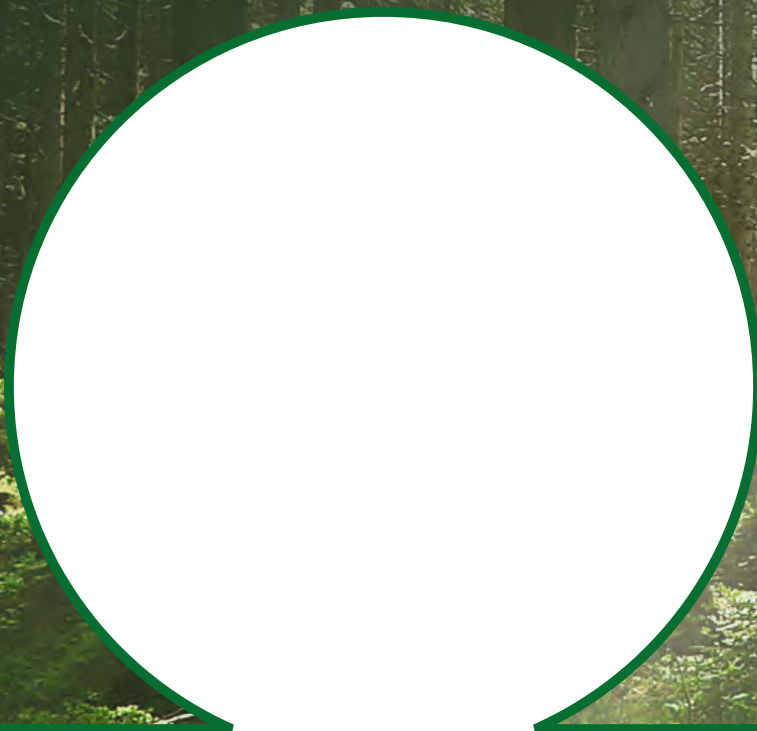


The Lost Happy Endings

Activity book

Draw a picture of yourself and put your
name and age in the box on the right



Name:

Age:

Meet Jub!



Hello, I am Jub.

I will guide you through this activity book and help you discover some of the ways a dance show is made!

In the balletLORENT dance production of *The Lost Happy Endings* Jub is played by Benedicta Mamuini. Originally from Angola, Benedicta now lives in Newcastle. She first started dancing at lunch times doing lyrical contemporary dance when she was 15 years old. She then trained to become a professional dancer at Northumbria University studying contemporary dance techniques and ballet. Dancing has been her job for five years. Benedicta joined balletLORENT in 2017.



Below is a synopsis of *The Lost Happy Endings*.

The Lost Happy Endings was written by Carol Ann Duffy.

Do you know what **synopsis** means? It means a brief summary of a story or play, keeping all the important parts.

Read this synopsis or find someone who can read it with you so you can learn more about the story, me and my important job! You can also ask an adult to help you visit this website, www.bit.ly/creative-dance to listen to the story narrated by Albie Crompton. Under: The Lost Happy Endings Story.

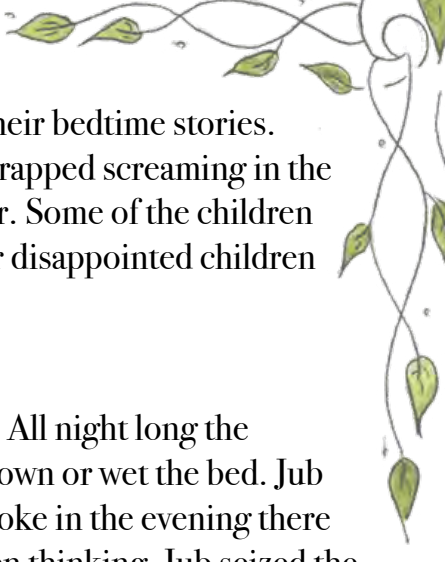
Jub lives in the forest and has a very important job, which she is very proud of. Each evening when dusk removes the outline of things like a rubber, Jub has to shoulder her big green sack and carry all the Happy Endings of stories from one end of the forest to the other in time for everybody's bedtime.

Jub has to climb to the top of a huge old oak tree, with her sack on her back, and sit on the tallest branch. Then, very carefully, Jub shakes out the Happy Endings into the violet evening air. Some of the Endings drift away like breath, others flutter upwards like moths fumbling for light, some look like fireflies disappearing among the leaves and twigs and some zipping skywards like rockets!


When the last Ending is out of the sack, Jub scampers off homewards to her cosy hole through the darkening woods. Sometimes the eyes of owls flash from the trees like torches and make her jump, or bats skim the top of her head like living frisbees and she squeaks with alarm but Jub is always soon home. The next day after a long sleep and cooking, cleaning and visiting her friends the Happy Endings fly to the forest like homing pigeons and hang from the ancient silver birch tree ready for Jub to collect once again.

One misty evening... Jub sets off with her full sack and meets a twisted old woman with a face like the bark of a tree and horrible claw hands. She had fierce red eyes like poisonous berries. No-one would know that she had once been young and brimming with hope. But the Witch had a sad and difficult life, and now she believed that hard truth was better than fairytale fiction. That way, there could be no disappointment.

The old woman snatched the sack of Happy Endings from Jub. The Happy Endings were lost! She turned and ran back down the path towards her home, scattering bitter tears into the cold black night.



As Jub ran sobbing through the forest, children in their beds were reading their bedtime stories. But that night there were to be no Happy Endings. Hansel and Gretel were trapped screaming in the Gingerbread House while the wicked Witch made the oven hotter and hotter. Some of the children started to cry. Soon the night was filled with the awful sound of frightened or disappointed children weeping and wailing in their beds.

Deep in her hole in the forest, Jub heard the noise that the children made. All night long the children cried or asked for the light to be left on or refused to sleep on their own or wet the bed. Jub dreamed of a Golden Pen which could write on night itself, and when she awoke in the evening there was the Golden Pen on the little table beside Jub's bed. Quickly, without even thinking, Jub seized the pen and set off into the forest. She held the Golden Pen between her fingers and drew a question mark on the night air. It floated before her, a perfect Gold  glowing in the darkness.

Suddenly Jub knew exactly what to do. She would write her own Happy Ending on the night! She held tightly to the Golden Pen and began. Every word she wrote shone out in perfect golden handwriting...

But tonight the Witch had decided that she was going to burn the sack of Happy Endings to make a fire for herself. She was going to dance round that fire and shout out terrible bad words and then drink poison-berry juice (her tippie of choice) and smoke a clay pipe.

The Witch was about to burn the Happy Endings, but a flash of gold caught her eye and she picked up a Happy Ending that she had never read or imagined. In this Happy Ending, a lonely, broken hearted woman had allowed herself to become more and more bitter with time.

But one night, the Witch met another Witch! This woman, too, had suffered in her life, but she had watered her heart like a plant, and she was full of fun and liveliness. She snatched hold of the Witch's hands and began to dance with her - a dance the Witch remembered from her youth. The new Witch explained that she lived in the greenest of forests and that she would love a companion and so they set off together scattering the lost Happy Endings over the forest floor.

Jub grabbed the sack and gathered them up then ran as fast as her short legs could carry her towards the huge old oak tree on the other side of the forest...

That night, everything returned to normal. Almost. Snow White lived but refused to go with the Prince and remained with the seven dwarves to learn forestry. Pinocchio grew up to become Prime Minister. Hansel and Gretel opened a vegan restaurant with the Witch and Cinderella formed a band with the Ugly Sisters. And so on...

THE END

Make a den!



Why not have a go at making a den like my cosy home in the forest?



You can make it from pillows or cushions. Take a photo or draw a picture of it, or just relax inside!

MAP: Once you have done this you can tick box number 1 on Jub's forest map! Go on, see if you can find it...

A story like *The Lost Happy Endings* that you just read or listened to is often used as the foundation of a dance production, but there are many other parts that go into making the finished show.



We are now going to learn about different parts of a dance production that help us to tell the story on a stage.

There are a lot of people behind the scenes that help to make a dance production look and sound the way the director or choreographer want it to.

The choreographer of balletLORENT is Liv Lorent. Liv comes up with the idea for a show and then it is brought to life with the help of her team. Sometimes a story like the one you have just read is the starting point for a show or a piece of music.

Costumes!

We've shown Nasir Mazhar as a bat for this journey, but he actually lives in London and is a very successful costume and clothes designer. He makes costumes for theatre of all kinds, and films. You can see hats he has designed in the film 'Mary Poppins Returns'. To make sure the costumes are right for each character Nasir thinks about colour, texture, form and structure. For dancers the costumes need to be flexible, and they might need large pockets to keep their props in.



When I make costumes, I really use my imagination and I try to think how I can help the character come to life as best I can with what they wear. Clothes can really tell the audience a lot about a character.



Costumes are very important. Dancers and actors wear costumes on stage. They are designed by a costume designer. Nasir Mazhar designed the costumes for balletLORENT's *The Lost Happy Endings*.

Question:

Do you know what a prop is? Try and find out and remember it for later on!





Did you find out what a prop was?

Jub's sack is a prop. Some of the other props used in *The Lost Happy Endings* include books, baskets, and spinning wheels. These help the performers tell the story on stage in a physical way.



Activity!



Now find Jub on the **character sheet**. Cut her out and colour her clothes (costume). You can also use some of the felt in the craft box. Think about her character as you design what she wears.

TIP: Make sure you don't use all the felt on this task! Use a small piece of the plasticine to help each character stand up on your stage.

After you have created Jub's costume you can tick box number 2 on Jub's forest map.

Stage Set!



Now we will learn about how you make a stage look like the story. This is called 'set'.





My best friend is a Gorilla!
He lives in the hole next door
to mine in the story.

In the balletLORENT production of *The Lost Happy Endings*, the Gorilla is played by Gavin Coward. He is very cheeky.

Gavin Coward is originally from Leeds where he trained to be a dancer at the Northern School of Contemporary Dance. He has danced for many companies, and in shows all over the world. Gavin is a fantastic teacher, and loves working with young people to help them discover dance and performance. Gavin now also makes his own work as a choreographer. He joined balletLORENT in 2001.

Gorillas are very special animals. Ask an adult to help you visit this website, www.bit.ly/creative-dance to meet the Gorilla and play some games! Under: *Gorilla Games!*

If you are joining in **without the computer**, put on some music you really like and use the ideas below to get you going!

GORILLA GAMES

1 Get some objects from home that you can step on, like socks or paper. Nothing precious! Make 'islands' with them, like stepping stones across a river. Do as many as you can! Start at one end and don't touch the water! Jump and move like a Gorilla from stone to stone, from one end to the other. On your way back try moving like a Frog and then why not try other animals like a Slug, or a Seagull!

2 Take a deep breath and imagine that you swallow a little buzzing insect, or a firefly. Let it flutter inside you. Move around imagining it is flying inside your tummy. Does it make you jump? Twirl? Or jig? See if it can make you move all your body parts. Then you can let it go by opening your mouth and let it fly away.

Question:

Do you know why it is important for dancers to warm up before dancing?



Gorilla Facts

- 1 There are two main species of gorilla: Eastern and Western. Both gorilla species live in equatorial Africa, in the Congo Basin.
- 2 Gorillas display many human characteristics including laughter and sadness and share 98% of their genetic code with humans. They are our closest cousins after chimpanzees and bonobos.
- 3 Sadly, gorillas are critically endangered.
- 4 Adult male gorillas are called silverbacks because of the silver saddle of hair on their backs.



Why not try and find some more information out about gorillas?!

Activity!

Now go to the **character sheet** and cut out and colour your gorilla. Is yours a silver-back or female?

After you have decorated the gorilla, you can tick box number 4 on Jub's forest map!

Task!

How long can you act like a gorilla? You have to stay in character the whole time!



I have spent _____ **being a gorilla!**

Me and the Gorilla are going to go on adventure. We need to 'warm-up' our bodies and minds so we are ready to go!



Before Jub and the Gorilla set out on their adventure, their friend, the Wolf is going to lead them through a warm-up. In balletLORENT's production of *The Lost Happy Endings* the Wolf is played by Toby Fitzgibbons.



Toby is originally from Norwich but now lives in Sweden and Newcastle. He trained to be dancer at 16 years old in London at Bird College. He trained in ballet, tap, modern, drama and contemporary dance techniques. Toby has also danced with Scottish Dance Theatre and Norrdans. Toby teaches professional dancers and students in the UK, Denmark and Sweden. Toby joined balletLORENT in 2015.

Ask an adult to help you visit this website,
www.bit.ly/creative-dance
to meet the Wolf and warm-up your body! Under: *Wolf Warm-up*.

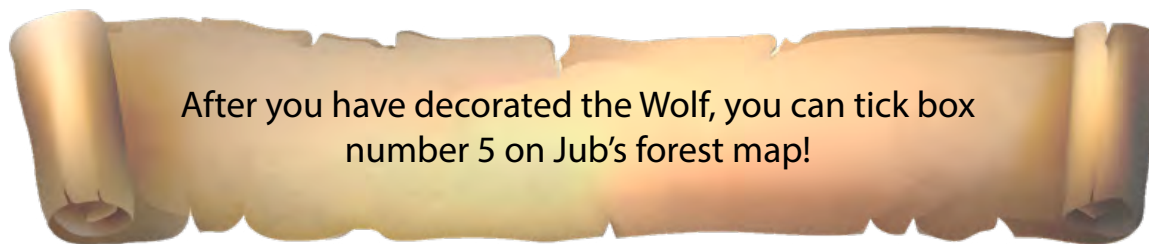
If you are joining in **without the computer**, put on some music you really like and use the ideas below to get you going!

- 1** Imagine you are just waking up and take a big yawn. Shake your whole body like you are trying to get water off it. Try and shake your whole body, part by part.
- 2** Then move your fingers, wrists, knees, arms and hips in circles. Move each body part one by one. Do big circles and then small circles.
- 3** Move around on your hands and knees like a wolf does. Prowl around where you are. You can growl and howl too!
- 4** Imagine the floor is covered in sticky glue; try and move around using your whole body. Now imagine it is really windy and you are light as a feather.
- 5** Make yourself as big as you can and then small as you can and repeat this again and again, moving through the space....

Are you feeling warm now?

Activity!

Now go back to the **character sheet** and cut out and colour your Wolf. Is yours more grey or white?



After you have decorated the Wolf, you can tick box number 5 on Jub's forest map!

Let's learn more about trees, like the ones in Jub's forest!

Tree Facts

- 1 There are an estimated 400 billion trees in Europe and 3 trillion trees on planet Earth!
- 2 There are over 60,000 tree species in the world and over 60 native tree species in the United Kingdom.
- 3 The largest rainforest in the world is the Amazon Rainforest. **Can you find out where the Amazon rainforest is...?**

Task!

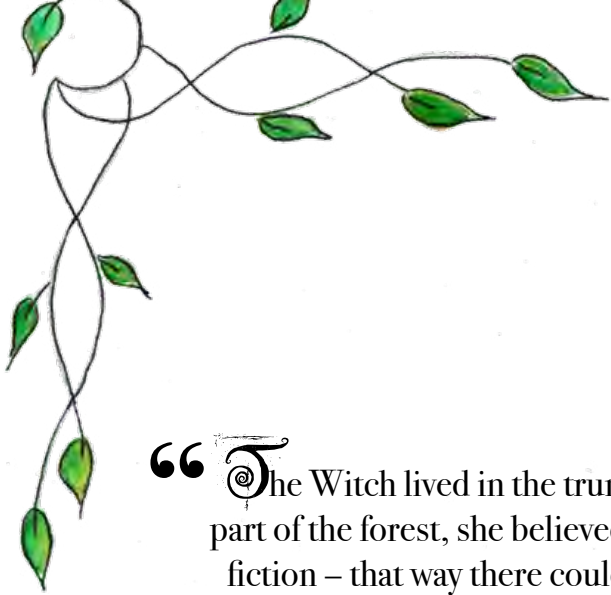
On your next walk outside, in the garden or the park, count how many different types, species, of trees you can find and record them below.



Tree species found:







In the story I meet a Witch, deep in the forest.



“The Witch lived in the trunk of a dead tree in the darkest thorniest part of the forest, she believed that hard truth was better than fairy tale fiction – that way there could be no disappointment...No one would know that she had once been young and brimming with hope.”

Activity!



Now find the **Witch's Tree sheet** in the box. This is where the Witch lives. Colour the tree in, cut it out very carefully and glue it around the inside of a toilet roll. As you decorate the tree think about the story and what you know about the Witch.

Question:

Look back at the theatre box diagram on page 6. Can you find the wings?



The wings are large screens running along the side of the stage which help the performers stay hidden when they are not on stage, and can be part of the design.

Did you find the wings on the diagram and the box?

Activity!

Now finish decorating your theatre box using the craft materials and colouring pencils.

You could make some theatre wings for your stage too!



In *The Lost Happy Endings* the Witch takes the happy endings from me, everything goes wrong and the children do not sleep well that night...

Read this part of the story or find someone to help you read it.

“Hansel and Gretel were trapped screaming in the Gingerbread House while the wicked Witch made the oven hotter and hotter. Cinderella’s foot was too big for the glass slipper. The Big Bad Wolf gobbled up Little Red Riding Hood. The Frog, who was picked up by a Princess, was horrified when she tried to kiss him and hopped away in terror. The Princess gave chase and the poor Frog leaped and bounded and jumped away from this crazed Royal and round and round they went. Goldilocks changed the locks on the cottage of the Three Bears. Nothing and no-one could wake Sleeping Beauty, so she slept till the end of days. And as for Pinocchio, he refused to stop lying. In fact, his nose grew so long that he arrived everywhere a whole day before he set off. On and on it went...”

Now you can try and dance how the fairy tale characters might move if their stories went wrong!

Make sure you have enough space and then give it a go... These are only suggestions, make up some more of your own for other stories that might go wrong.

- 1 Cinderella** - movement scrubs the floor - hopping into the glass slipper lifting the foot.
- 2 Pinocchio** - folds all his limbs, moves on strings, puppet like movement whilst telling lies.
- 3 Hansel and Gretel** - run and hide in as many places as possible in your house.
- 4 Frog Prince** - hop like a frog whilst blowing kisses.
- 5 Sleeping Beauty** - spins and twirls herself dizzy to sleep.
- 6 Goldilocks** - stirs the bears’ porridge and leaps and jumps with excitement.

Why not try dancing like the Witch! How does your Witch dance?

Carol Ann Duffy is a famous poet, playwright and author. She was Poet Laureate from 2009 -2019 and she wrote *The Lost Happy Endings*. Carol Ann reimagined the end of stories to make new endings in *The Lost Happy Endings*.

Can you think of a new ending for your favorite story or fairy tale below?



Activity!

Why not make up your own fairy tale character? They can look however you like, and have any special abilities you want. Draw a picture of them in the box below.



Now find the **fairy tale character sheet**. Colour and decorate the fairy tale characters. You will see a space left for you to draw and decorate your own character again.

Once all the fairy tale characters are decorated, cut them out and keep them safe! This includes the one you made up.

In *The Lost Happy Endings*, I find a Golden Pen. It helps me re-write the happy ending of the story. Why don't you decorate one of your own pens with anything gold or yellow in the craft pack, or decorate the Golden Pen cut-out sheet.

After you have decorated the Golden Pen, you can tick number 6 on Jub's forest map.



We are now going to move with the Golden Pen and make new happy endings!

Ask an adult to help you visit this website, www.bit.ly/creative-dance where you will find Jub dancing with the Golden Pen making a new happy endings dance. Under: *Golden Pen Dance*.

If you are joining in **without the computer**, put on some music you really like and use the ideas below to get you going. If you need help, ask an adult to read the ideas with you.

Golden Pen and Happy Endings dance

Take your Golden Pen in one hand, or where you can grip it, and start moving. The pen can change place whenever you like.

Take a deep breath, press play if you are using music and begin...

As you move, imagine the story so far... The Happy Endings have been stolen by the Witch and the stories have gone wrong. Start to draw these images in the air. You can use the dance moves on the back of the fairy tale characters as inspiration.

Now using your Golden Pen make new Happy Endings. Try and draw these images in the air! How can the story change for the better? Make the stories end how you would like. What happens in the end of your stories?

Use your whole body to draw your thoughts in the air.

Keep experimenting with movements. Use lots of room, making them big and then sometimes small. Sometimes move fast like electricity and then slow like a snail. This is your dance. Dance the way you would like and make your happy endings come to life.



Well done, we have nearly finished! After all your hard work on this adventure it is time to stretch our bodies and relax our minds.

Practising yoga gives me purpose, meaning and improves strength, flexibility and balance. It is really good for my overall well-being and could be good for yours too! Let's do some together!

Meet my friend Debbi. She is an Elephant and is going to help us do some yoga poses. Dancers spend a lot of time looking after their bodies so they are ready to do a show again and again!

Yoga comes from India and is thousands of years old. Yoga means to 'join' or 'unite'.



Ask an adult to help you visit this website, www.bit.ly/creative-dance where you find Debbi doing yoga with Jub, the Gorilla and the Wolf. Under: *Yoga Poses*.

Find the **yoga poses sheet** in the box and follow the directions for each pose, on its own or with the filmed instructions.

Task!

The Elephant is the last character for you to decorate on your **character sheet**.

This last box is for you to draw / describe what you did, how you shared your work. It could be a photo, some writing or a picture of you sharing your work.



Thank you for coming on this adventure with me! Well done, we did it! **Congratulations!**

Put on some of your favorite music and have a last dance, thinking about the whole story!



You can now tick Box number 7 on Jub's Forest Map. Now you have completed the journey you can turn the Map over and colour it in and it can become the floor of your stage.

Take your bow!

Schroder Charity Trust
Garfield Weston Foundation
Hull and East Riding Charitable Trust
Hays Travel Foundation
The Sir James Reckitt Charity
The Hugh Fraser Foundation

James T Howat Charitable Trust
The W M Mann Foundation
Wades Charity
Hadrian Trust
Catherine Cookson Charitable Trust
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The Lost Happy Endings film, by balletLORENT is available to view on Marquee TV, an online streaming service for arts and culture. Subscription fees may apply.

You can use these Discover Arts Award resources in your school or community setting. If you are an Arts Award centre you can assess the awards. Alternatively, balletLORENT is an Arts Award centre, and can assess the awards for you. For more information, including costs, please contact James MacGillivray, Education and Projects Manager, balletLORENT: james@balletlorent.com

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