
The Little Seed Story

~ Wendalyn von Meyenfeldt

Begin sitting down and accompany the story text with movement and gestures. If you like, you can set the mood first with a little song. You might enjoy "Now all is sleeping beneath the snows" by Nancy Foster in Let Us Form a Ring.

Spring brings many things:
The little bird on the bough that sings,
Sun and showers, rainbows and flowers
And oh, so many happy hours!

Early one morning a little seed said:
"My roots are itching. I must get out of bed."
She peeped out of her covers, all warm and all brown,
Stretched herself tall and looked around.

Stand up with this line.

Continue telling the story, accompanying with movement and gestures.

The little seed called:
"Can I wake up?
The sky is blue
And the sun is up!"

But Father Sun said:
"You must go back to bed.
You must wait a little longer,
Till my sunny beams are stronger."

And so, the little seed, it seems,
Went back to sleep to dream her dreams.

**Join hands and walk around the circle, singing a suitable song. You might repeat the song, suggested above: 'Now all is sleeping...', or improvise a melody to the following verse.*

When will my little garden grow,
With pretty flowers in a row?
Wind, blow hard. Wind, blow strong.
When will springtime come along?

Stand after the song, and continue telling the story, accompanying with movement and gestures.

The very next day, the raindrops ran down,
Rushing in rivulets all around.
The little seed called: "Can I wake up and grow,
And wash my leaves in the water's flow?"

But the Rain said: "No!"
Sister Rain said: "You must go back to bed.
You must wait a little longer,
Till my waters weave much warmer."

And so, the little seed, it seems,
Went back to sleep to dream her dreams.

**Join hands and walk around the circle, repeating the song from before.*

Continue holding hands after the song, and then run around the circle with the next two lines.

The very next day, the North Wind blew hard
And ran 'round the garden, the house and the yard.

Sit down and draw your arms towards you, as if huddling to hide from the cold.

The little seed hid, all huddled with cold,
While the North Wind flew and blew quite bold.

Remain sitting and continue the story, accompanying with movement and gestures.

Lightening flashed and the thunder did pound,
But the dear little seed slept well and slept sound.
Time went by, but the seed was not seen.
She had gone back to sleep to dream her dreams.

Pound fists on the floor for the thunder.

A hungry fox came creeping by.
A little mouse hurried and tried to hide.
He burrowed and brushed against the bed,
Where the dear little seed was resting her head.

The little seed called: "Can I wake up like you,
And do the things that little mice do?"

"No", said the other. "You're a seed, not a mouse.
Now *shhh*, while Brother Fox is about.
It's not very safe to wander.
We both must wait a little longer."

And so, the mouse and seed, it seems,
Went back to sleep to dream their dreams.

**Optional: If you like, you can hum or sing your song from before, perhaps rocking your arms.*

Narrate the following section without gesturing, as if simply telling a story.

Over time, the mouse and the small seed (who would one day become a flower), became good, good friends. Every morning, the mouse would scamper into the world and later return to tell small seed what he had seen.

Optional: If you like, you can mention some first signs of spring that mouse saw that particular day. Or ask the children for their ideas. For example: maybe mouse saw a little brown worm, wriggling across the ground, or a curious little spider, dangling from a silky thread...

Then continue with the narration, accompanying with movement and gestures.

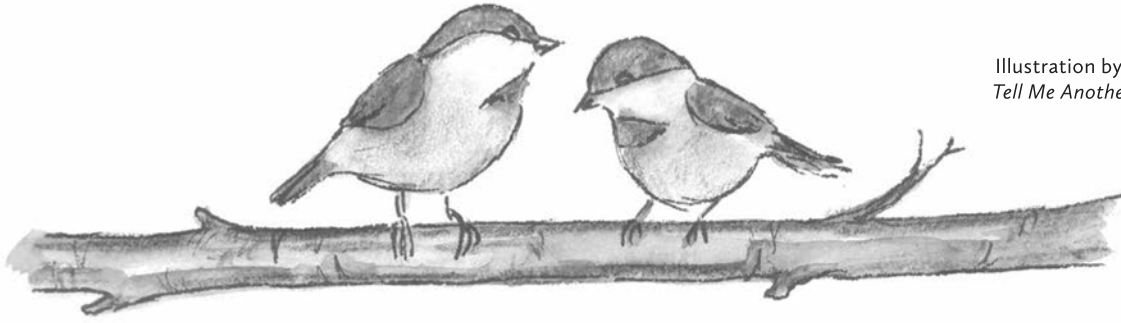
One day, the little mouse smelled something different in the air.
Quietly, he crept outside to see what it might be.

Twitch 'whiskers'
Stand up.

Take small tiptoe steps around the circle with the next three lines. If you like, you can move your arms and hands in front of you, like the front paws of a little mouse.

One day, the little mouse went out
To see if springtime was about.
He hurried. He scurried. He sniffed the air.
The sun was shining fine and fair.

Stand and form a large rounded gesture for the sun.



Then continue with gestures for the next two lines.

The pretty birds sang in the trees.
There was a hum of honey bees.
Then little mouse ran home to say
That surely spring was on the way.

Tiptoe as before with quick little steps around the circle.

Stand and continue telling the story, accompanying with movement and gestures.

But when he got home, the seed was not found.
He looked and looked all around.
He scratched the earth, scooped out a stone,
And suddenly felt all alone.
“Here I am,” called the voice of a fair little flower.
“I just woke up, this very hour.
I was once a small seed, wrapped still in repose,
But now I’m a flower, a dear little rose!”

Take hands and walk around the circle with the next lines.

The mouse and the flower remained good friends,
Though that’s not how my story ends.
Come sing and be merry. Come dance in a ring.
Away with cold winter. Come May and come spring!

**Sing a happy seasonal song and walk or dance around the circle together. See Waldorf Music Resources. You might enjoy “Tirra-lirra-lirra,” a traditional German folk song with adapted words by John Erwin. You can find this song in the book: Let Us Form a Ring by Nancy Foster.*

Sit down after the song.

Speak or sing the following verse. If you choose to sing the verse, you can use the melody noted above, from the songbook Let Us Form a Ring.

Tirra-lirra-lirra, time to rest,
When the day is done, inside your nest.
O’er the leafy branches sails the moon.
And the stars are dancing to this tune.

**Sing a quiet song or lullaby to complete the story circle. See Waldorf Music Resources. ♦*

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