

“One Seed” By Rosemary Phillips

(www.oneseedstory.com)

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

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|---|---|
| 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**

Point down with both hands to the ground
Reach up to the sky
Wave hands beside the head and move
shoulders and head side to side (making
fun)
Right (or left) arm falling down
Arms to the side rising up to the sky

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**

Arms to the side rising up to the sky and
stretching
Hands wiggling fingers like seeds falling

Both arms, fists made and muscle-man
motion
Hands to side down, then raise them up
and stretch to the sky

CHORUS

**Next time that you’re seeking shade
And find it under a tree**

Reach and cup one arm over your head
imagining it’s a branch of a tree

Remember that seed and the risk it made

Hold hands in front, index finger
and thumbs touching, making a circle like
a round seed

How it grew for you and me

Point to someone then point to self

CHORUS x2