're seeking shade
And find it under a tree
Remember that seed and the risk it made
How it grew for you and me,

***It took one seed to make a diff'rence.
It took one seed to grow up tall.
It took one seed to have the courage,
One seed that's all.*** (Repeat)

The One Seed Recordings

1. One Seed—The Story 4:17
2. One Seed—The Song 2:41

Vocals, guitar, egg and synthesizer:

Rosemary Phillips

Bass: John Vere

The Seeds:

**Clare Turner, Catharine (Darbye) Turner
Leah Peron, Monique Peron, Marc Peron**

Recorded and Engineered:

Cactus Music, Grand Forks, BC, Canada

Produced and Copyright:

Quills Quotes & Notes, 2002

For free livestream and download visit:

www.oneseedstory.com



"One Seed" - the story (and song) about a seed that decided to grow on the desert when all the other seeds said it was impossible and couldn't be done.

"A simple story about life which children and adults the world over will treasure—and the seed will be sown in many a classroom and home..." *Christine Carruthers – retired teacher UK*

"This little story ... gently reminds us that the courage of one has deep and far-reaching impact." *Sound Kamloops, Canada*

It took One Seed to make a difference!

www.oneseedstory.com