“One Seed” By Rosemary Phillips
(www.oneseedstory.com)

Actions for the sing-along song “One Seed”:

There once was a seed that decided to grow  Hold hands in front, index finger and thumbs touching, making a circle, like a round seed
While others laughed and teased  Wave hands beside the head and move shoulders and head side to side (making fun)
But that seed just wouldn’t say no  Hold hands as above making a circle, and shake head saying NO
In itself it truly believed  Point both hands towards chest (self)

CHORUS (get audience involved)
It took one seed to make a diff’rence  With index finger (right or left hand) pointed up and arm stretched forward
It took one seed  Index finger pointed up, arm stretched forward
To grow up tall  Reach up both arms above the head and point to sky
It took one seed  Index finger pointed up, arm stretched forward
To have the courage  Both arms, fists made and muscle-man motion
One seed that’s all.  Index finger pointed up, arm stretched forward
The seed took root
And grew real tall
While others laughed and teased

“You won’t last long you’ll only fall”
Yet 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

CHORUS x2