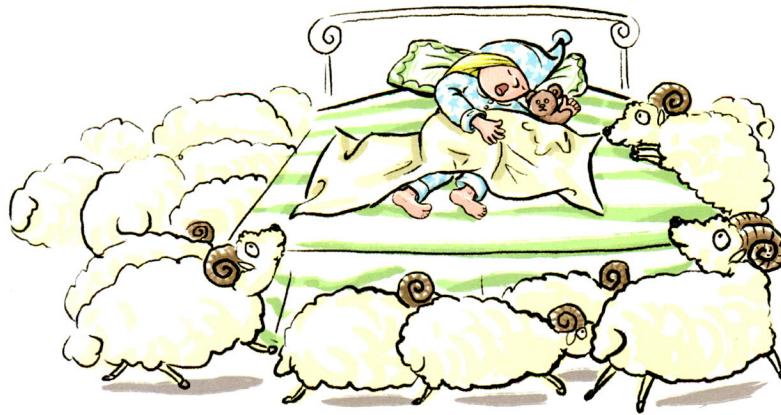


# One Story A Day

## for Early Readers

(Book 1 for January)



DC Canada Education Publishing

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## Preface

This is the first book of *One Story A Day For Early Readers*, a series of twelve books designed to develop a love of reading in children ages 6 and up.

Written by a team of professional writers, these books comprise high-interest topics and motivational content that make children excited about reading.

The stories are based on everyday life, funny tales of friendship and family, fables from around the world, and stories about nature, science and history.

The *One Story A Day* series fosters children's total development—linguistic, intellectual, social, and cultural—through the joy of reading.

Both the content and structure of the books encourage children to read every day. Controlled vocabulary and targeted illustrations make the stories easy to understand. Moreover, each book comes with an audio CD with all stories narrated in clear, natural voices.

This series can be used in a variety of settings and with many different approaches. The stories can always bring the joy of words and reading to the ears and minds of children at a crucial stage in their development.

Sit back, relax, and discover the pleasure of reading!





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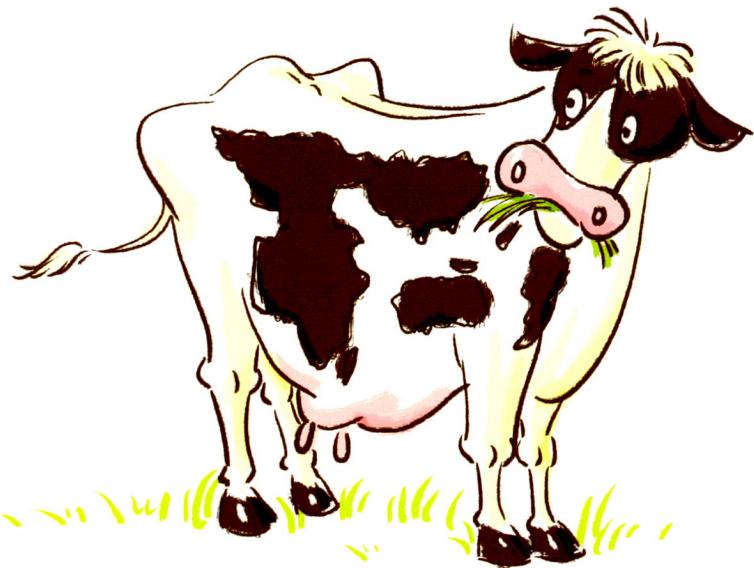
## Where Does Milk Come from?

Billy is six years old. He visits his uncle and aunt every summer. They live on a farm.

They have cows, chickens, sheep, and a big horse on the farm. Billy loves all the animals.

This summer, he is going to learn how to milk a cow. Wow! His friends cannot believe it.





“We get our milk from the store,” they say. “But our friend is going to get it from a cow.”

Billy laughs. “Milk does not come from the store,” he says. “Milk comes from a cow.”

His friends do not believe him. But his teacher says, “Yes, milk comes from cows. Cows eat grass. They change the grass into milk. The farmer sells the milk. And we buy it in the stores.”

The teacher tells them one more thing. “Did you know that cows have four stomachs?” The kids are surprised. But it’s true!



## Grandma's Moving Day

The day had come. Grandma was moving out of her big house. I was sad. I had a lot of memories in that house.

I asked where Grandma was moving to. My dad just said, "Somewhere nearby. Don't worry."





But I was worried. I spent a lot of time with Grandma. I did not want to see her any less. In fact, I wanted to see her more.

I could tell that no one wanted to tell me because they knew I would be sad. “It must be far away,” I thought to myself.

We got all of Grandma’s things in the truck. I sat beside her in the car. We talked the whole time.

After a while, the truck stopped. I looked out to see her new home.

It was our house! Grandma was coming to live with us.



## A Little Artist

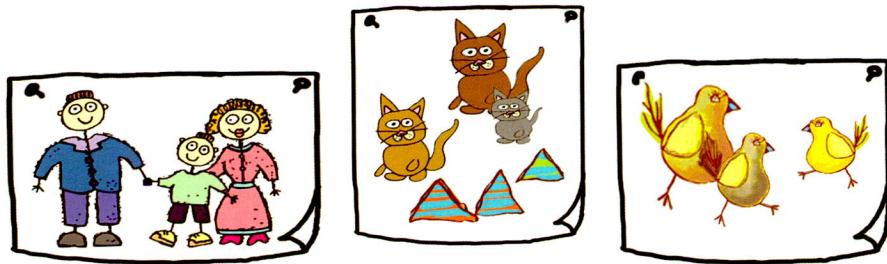
Irene is only three years old. But to her parents, she is already a little artist.

At their home, her paintings cover the walls of all the rooms—even the bathroom.



“A child’s creativity is beyond your imagination,” her mom always says. “And she can be highly productive too.”

One time, her mother counted all of Irene’s drawings. Irene had used nearly 500 sheets of paper in just one month!



Most of her drawings are of animals: birds, rabbits, turtles, and even raccoons. All the animals in her paintings are in groups of three—a father, a mother, and a baby.

That’s how it is in little Irene’s world.



## Snow or Not

When I was young, my family always seemed short of food. We were poor. My brothers and sisters and I were hungry all of the time.

We didn't have much flour. And sugar was rare. You know, with flour and sugar, our mom could make delicious treats. Flour and sugar were signs of wealth to us.

When it snowed in winter, I always wondered, "Why doesn't it snow flour?"

"Or sugar," my young brother would correct me.

We imagined how happy we would be if it snowed flour and sugar—precious white flour and sugar!

When we grew up, we laughed about





how silly we were. If it snowed flour and sugar, there would be big problems in the world. We would not be able to survive very long!



## Do Fish Breathe Water?

Joey has a pet. Her name is Goldie. She lives in a bowl. Goldie is a fish—a shiny goldfish.

Once a week, Joey takes Goldie out of her bowl. He cleans her bowl so she can grow strong and healthy.

When Joey's parents gave him Goldie, they said, "You will have to learn to take care of her." So, Joey started learning a lot about fish.

Joey used to think fish did not breathe. "How can they breathe in the water?" he thought. "When I swim, I cannot breathe if I put my head under the water!"



But fish get air in a different way. They have "gills" on the sides of their heads.

Joey learned that water has oxygen in it. The water passes through the gills. The fish get their oxygen from the water.

When Joey cleans the fish bowl, he puts Goldie in a small glass of water. That way, she can breathe while he cleans her home.





## Where Is My Pen?

Amy is not happy. She cannot find her favourite pen!

She looks all over the house. She looks under the bed. She looks in her desk. She looks in the kitchen and in her book bag. But she cannot find it.

Amy is really upset. Amy wants to cry. She cries to her mother, “Mom, my pen is lost!”

Mom says, “Don’t cry. I will help you look for it.” When Mom goes downstairs, she laughs.

“Why are you laughing, Mom?”



Mom says, "Check behind your ear." And as Amy checks her ear, she finds her pen. She had put it there earlier.

Now she is happy.





## When the Earth Shakes

It was a day Tony would never forget. He was playing with his friends in the yard. All of a sudden, there was a strange noise. Then, everything started to shake.

Tony saw that his house was moving. Dogs were barking. Chickens were running around in fear. A horse was standing upright on its back legs. What was it? Tony had no idea.

Some of kids fell down and others were trying to keep from falling.

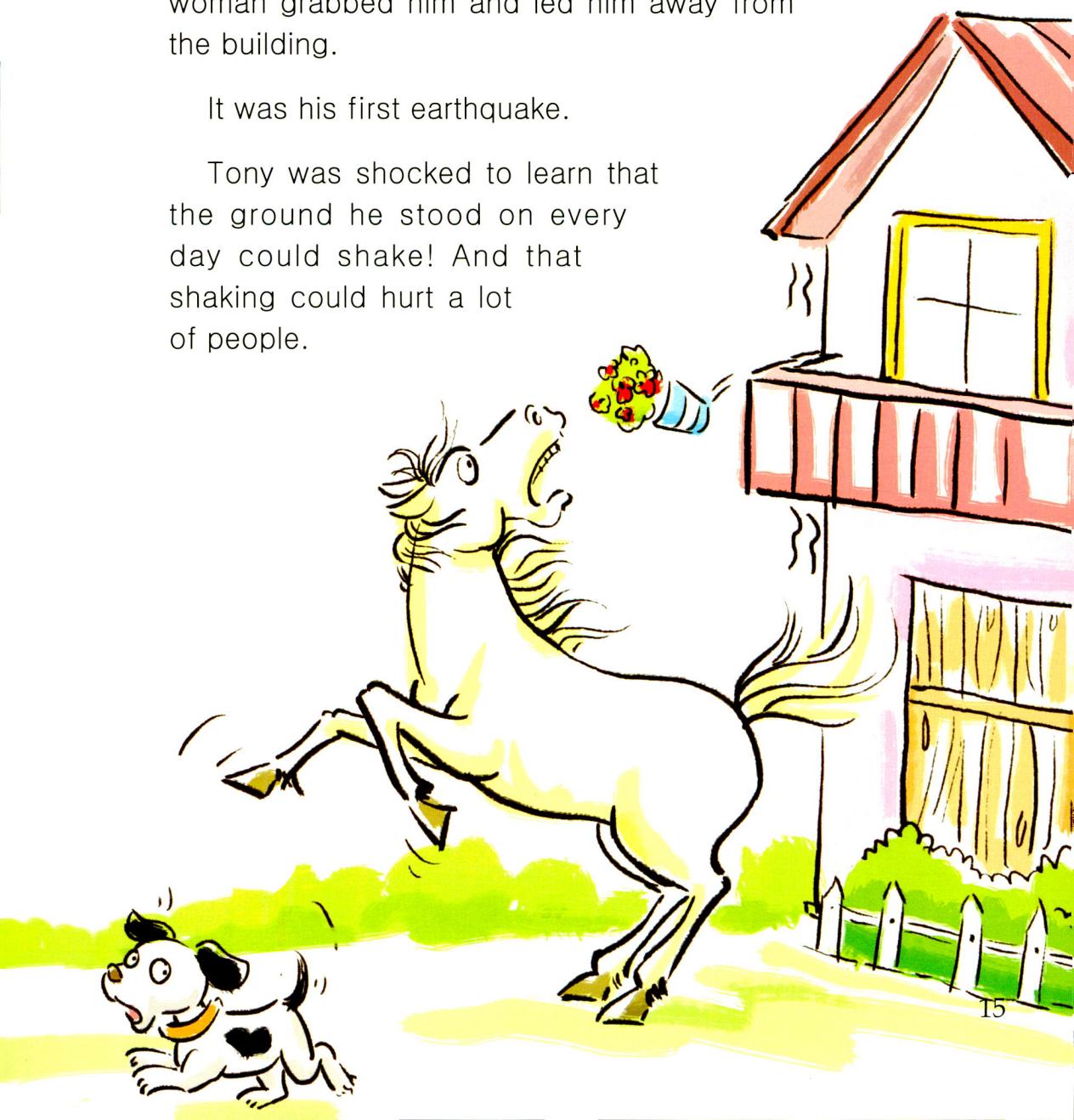
A woman ran outside and shouted, “Hurry!  
It’s an earthquake. Get away  
from the building!”



Tony was so scared that he couldn't move. The woman grabbed him and led him away from the building.

It was his first earthquake.

Tony was shocked to learn that the ground he stood on every day could shake! And that shaking could hurt a lot of people.





## Just the Way You Are

Sometimes, it is fun being tall. Sometimes, it is not.

Sure, I can always reach things for my mom, dad, sister or teacher. But sometimes, I would rather be short.

I am always the tallest one in pictures! Sometimes, I wish people didn't notice me as much.

Another boy, John, is the shortest kid in our class. He told me that he wished people didn't notice him as much either!

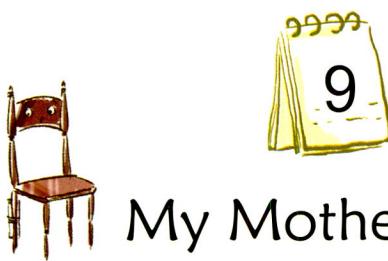


We became friends because we feel the same, in a strange way.

When we play basketball together, people say, "It's a lot fun to watch a game with the school's tallest and shortest boys on the same team."

It's true, you know. You can't be too tall or too short.  
It's just the way you are.





## My Mother's Chair

My mother has a favourite chair. She got it from her mother. This chair is very old. It is the only one of its kind because my grandfather made it.

One day, my brother pushed me when we were running through the house. I started to slip and ran right into the chair. One of the legs came off!

We were shocked. We could not speak. I called my dad at work. He came home and glued it together. He put a clamp on it to hold it in place while the glue dried.

My mom came home. We hoped she wouldn't notice, but she saw the clamp on the chair.

We told her what had happened.  
She was very upset.

Luckily, the chair was fixed.

Even though that old chair is much stronger now, we are not allowed to run in the house anymore!





## Where Is Danny?

Danny is hiding from his friends today. Usually, Danny and his friends, Jenny and Eddy, play on the playground after school. But not today.

When classes ended, Jenny and Eddy came to meet Danny as usual. But he was not there. Where was he?

On Danny's desk, they found a piece of paper with some writing on it.

They picked up the note and read it.  
“Hello my friends. I’m going to a place where we have lunch every day. Find me there.”



Eddy scratched his head. “Where is that?” he asked.

"It's the place where we eat," said Jenny. "It's the cafeteria!"

They ran to the school cafeteria. And yes, there he was! Danny was sweeping the floor, and a few other boys and girls were washing the tables, chairs, and counters!

Right away, they rolled up their sleeves and joined the cleaning with Danny.





The first Earth Day was on April 22, 1970. It was in the United States.

A man named Mr. Nelson started it. He wanted people to take care of the earth. People worked on cleaning the land, water and air. Some people picked up trash. Other people planted trees and flowers.



The second Earth Day was on April 22, 1990. This time, people all over the world took part. Now we celebrate Earth Day every year on April 22.

People in Australia clean beaches.  
People in Jordan and Canada plant trees.  
People in Russia plant gardens. People in Sweden visit farms. On one Earth Day, people in Japan made soap and postcards out of trash.

What will you do on Earth Day this year?





## Needles Don't Hurt

Gena is scared. Today, she is going to see the doctor. She is going to get a needle.

Gena does not like needles. "It will hurt," she cries. "I don't want to get a needle."

Mom says, "Getting a needle is good for you. It will help you stay healthy."

The doctor is wearing a white coat. She has a nice smile. The doctor looks at Gena and says, "Don't be afraid. The needle will not hurt. Everyone gets needles."

Gena holds out her arm. She is still scared.

"Close your eyes and think of something funny," says the doctor. Gena closes her eyes, thinking. She feels a small pinch on her arm.

"There now," says the doctor. "You are a good girl."  
It is over. Gena laughs. She is not scared of needles anymore.





## Colours

Jake got out a piece of paper. Then he found a paint-brush and four colours of paint. He had red, yellow, blue, and white. He painted a red boat floating on blue water. He painted a yellow sun peaking through white clouds.

“I need orange for my picture,” said Jake. He mixed some of the red with some of the yellow. It made a nice shade of orange.

“That’s better,” said Jake. “But I need green too.” He mixed some of the yellow with some of the blue. It made a nice shade of green.



"That's better," said Jake. "What about purple? I need purple as well." He mixed some of the blue with some of the red. It made a nice shade of purple.

"Much better," said Jake. "Now I'm ready to paint a rainbow."





## Open Your Eyes

My grandpa always says, “The world is a beautiful place if you just open your eyes.” Now I know what he means.

One time, my friend’s family invited me to go with them for a balloon ride.

We all got in the basket. Then we started to lift off the ground. I got scared and closed my eyes.

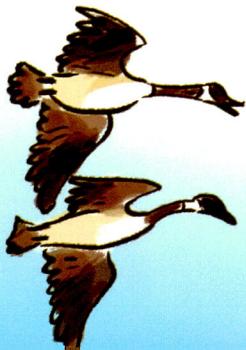
When I opened one eye, I saw the trees below us. I quickly shut my eyes again.



Suddenly, my friend yelled, “Look!” A huge flock of geese was flying right by us. For a while, we blew right along with them. It was the most beautiful thing I had ever seen!

It was an amazing sight. Just imagine... all I had to do was open my eyes.

Good advice, Grandpa!



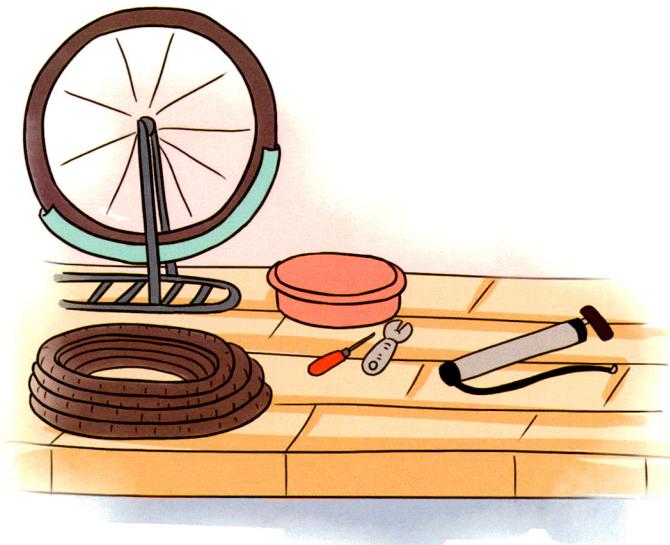


## The Picture

My uncle took a picture during his trip to Asia. It was taken on the sidewalk of a busy street.

In the picture is a boy with a pencil and a notebook. He is working on his homework. There is no desk and no chair. He is using a stool as his desk.





Around the boy are his father and mother. The father is pointing to the book, trying to help. The mother is smiling and watching them closely. Beside them is their family business—a bicycle repair stand.

It seems that the parents do not have much education. But you can see that they care strongly about their son's school work. Their eyes are filled with hope.

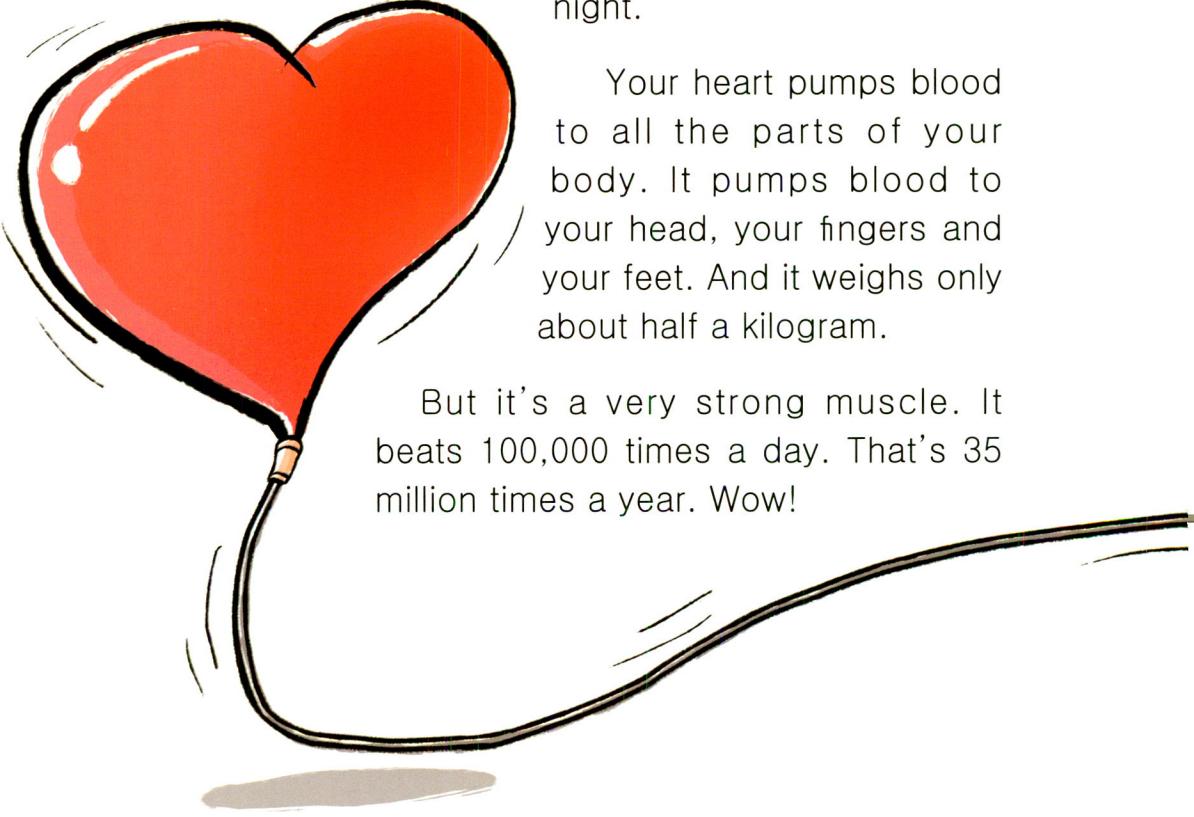
Bicycles, cars, buses and people are passing by in the picture. But this family is not disturbed by the noise. To the family, the son's studies seem to be the centre of the world.

I was really touched by this picture.



## Healthy Heart

*Thump. Thump.* That is the sound of your heart beating. What an amazing muscle! It works all day. It works all night.



Your heart pumps blood to all the parts of your body. It pumps blood to your head, your fingers and your feet. And it weighs only about half a kilogram.

But it's a **very** strong muscle. It beats 100,000 times a day. That's 35 million times a year. Wow!

In your lifetime, your heart will beat about two and a half billion times. You know what else is really amazing? Your heart does all of this without you even giving it a thought. It just keeps working.

Most hearts beat about 70 times every minute. See for yourself. Put your hand on your wrist. Feel your heart beating. Now, count how many times it beats in a minute.

Take care of your heart. Eat well. Sleep well. And get lots of exercise. That way, your heart will be strong and keep on beating.





## Baby Jessie

Everyone was waiting for Jessie and her parents to arrive. "They'll be here soon!"

"Can Jessie and I play games together?" asked Laurie.

"Not yet," answered Mom. "Jessie is still a baby, you know."

"It takes a long time for a baby to turn into a kid, doesn't it?" asked Laurie. Mom laughed, "Yes, it does."

"Then she isn't good for much yet," said Laurie.

Dad laughed, "I don't think her parents would agree with that. They kind of like her."



A moment later, Jessie and her parents finally arrived. Jessie started crying because she didn't recognize Laurie and her family.

"She really isn't worth much," thought Laurie. But she didn't say this out loud.

Laurie then showed Jessie the box of toys. She shook a rattle at her. Jessie laughed.

"I guess maybe she is worth a little bit," thought Laurie as her eyes lit up.





## The Little Red Teapot

Last winter, I had a bad cold. I could hardly breathe through my nose. In the morning, my mother brought me a little red teapot.

“Tea? I don’t like tea!” I said.

“I know,” Mom said. “But tea is one of the best things you can drink. It’s very healthy. This is a special tea for when you are sick.”

There was no way out. I brought the cup to my lips and took a small sip. The tea was strong and bitter.

I knew my mom was trying to help me. So I took another sip. Within a few hours, I could breathe through my nose again!

Was it the tea? I don't know. But I do know that the next time I'm sick, I'll be looking for that little red teapot again!





## The Party

One hot summer day, Mouse decided to have a party.

Mouse walked over to Beaver's house. "Beaver, please come to my party. I'll be serving bananas," said Mouse.

"Bananas? I'll only come if you serve oranges," said Beaver.

"Okay," said Mouse. "My friends will like oranges. I'll make sure to pick some up."

Next, Mouse walked to Rabbit's house. "Rabbit, please come to my party. I'll be serving oranges," said Mouse.

"Oranges? I'll only come if you serve apples," said Rabbit.

"Okay," said Mouse. But he was puzzled.





Mouse then walked to Squirrel's house. "Squirrel, please come to my party. I'll be serving apples," said Mouse.

"Apples? I'll only come if you serve bananas," said Squirrel.

"Alright!" exclaimed Mouse.

Mouse knew exactly what to do. He cut up bananas, oranges and apples. Then, he mixed them all in a bowl. "Now all of my guests will be happy!"



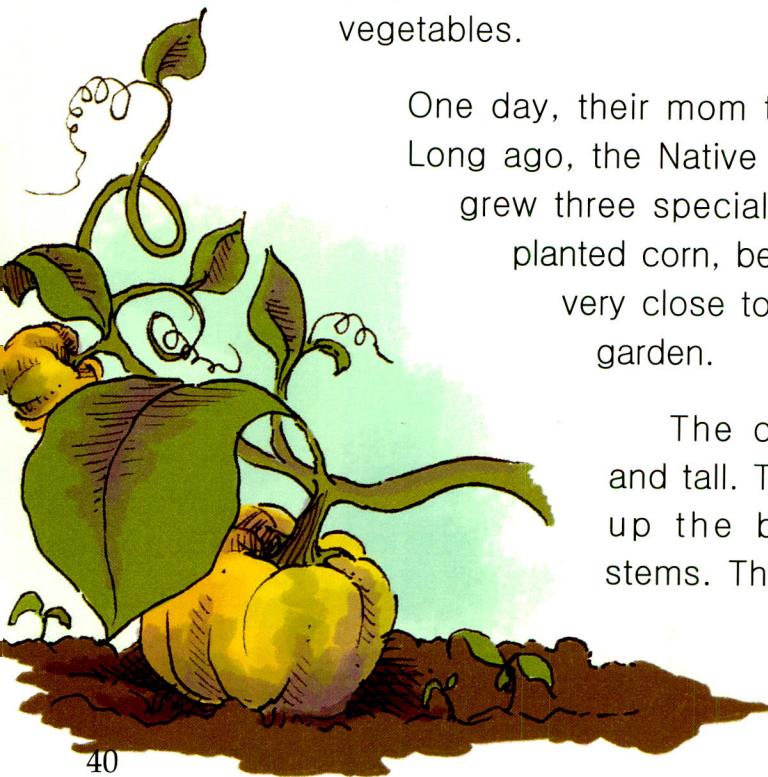
## The Three Sisters

(based on a Canadian Native story)

Eddy and Casey did not like eating vegetables. They liked meat and fish. They liked rice and bread. They even liked apples, grapes and bananas. But they did not like vegetables.

One day, their mom told them a story. Long ago, the Native people in Canada grew three special vegetables. They planted corn, beans and pumpkins very close to each other in the garden.

The corn grew strong and tall. The beans climbed up the big strong corn stems. The pumpkins made

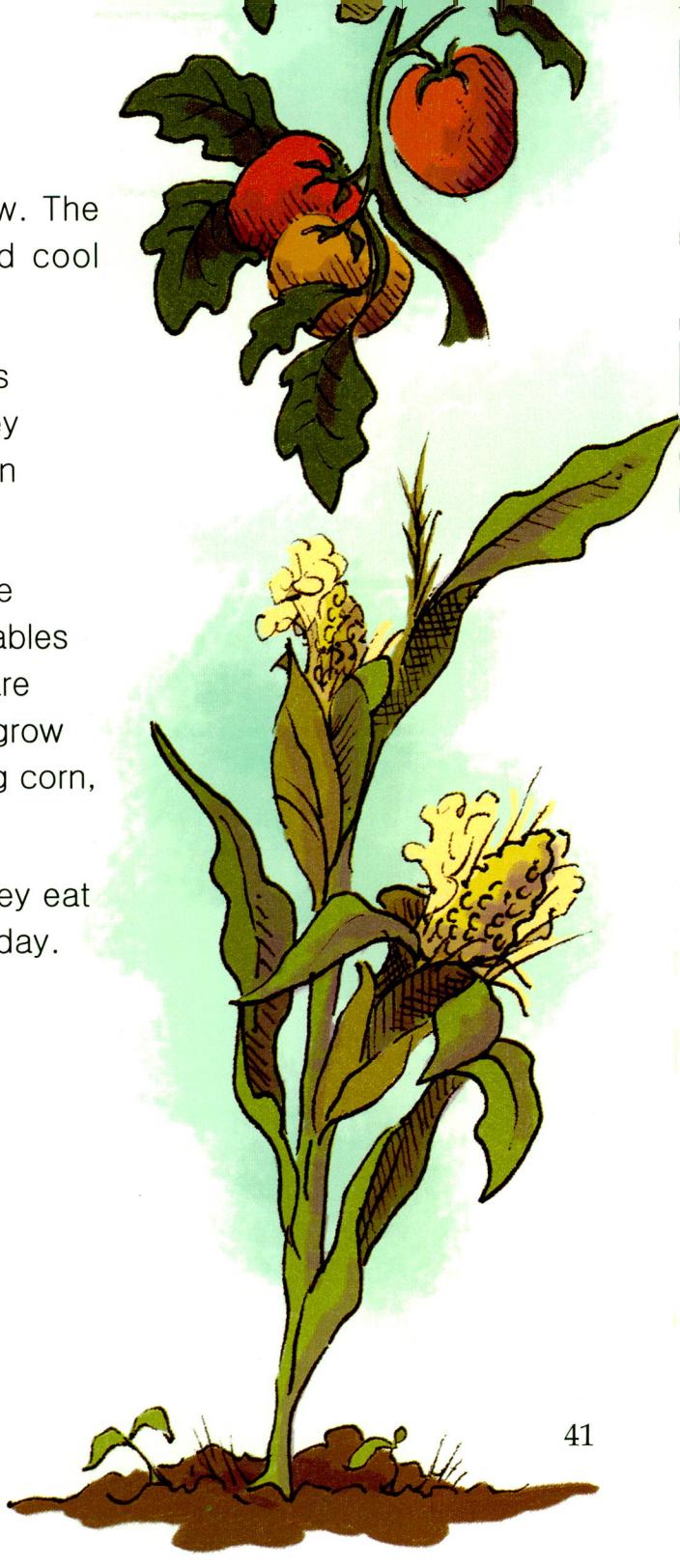


big leaves as they grew. The leaves kept the ground cool and wet.

The three vegetables helped each other. They were like three sisters in a family.

That is why the Native people call these vegetables the three sisters. They are very special. Little kids grow big and strong by eating corn, beans and pumpkins.

Now, Eddy and Casey eat their vegetables every day.

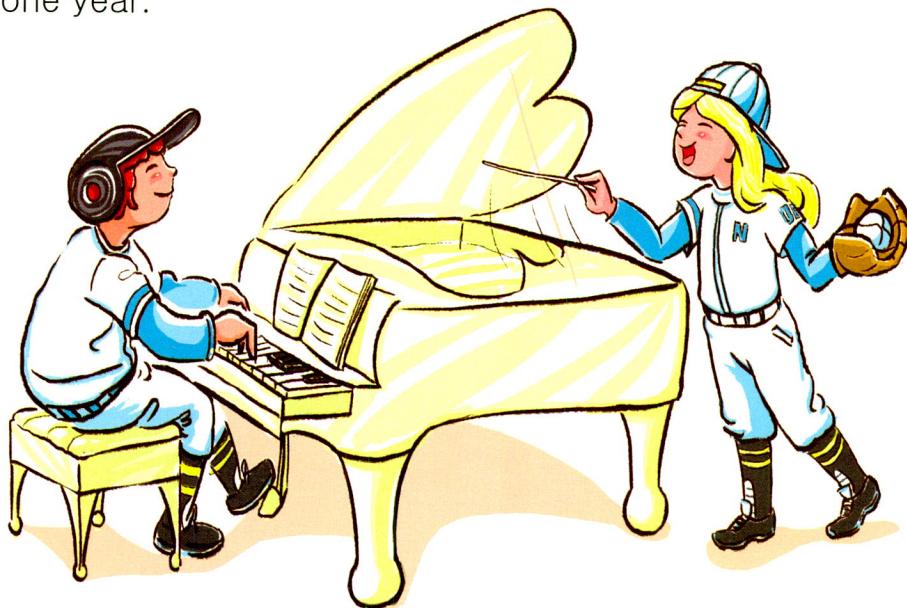




## Baseball or Piano?

My mom loves music. She wants me to become a pianist. But I like sports. I play baseball every day after school. Sometimes, I stay out playing until it gets dark.

So when my mom signed me up for piano lessons, I was not happy. Mom said that I had to try the piano for one year.

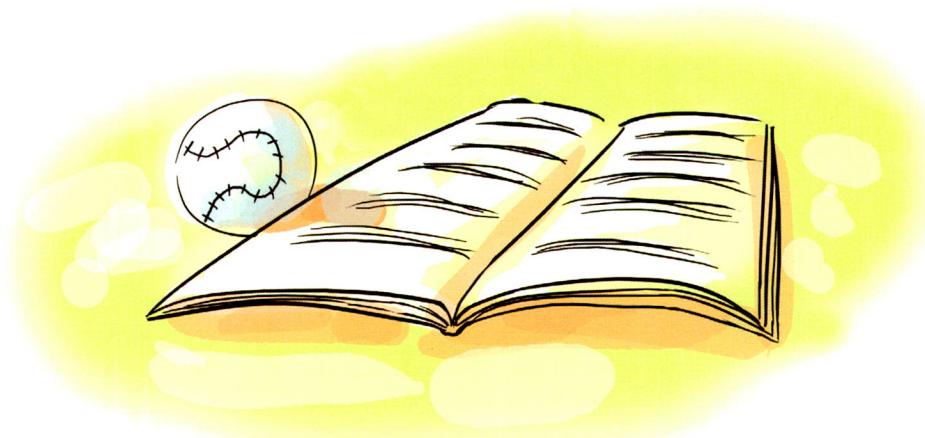


I went to the first lesson. It was very difficult. My fingers were not good at pushing the right piano keys. They were good at holding a ball.

A little girl there saw me struggling. She said to me, “I will help you learn to play the piano if you teach me to play baseball.”

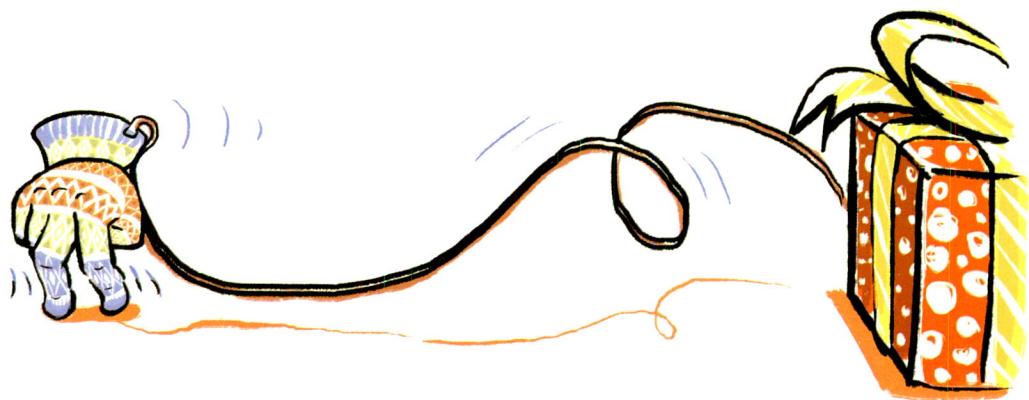
We became good friends that day. She taught me how to play Beethoven. And I taught her how to throw a curve ball.

Now, I don’t know which I like better, baseball or piano?





This year, my mom made me a new pair of gloves for my birthday. That day, I wore them to the skating rink.



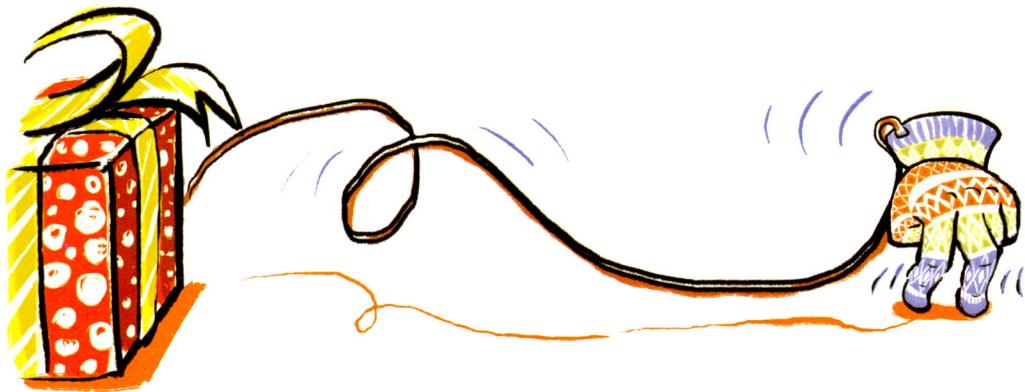
It got quite warm. Everyone took off their heavy coats and hats. I took off my new gloves. I put them safely in my jacket and skated around in my sweater.

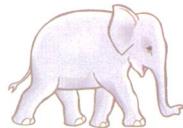
When it was time to go home, I picked up my jacket. But my gloves were gone!

I could not believe it. I went home and told my parents. They were upset with me. I felt terrible.

Later that evening, the doorbell rang. It was a boy from school. He had the exact same jacket as me. I had accidentally picked up the wrong jacket!

“Missing these?” he asked as he handed me my gloves and jacket. I had never been so happy to see a pair of gloves in my whole life!



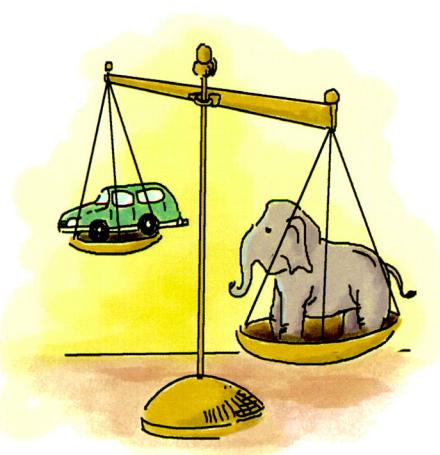


## The Gentle Giant

You probably already know that elephants are the largest land animals.

Some people think that, next to humans, elephants are the smartest creatures on earth.

In some ways, they are just like us: they live in groups to be about the same age as a human. The oldest elephant was 82 years old.



Just how big can elephants get? Well, there was once a male elephant that weighed 11,000 kilograms. That's as much as ten cars!

Elephants have been known to knock down trees and carry them out of forests. There are

even reports of elephants pushing trains off railway tracks.

But for all their size and strength, elephants can be very gentle. And any creature that's as big as a house deserves respect!





## Protect Mom's Belly

Irene is four years old. She is very smart. She observes everything. Her mom is going to have a baby!

One day, her mom asked her, “Irene, do you want a baby sister? You are too lonely.”

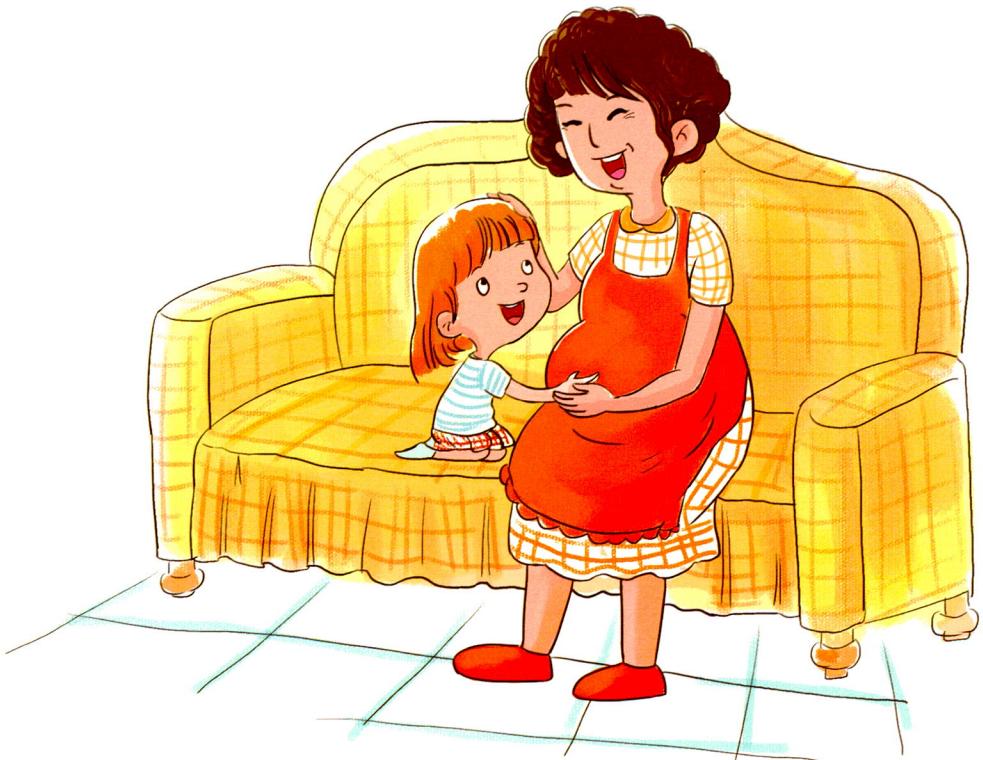
“No!” Irene replied.

“How about a baby brother?” Mom asked.

“No!” Irene replied again.

“Why? Wouldn’t you like to have a sister or brother to play with?” Mom asked again.

“I would want to play with my sister or brother! But I just wouldn’t want your belly to explode. You will feel so much pain. It’s getting so big and round,” Irene said.



Mom laughed, “Don’t worry. My belly won’t explode.”

“Why don’t we ask Dad to give birth to the baby? He is big and strong,” Irene asked.

Dad started laughing too. “I’m a man and men can’t do that.”



## How Old Are You?

One day, some friends were talking. They were talking about how old they were.

James said, “I am seven years old. My brother is older. He is twice as old as me. How old is my brother?”

“That’s easy,” said Ellen. “You are seven. He is twice as old as you. So, your brother is seven plus seven. He is fourteen years old.”

Then Jane said, “I am eight. I have a baby sister. She is half my age. How old is my sister?”

“That’s so easy!” yelled James. “She is half of eight. So, your sister is four years old.”

Chris was thinking hard. There was something on his mind. Then, he asked, “How old is a dinosaur?”

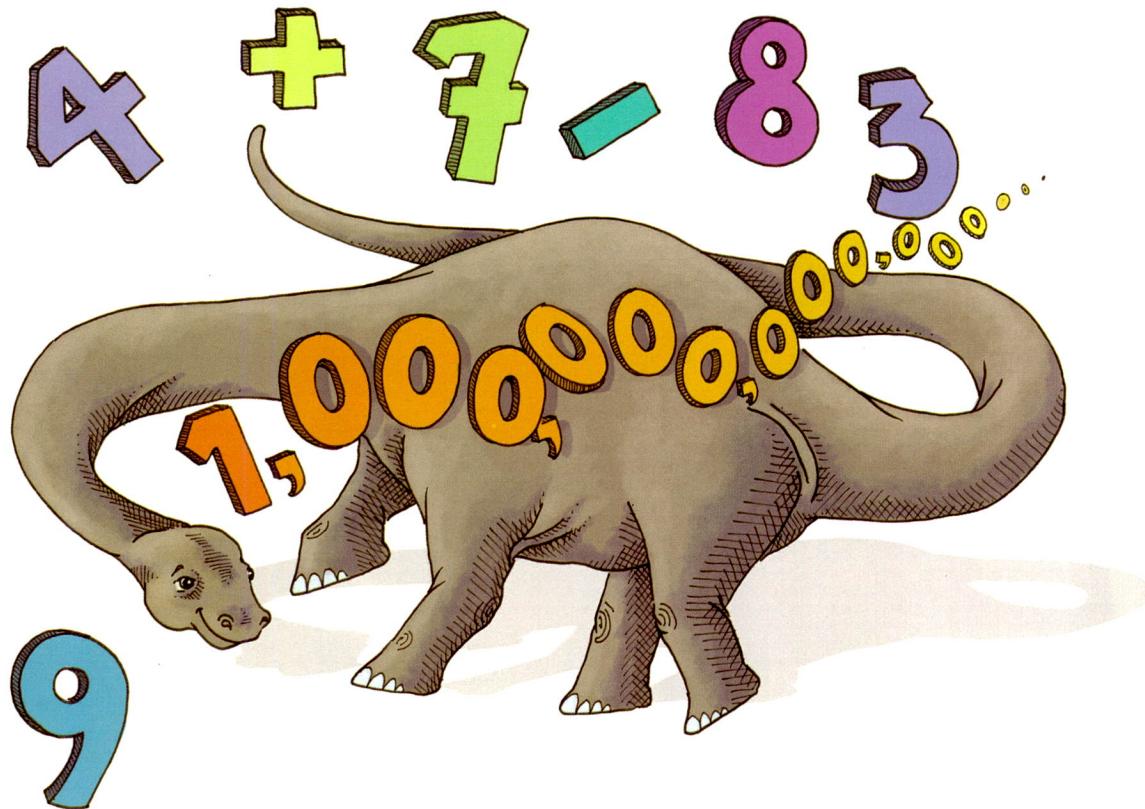
“A dinosaur?!” said the puzzled children.

"Yes, how old is a dinosaur?" said Chris again.

The children thought really hard.

"A dinosaur is old—very old," said Ellen. "A dinosaur is millions of years old. A dinosaur is old, old, old!"

The children laughed. James said, "A dinosaur is older than all of us combined!"

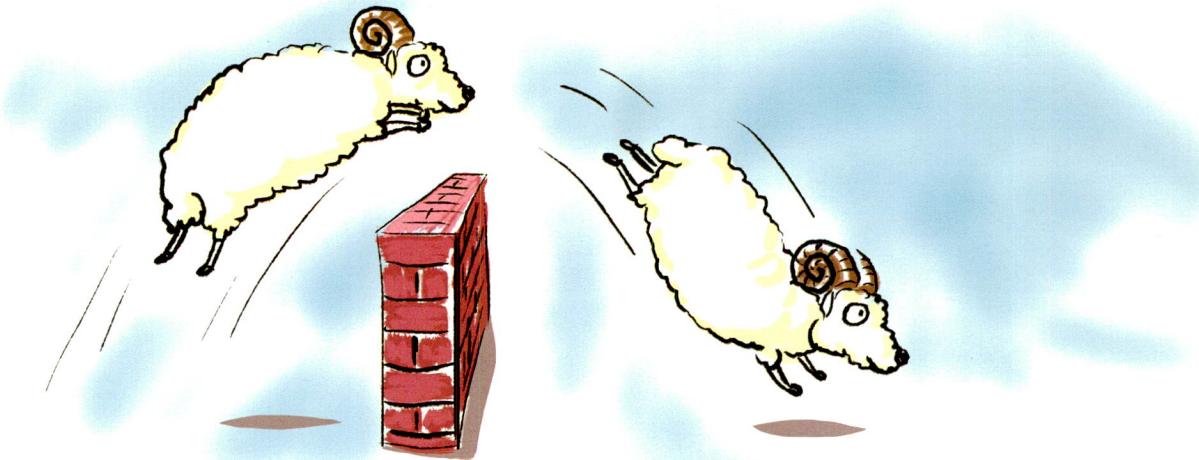




## Molly Can't Fall Asleep

Little Molly goes to bed, but she cannot fall asleep. She sits up. She lies down again. Still, she cannot sleep. It is not fun at all. Molly wants to sleep. What can she do?

Mommy teaches Molly a trick. It will help her fall asleep. It is fun and easy. What is it? Counting sheep! Close your eyes and try it.



Imagine a small wall—not too high and not too low—just right for sheep to jump over. Now imagine a flock of sheep. How many are there? Let's count them. Count the sheep as they jump over the wall.

*One sheep, two sheep, three sheep, four...*

Molly begins to count the sheep. *Ten, eleven, twelve...* Keep your eyes closed. Keep counting, Molly. Watch the sheep and count.

*One hundred, one hundred and one, one hundred and two...* Count, count, count. What's that sound? It's the sound of Molly sleeping.





## Working with Dad

One Saturday morning, my dad got me up early and said to me, "Can you help me in the workshop today?"

"Sure!" I said. I was always willing to help Dad in his workshop. But he never asked me. I thought it was because I am a girl. But today was different. He actually asked for my help!



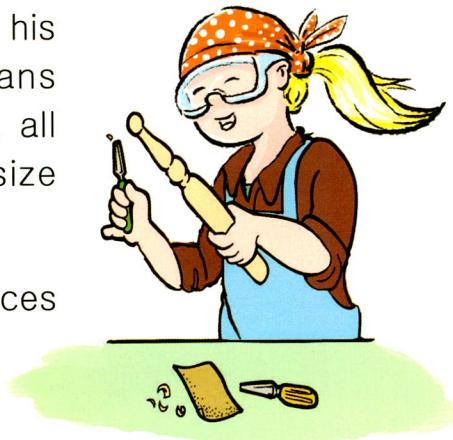
My dad had a drawing of his plans. We followed the plans and cut some wood. Soon, all the pieces were the right size and length.

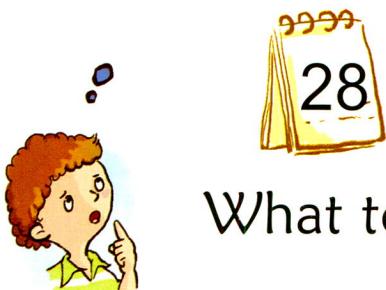
We started to put the pieces together. It was a chair! We glued the pieces and used big clamps to hold them in place. Dad said we had to wait 24 hours for the glue to dry.

The next day, we went downstairs. “Go ahead,” my dad said.

I sat down. It didn’t fall apart!

I hope I will have a daughter one day. I will teach her how to make her own chair too.





## What to Be

Our teacher asked us to write a paper. “I want everyone to write a paper for me,” said the teacher. “In the paper, tell me what you want to be when you grow up.”

“I want to work in a store and sell things,” said Bill.

“I want to coach a baseball team,” cried Sam.

“I want to be a writer and write books for people to read,” said Cheryl.

“I want to be a fireman,” said Gerry. “And maybe a policeman too.”

All of the children were excited—all except Joey.

“I can’t make up my mind,” he said.



"I want to be a lot of different things."

The teacher smiled. "Then that's what you should write," she told him.

"Write about all the things you want to be. One day, you'll know which one to choose. For right now, wanting to be a lot of things is just right."





## Big Green Ball



Sean had a new green ball—the best ball in the world! He took the ball into the garden. He rolled, bounced and kicked it. It was a great ball!

His little brother Sam wanted the ball too. “No!” said Sean. “It’s my ball! ALL MINE!”

Sean kicked the ball hard. It flew high, high in the sky and over the fence!



The fence was very tall, much taller than Sean. There was also a hole in the fence. It was much smaller than Sean.

Sean started to cry because he couldn't get his ball back.

But, Sam was small. He said,  
“Let me go get it.” He crawled  
through the hole and  
reached for the ball.  
Then he came back.

“Here is your ball, Sean!” he  
exclaimed.

Sean looked at Sam and  
smiled. “No, it’s OUR ball!”





## Kenny's Adventure

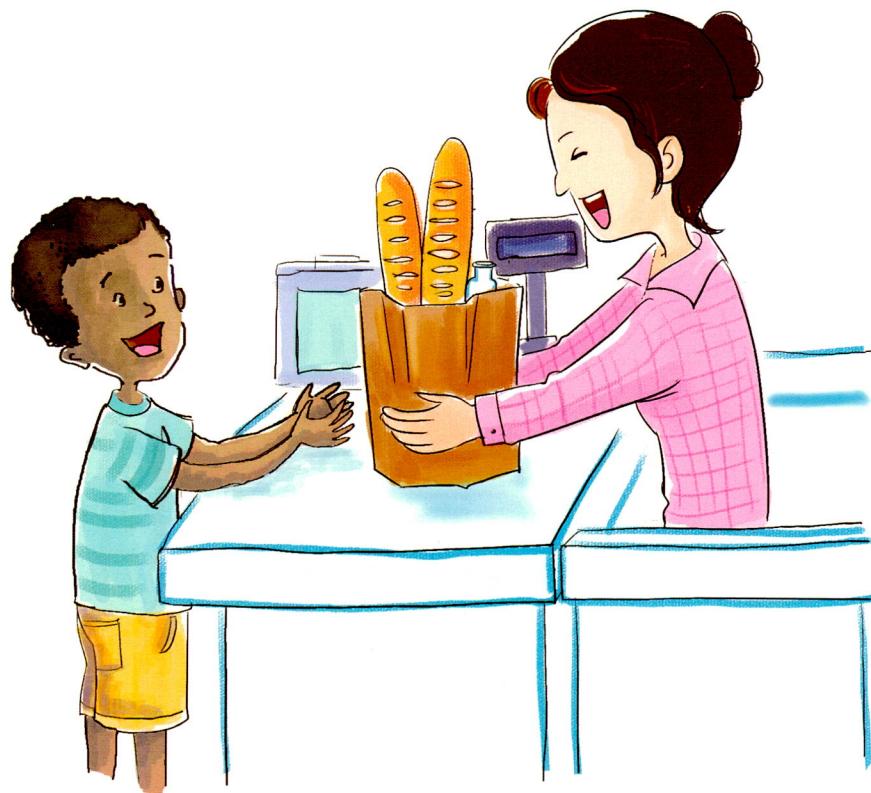
Kenny was going on an adventure. Where was he going? He was going to the grocery store!

He was going to get some groceries, all by himself.

Kenny's mom gave him a list and some money. "You need to get bread, milk and butter," she told him. "And be sure to use the crosswalk and to look both ways when crossing the street."

Kenny walked to the crosswalk. He looked both ways carefully. Then, he looked again, just to be sure there were no cars coming. Finally, he crossed the street and went into the store.

Kenny gave the grocery list to the clerk. "I want bread, milk and butter," he told the clerk. "Here is the money."



The clerk put the things in a bag and handed it to Kenny, with some change. Kenny was excited!

He walked back safely and made his way home. He had had a wonderful adventure!



## Baby Brother

Little Mary lives in a big house with her parents. She is the only child in the family. She really wants to have a baby brother.

One day, when she comes home from school, Mom and Dad are waiting for her. "We have some good news," they say. "You will have a baby brother soon."

Mary is very, very happy. "Is this true? When will he be here?" she asks. "I can't wait for him."

Her father says, "We will get him in two weeks."

"Two weeks?" asks Mary. "Doesn't it take longer than that for a baby?"



Mom smiles at Mary. "We are going to adopt a baby boy," she explains. "That means that we are going to choose a baby who has no family. We will be his new family. We will take care of him."

Mary is so excited.  
She will be a big sister  
in just two weeks!



