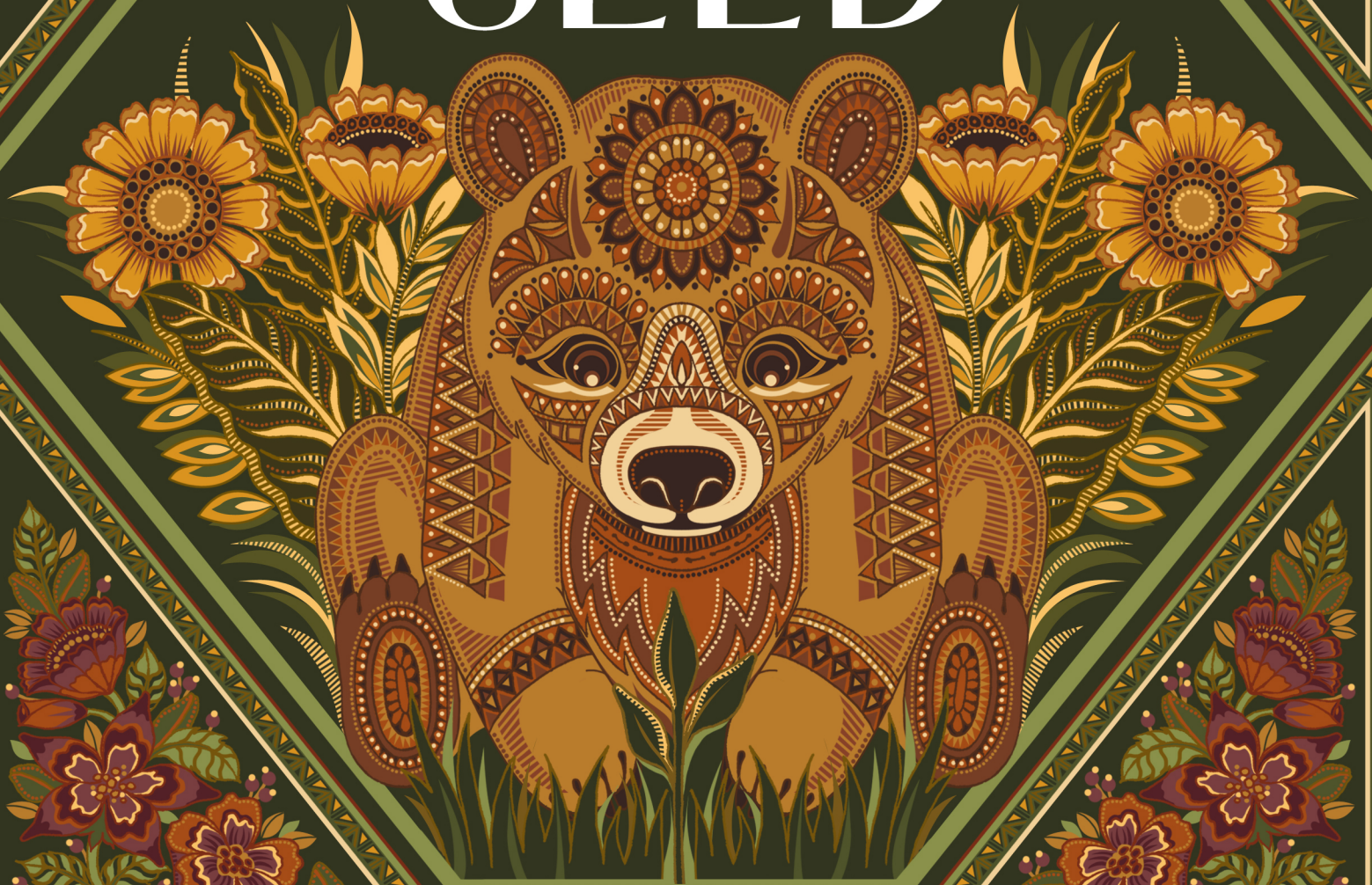


THE  
BEAR  
AND THE  
SEED



POONAM  
MISTRY

COVER NOT  
FINAL



DEDICATION HERE

A TEMPLAR BOOK

First published in the UK in 2025 by Templar Books,  
an imprint of Bonnier Books UK  
4th Floor, Victoria House,  
Bloomsbury Square, London WC1B 4DA  
Owned by Bonnier Books  
Sveavägen 56, Stockholm, Sweden  
[www.bonnierbooks.co.uk](http://www.bonnierbooks.co.uk)

Text and illustration copyright © 2025 by Poonam Mistry  
Design copyright © 2025 by Templar Books

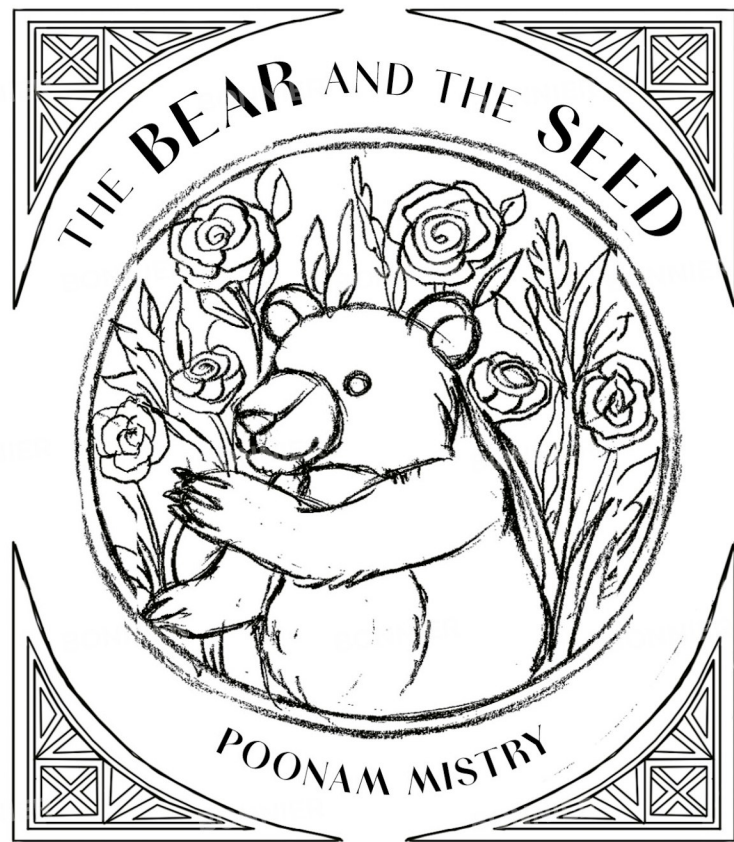
10 9 8 7 6 5 4 3 2 1


All rights reserved

ISBN 978-1-78741-891-2 (Paperback)  
ISBN 978-1-78741-890-5 (Hardback)

Edited by Rachael Roberts  
Designed by Laura Hall  
Production by


Printed in China





Once there stood a  
large, dense forest.

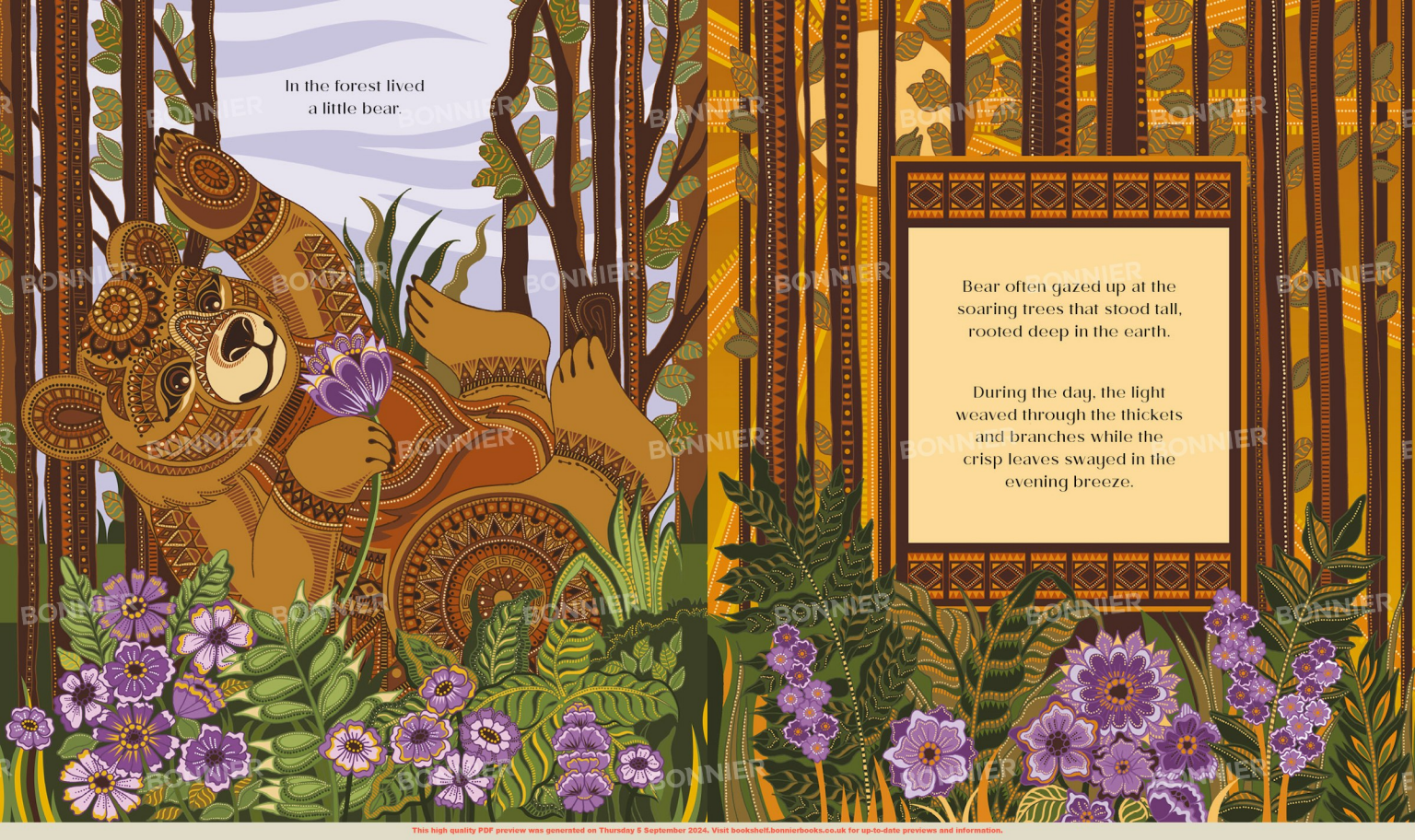
It was filled with  
the most exquisite  
flowers and plants.



Animals from far and wide  
came to admire its beauty.



The forest was magical and ever-growing.



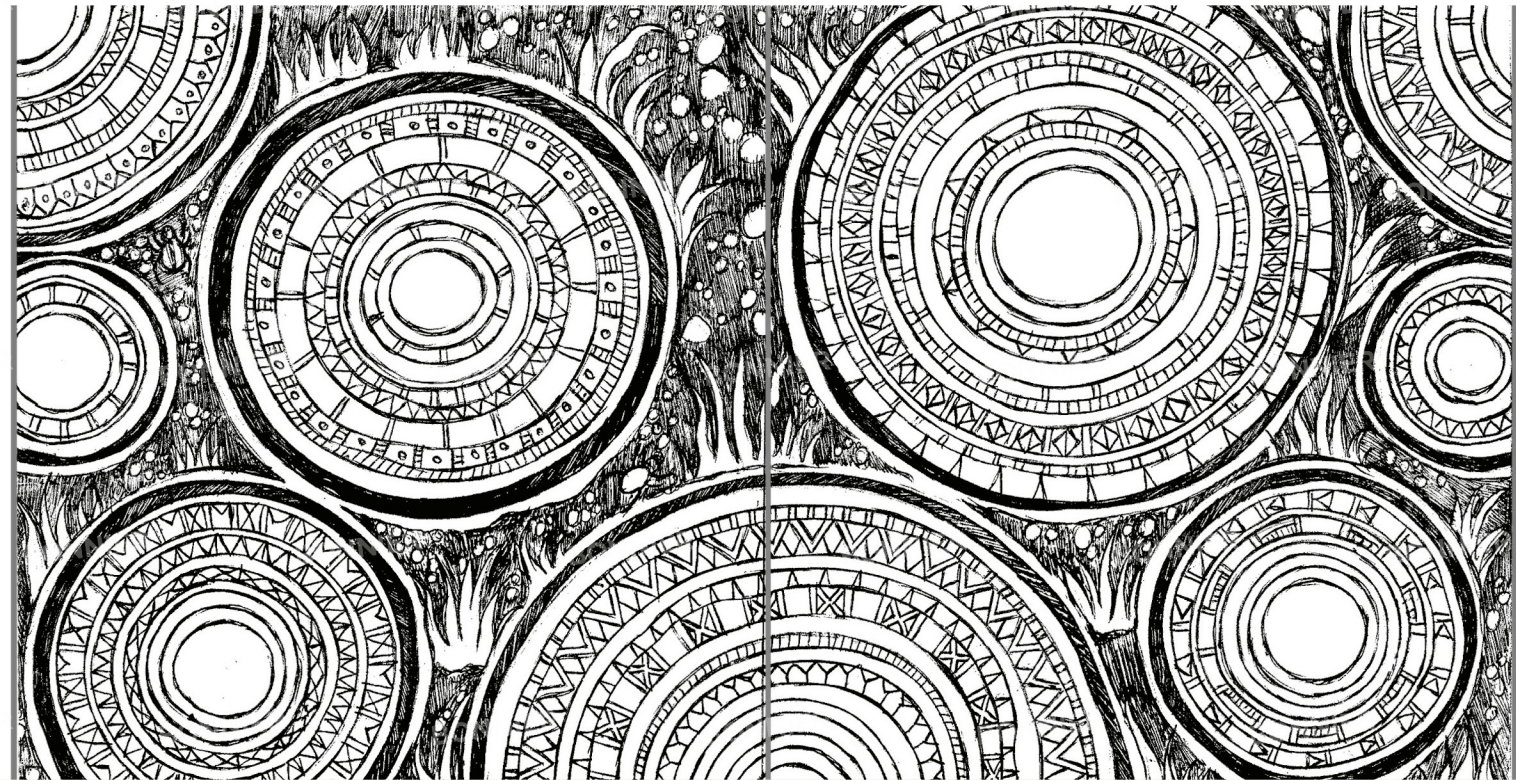
In the forest lived  
a little bear.

Bear often gazed up at the  
soaring trees that stood tall,  
rooted deep in the earth.

During the day, the light  
weaved through the thickets  
and branches while the  
crisp leaves swayed in the  
evening breeze.

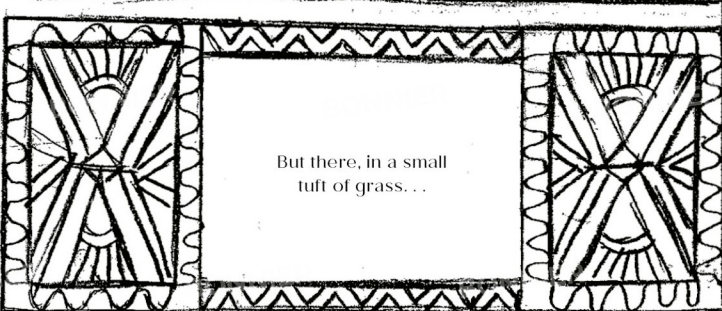
But one day, the trees and flowers  
disappeared out of sight and sound.

Slowly, the animals began to leave the forest.





Bear's heart was overcome with grief.  
He stared at the empty space and began to cry.



But there, in a small  
tuft of grass...



lay a seed.







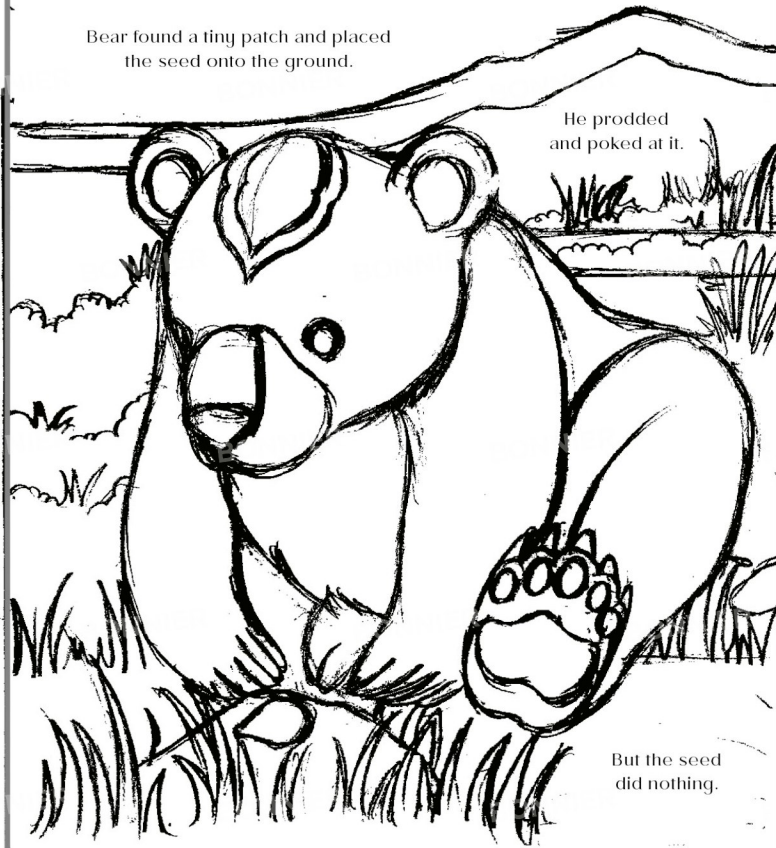
Bear stared at the seed. It was so small.



"I wonder what you will be?" he asked. Bear picked up the seed in his paw. "I will keep you safe."

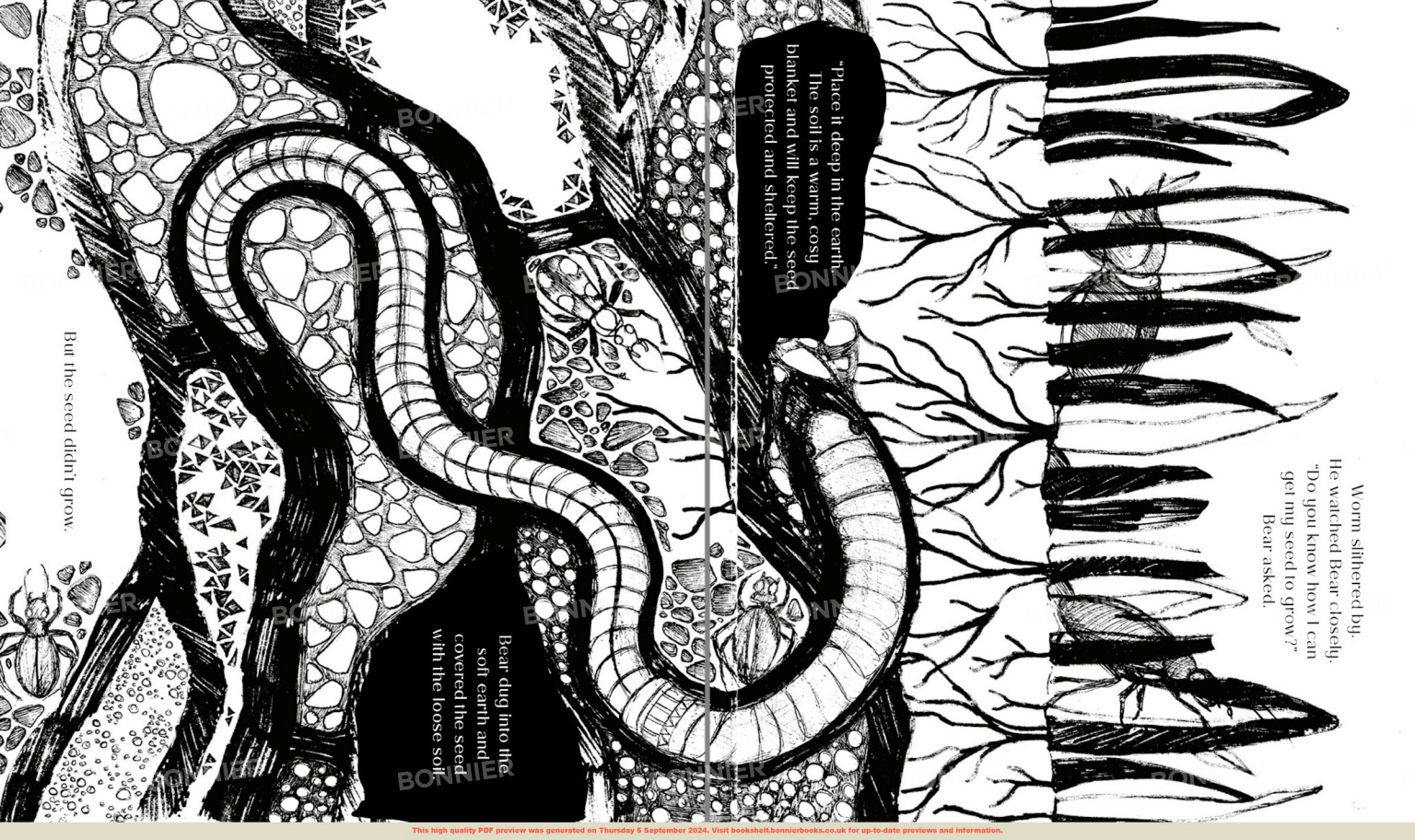


Bear found a tiny patch and placed the seed onto the ground.



He prodded and poked at it.

But the seed did nothing.



"Place it deep in the earth.  
The soil is a warm, cosy  
blanket and will keep the seed  
protected and sheltered."

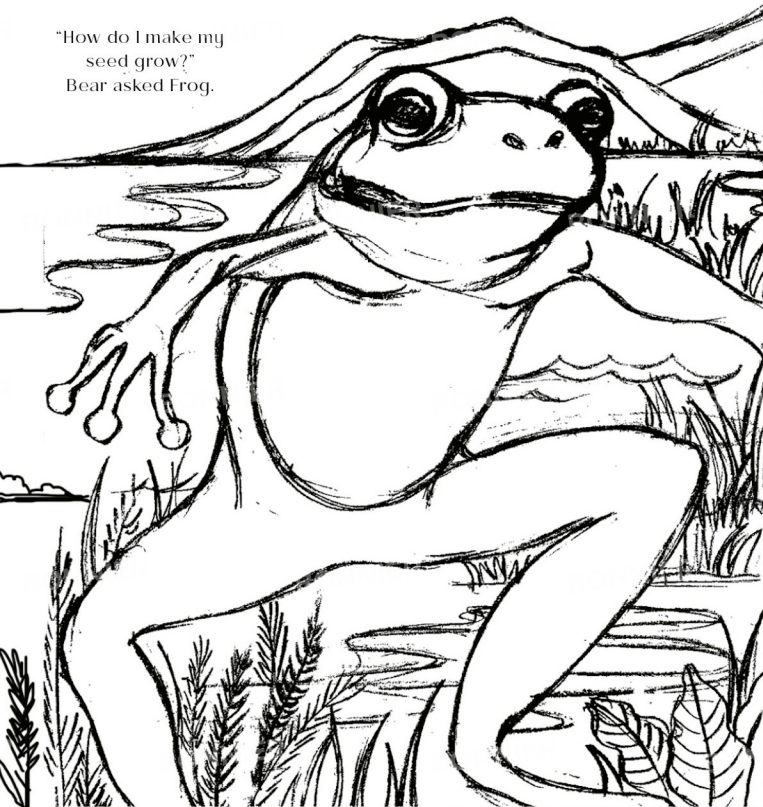
Worm slobbered by,  
He watched Bear closely.  
"Do you know how I can  
get my seed to grow?"  
Bear asked.

Bear dug into the  
soft earth and  
covered the seed  
with the loose soil

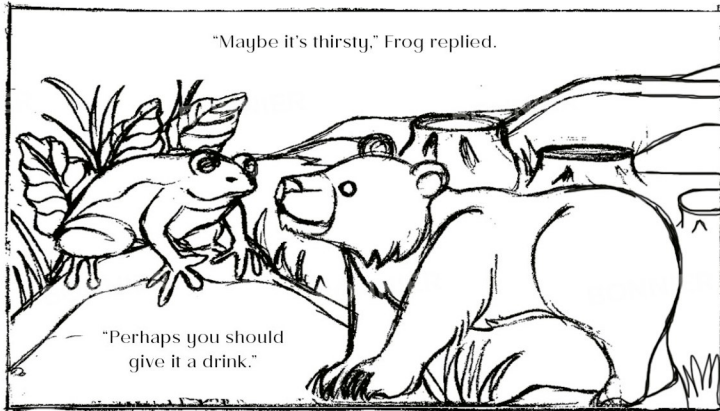
But the seed didn't grow.

A few days passed and Frog leapt by.

"How do I make my  
seed grow?"  
Bear asked Frog.

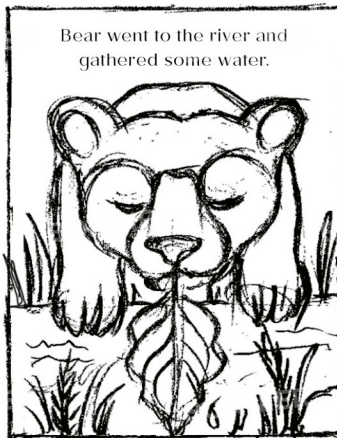


"Maybe it's thirsty," Frog replied.



"Perhaps you should  
give it a drink."

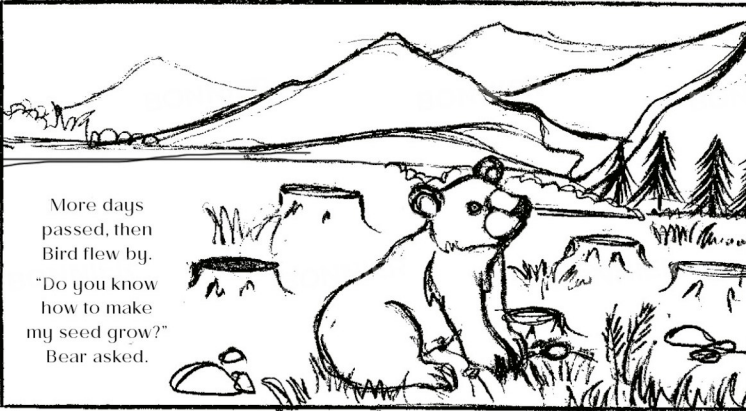
Bear went to the river and  
gathered some water.



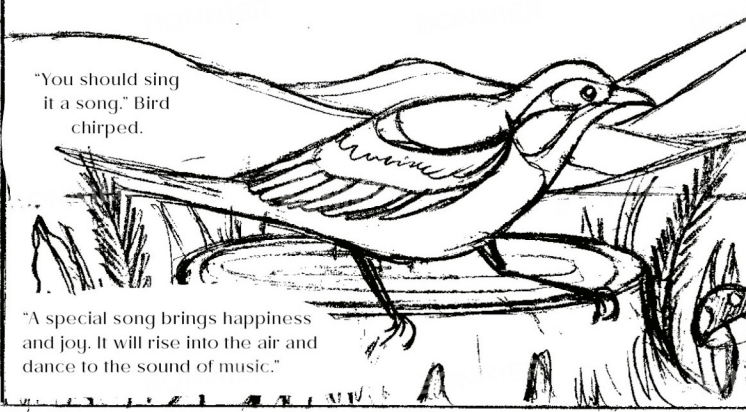
He showered  
the seed.



But the seed  
did nothing.




More days  
passed, then  
Bird flew by.  
"Do you know  
how to make  
my seed grow?"  
Bear asked.

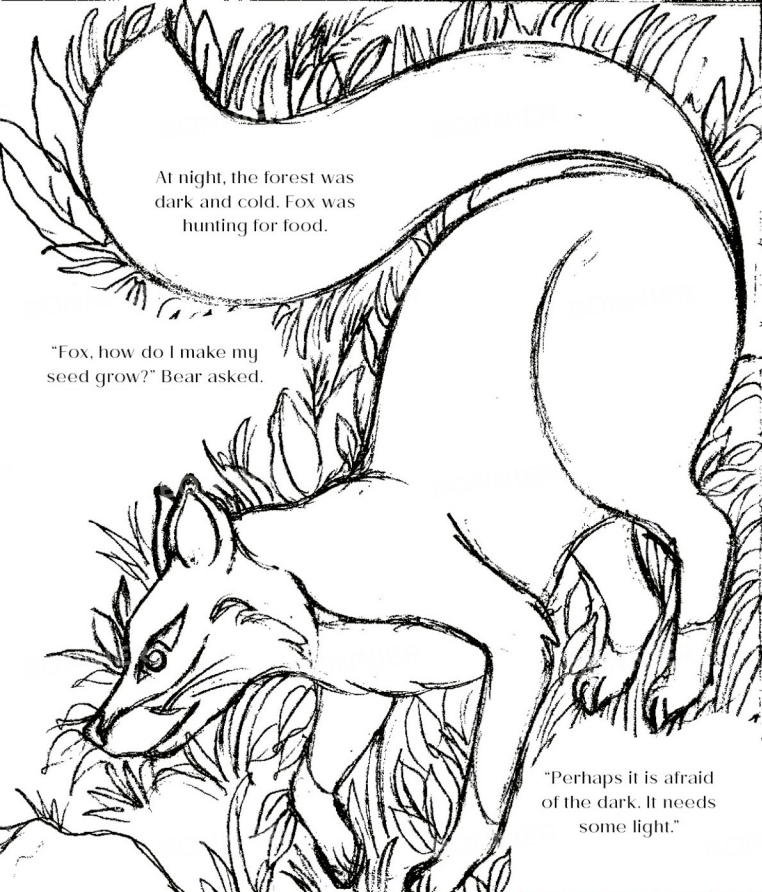


"You should sing  
it a song." Bird  
chirped.

"A special song brings happiness  
and joy. It will rise into the air and  
dance to the sound of music."



So Bear sung a  
sweet melody.  
But still the seed  
didn't sprout.

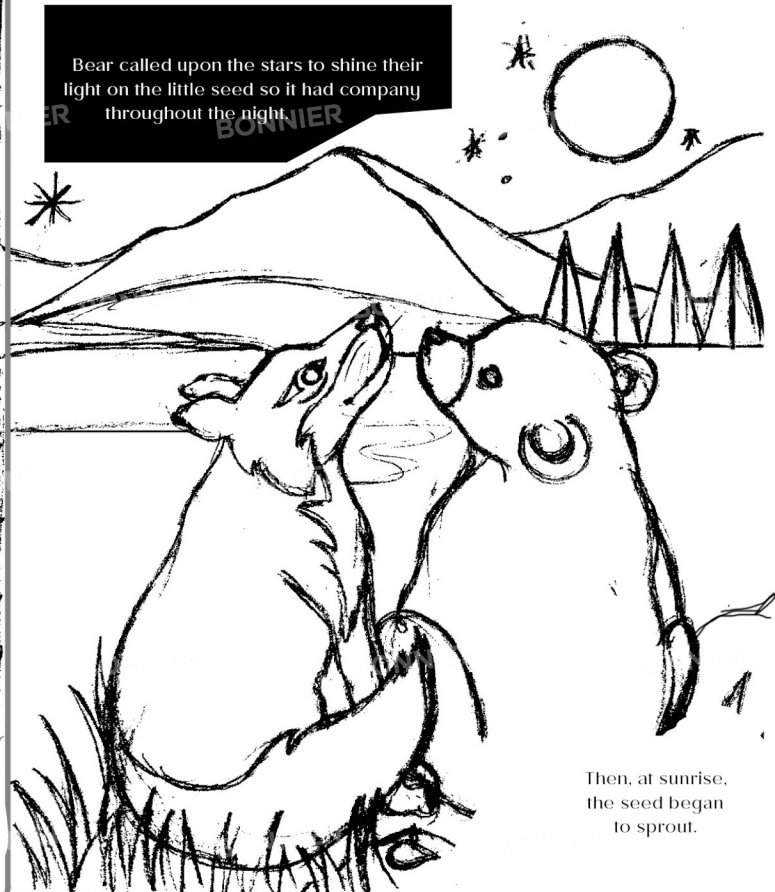


At night, the forest was dark and cold. Fox was hunting for food.

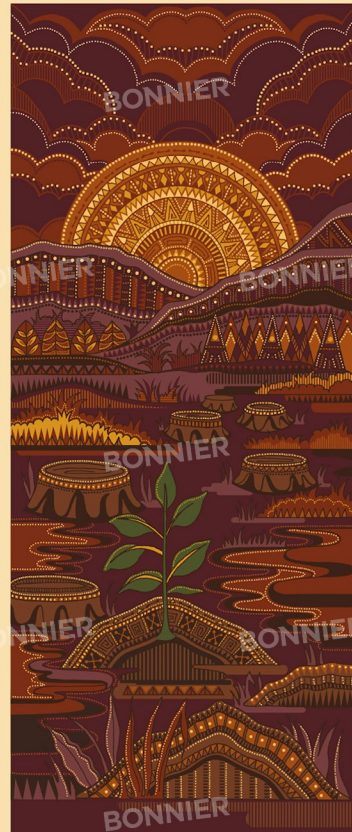
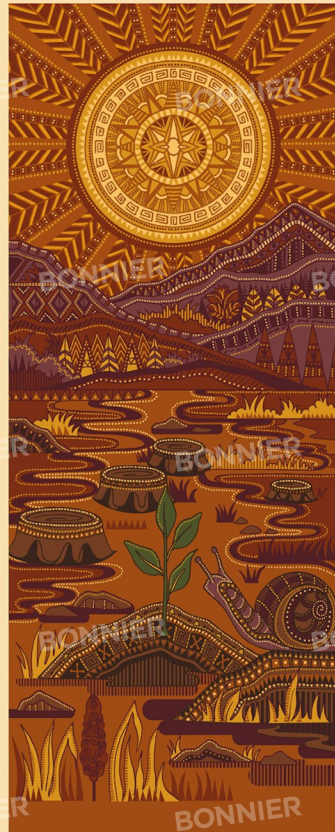
"Fox, how do I make my seed grow?" Bear asked.

"Perhaps it is afraid of the dark. It needs some light."

Bear called upon the stars to shine their light on the little seed so it had company throughout the night.



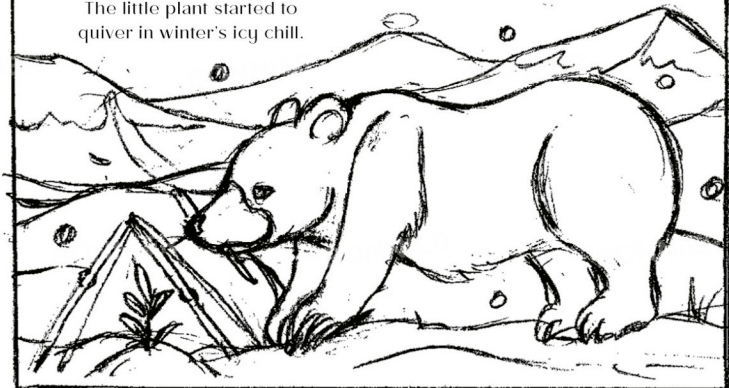
Then, at sunrise, the seed began to sprout.



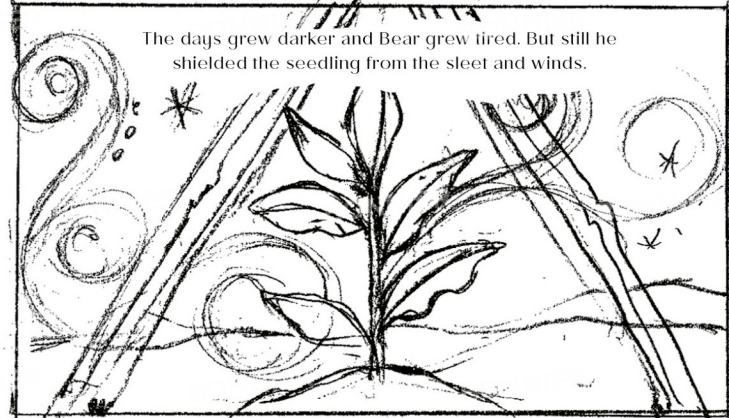
Soon winter arrived.  
It began to rain and snow.



The little plant started to  
quiver in winter's icy chill.




The days grew darker and Bear grew tired. But still he  
shielded the seedling from the sleet and winds.



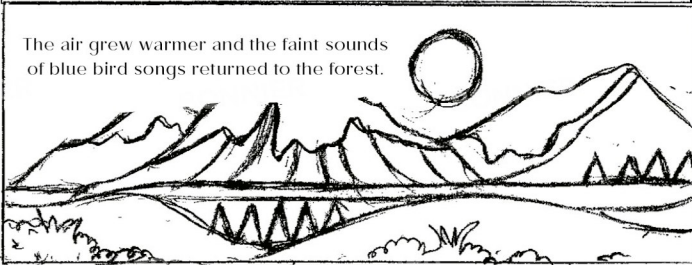
Until Bear became weary and exhausted.  
He curled into a ball and fell  
into a deep sleep.









Months drifted by.



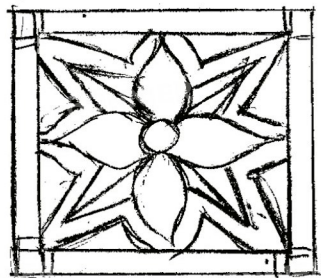
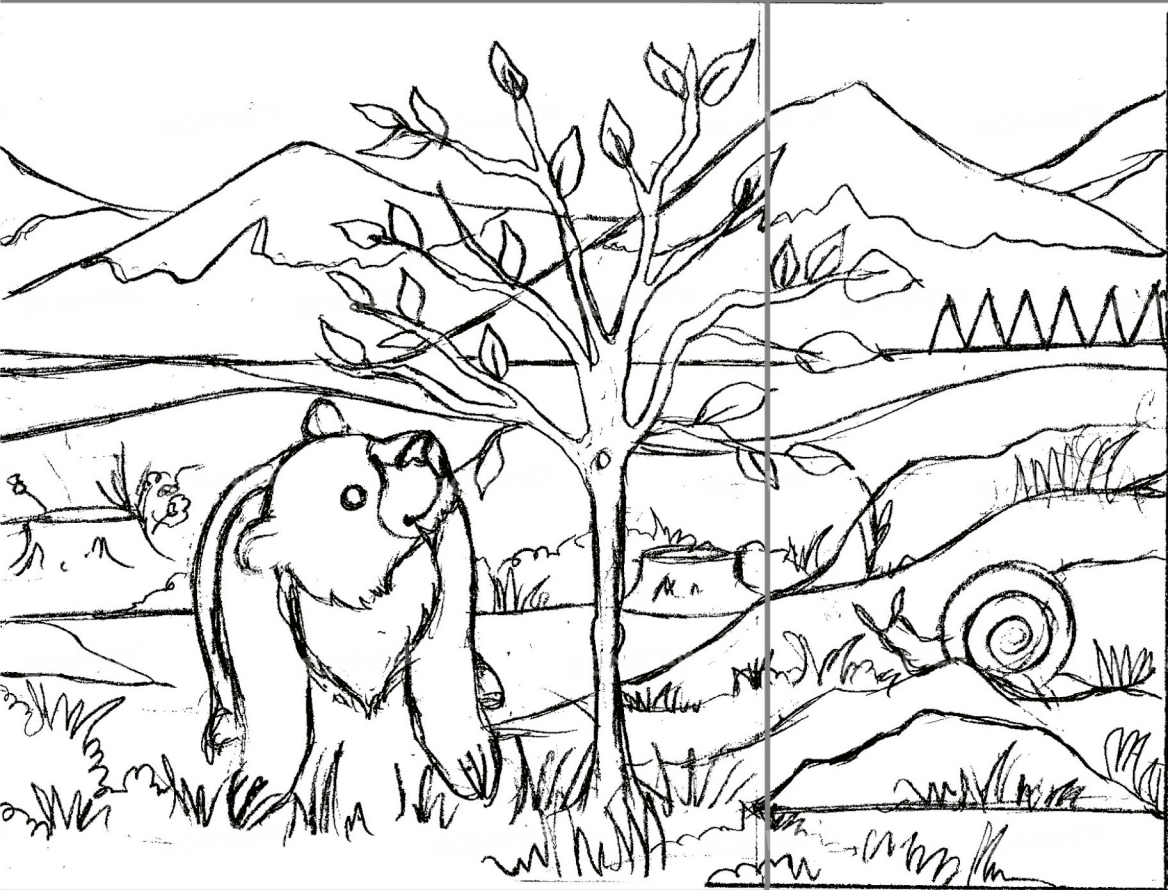
The air grew warmer and the faint sounds  
of blue bird songs returned to the forest.



Spring finally  
appeared



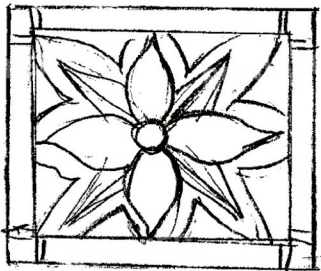
and Bear's  
eyes slowly  
opened.



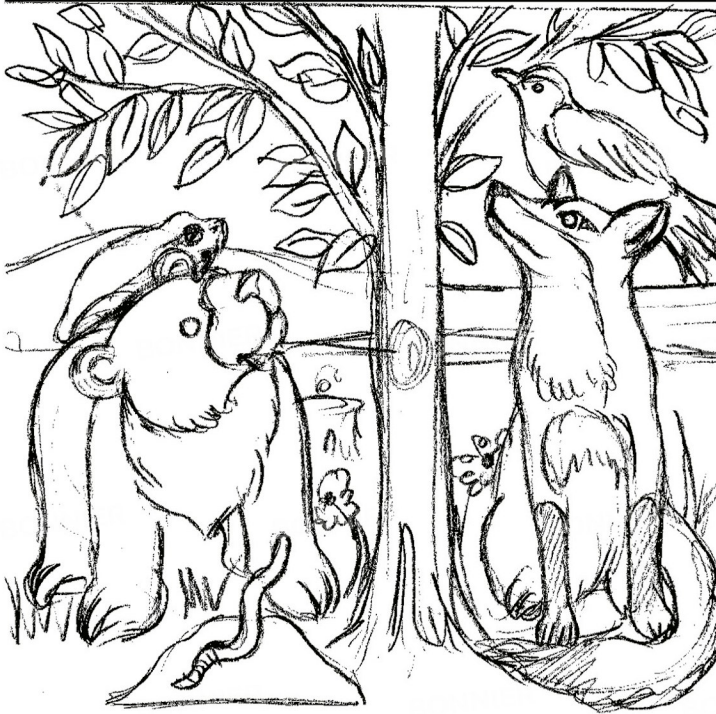
There in front of him  
stood a sapling, its small,  
hopeful branches reaching  
out into the sky.

Bear couldn't  
believe his eyes.

His heart filled with joy.



News of the sapling spread fast and wide through the forest. Animals emerged to gaze in wonderment. Worm, Frog, Bird and Fox circled around the little tree.



As time passed, the tree grew taller. Until one day, it made seeds of it's own. Bear smiled. With each new seed brought hope the forest would grow back once more.



