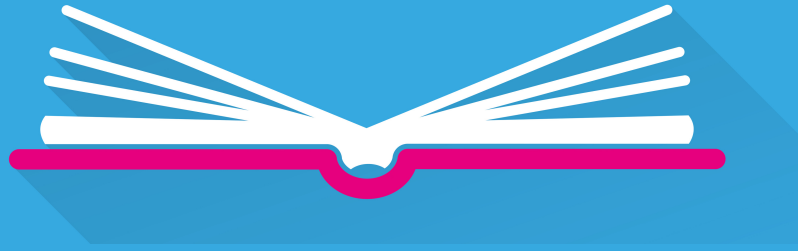


# STORY EXPLORERS



## The Jar of Happiness By Ailsa Burrows

We're delighted to share with you this edition of Story Explorers where we'll read The Jar of Happiness by Ailsa Burrows and sing along to some wonderful songs inspired by the book.

[Watch Here](#)

### Make Your Own Jar of Happiness

Can you make your own jar of happiness at home? You will need:

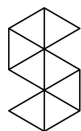
- A jar or container, like an old jam jar or tupperware
  - Some pens, pencils or crayons
  - Paper to write your happy things on
  - Something to decorate your jar with

*What makes you feel happy?*

*Who makes you feel happy?*

Using the template below, could you write or draw the things that make you feel happy? Perhaps you could do this with your family or carers. Then don't forget to put those happy feelings inside your Jar of Happiness.

SUNDERLAND  
MUSIC HUB



SUNDERLAND  
CULTURE

together for  
children  
SUNDERLAND

Sunderland  
City Council

Supported using public funding by



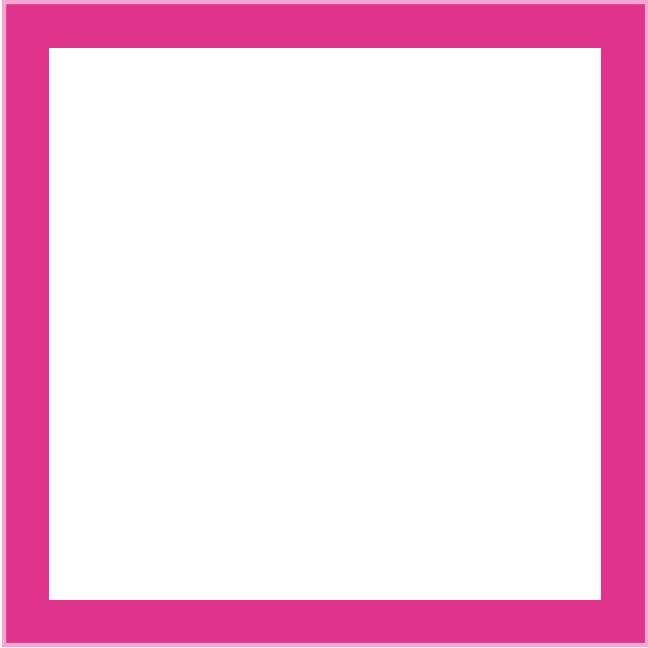
ARTS COUNCIL  
ENGLAND



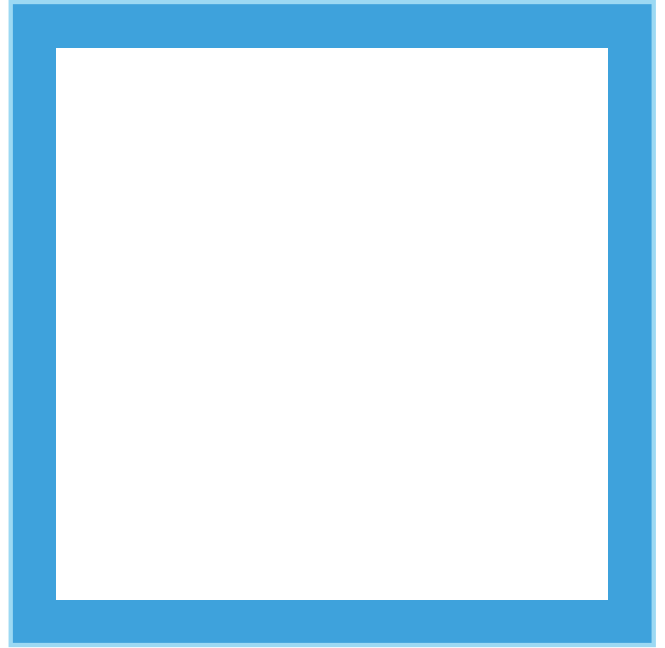
Supported using public funding by  
ARTS COUNCIL  
ENGLAND

## Create your Jar of Happiness

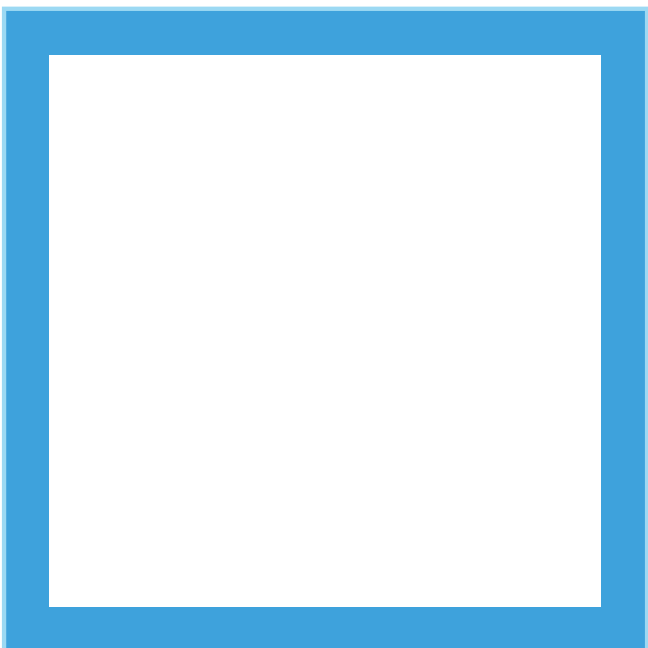
The things that make me happy  
are...



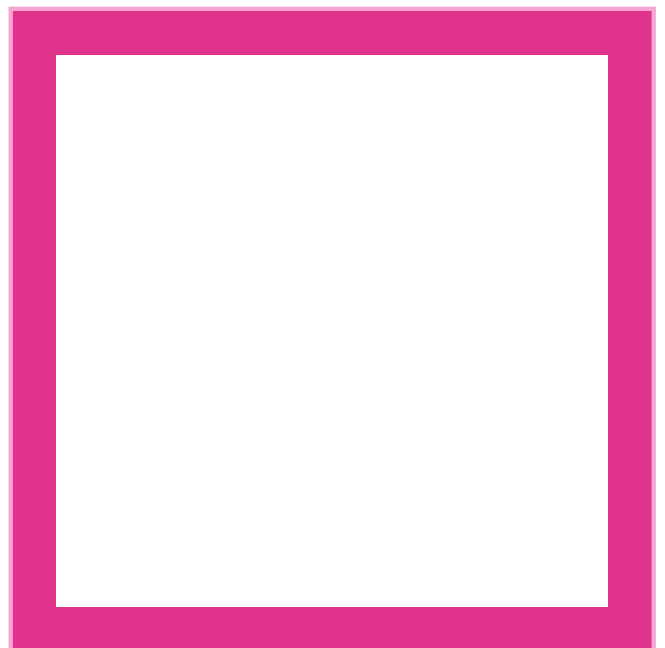
The people that make me happy  
are...



Other things that make me  
happy are...



When I'm feeling happy I look like  
this...



## Story Explorers Sing Along

We hope you enjoyed the songs in the Story Explorers film, which were written by our guest musician Paige Temperley. Can you sing along at home?

### Keep Me Warm

[Listen to Keep Me Warm backing track here.](#)

[Listen to Keep Me Warm with vocals here.](#)

Sometimes we wake up and the skies just ain't blue,  
But I know I'll be okay standing by you.  
Cos you're there,  
And you care for me.

*So keep me warm  
With a smile upon my face.  
Keep me warm  
'Til we find a brighter day.  
The sun will come back out again  
And shelter us from the rain.  
Keep me warm with a smile upon my face,  
Upon my face.*

Sometimes you wake up and the skies just look grey.  
And it feels like nothing is going your way.  
But I'll hang on,  
And I'll stay strong for you.

*I'll keep you warm  
With a smile upon your face.  
Keep you warm  
'Til we find a brighter day.  
The sun will come back out again  
And shelter us from the rain.  
Keep you warm with a smile upon your face,  
Upon your face.*

Each morning we will look up to the sky,  
And forever keep our heads held high.  
With each and every day that passes by,  
We will always remember to smile, smile, smile.

*So keep us warm  
With smiles upon our faces.  
Keep us warm  
'Til we find a brighter day.  
The sun will come back out again  
And shelter us from the rain.  
Keep us warm with smiles upon our faces.  
Upon our faces.*

# Story Explorers Sing Along

## A Song of Kindness

[Listen to A Song of Kindness backing track here](#)

[Listen to A Song of Kindness with vocals here](#)

I got a jar of fun  
To cheer up everyone  
I got a jar of fun  
Makes me happy when I am glum

(Ooohs)

Smells just like the Seaside breeze  
Tastes like chocolate  
Has sunshine scenes  
But if it were to ever go astray (aaahhh)  
I know I can find happiness another way

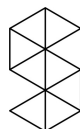
'Cause I got lots of love and hugs  
From the ones that mean the most  
And I can spread smiles and kindness  
To the ones that need reminding

(Ooohs)

So if you need reminding  
Here's a smile and a song of kindness...

*Story Explorers is a partnership project from Sunderland Music Hub, Sunderland Museum & Winter Gardens and Sunderland Libraries Services. It brings together storytelling and singalongs with some of the wonderful collections at Sunderland Libraries Services and Sunderland Museum and Winter Gardens.*

SUNDERLAND  
MUSIC HUB



SUNDERLAND  
CULTURE

together for  
children  
SUNDERLAND

Sunderland  
City Council

Supported using public funding by



ARTS COUNCIL  
ENGLAND



Supported using public funding by  
ARTS COUNCIL  
ENGLAND