

The Jar of Happiness

Written and Illustrated by Ailsa Burrows

A sweet, simple story about how to spread happiness in others and yourself.



5 Objectives

Lesson 1:

I can tell you what makes me feel happy

Lesson 2:

I can tell you some ways that I help others to feel happy

Lesson 3:

I can tell you what makes me feel sad

Lesson 4:

I can tell you how I help myself when I feel sad

Lesson 5:

I can explain how friends and family can make us feel happy

Tags:

Happiness, Sadness, Emotions, Friends, Helpful, Physical Activity, Love, Loss

Sensitive Content in This Story

This story focuses on Meg's quest to help her friends and family feel happy with her special 'jar of happiness'. When she loses the jar, she has to learn how to be happy in other ways. There are discussions in the story about different emotions, as well as a mention about a family member who is feeling poorly. Similarly, the book mentions a boy who is sometimes not kind to Meg and how this makes her feel.

These topics might lead some children to disclose information about how their own friends and family are feeling or how they act. They may talk about negative or big feelings at home such as anger. They may also talk about negative actions such as shouting or violence etc.

Some of the things children share in these discussions could be safeguarding concerns, therefore teachers and other staff should be prepared for this and follow their school's usual reporting system and procedures.

Wellbeing skill links

Relationships, Sex and Health Education (RSHE) statutory skills and PSHE Non- Statutory Skills

Caring relationships	Mental Health
<p>The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties (Lesson 2, 5)</p>	<p>That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. (Lesson 1, 2, 3)</p> <p>The benefits of physical exercise, time outdoors, community participation and service-based activity on mental wellbeing and happiness. (Lesson 1, 2, 4)</p> <p>Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests (Lesson 1, 2, 4, 5)</p> <p>Different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good (Lesson 3, 4, 5)</p>
<p>Further Skill Coverage:</p> <p>All Settle activities cover: Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>All Training activities cover: That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p>	

Literacy Links

Through the following 5 lesson plans children will explore the following literacy objectives.

Listening, attention and engagement	Vocabulary	Retrieval	Inference
<p>Uses small world play to engage with songs, rhymes and stories</p>	<p>Understands single words in context</p> <p>Identifies words by pointing to the right picture and selects familiar objects by name</p>	<p>Begins to understand 'who', 'what', 'where', 'why' and 'how' questions when listening to a story</p> <p>Describes main story settings, events and principal characters</p> <p>Demonstrates understanding when talking with others about what they have read</p>	<p>Listens to stories, accurately anticipating key events and responds to what they hear with relevant comments, questions or actions</p>

British Values and SMSC



Lesson Content

All five of the lesson plans related to this book follow our STORY structure



S **Settle:** Start your session with a settling activity to encourage children to be in the right frame of mind for listening and learning about their wellbeing.



T **Training:** Keep children's emotional literacy updated by spending a couple of minutes looking at a picture from the book and discussing the different emotions the characters are feeling.



O **Objective:** Introduce a wellbeing objective for children to focus on when they are listening to the story



R **Read:** Read the story and discuss the following guided reading questions as a class.



Y **You:** To finish the session children have the opportunity to reflect on the book and to relate the book to themselves.

Further Resources

Thank you for the little things by Caryl Hart – a lovely book to help children who are anxious to look for little things to cheer them up again.

We Feel Happy by Katie Abey – a great introduction to all the different feelings.

Find your happy by Emily Coxhead – a fun and vibrant book about what to do when you feel sad.

