Why Laugh? (short answer: because you can!)

• Benefits include improved physical, mental, and social health.
• Laughter is infectious – feel free to infect others.
• Boosts energy while reducing stress and tension.
• Enhances teamwork and social interaction. (Folks will be drawn to you!)

Putting Laughter in your Life

• Practice laughing – it works!
• Go to a comedy club.
• Read the funny pages.
• Seek out funny people.
• Share a good joke or a funny story.
• Check out your bookstore’s humor section.
• Laugh for NO reason!
• Watch a funny movie or TV show.
• Host game night with friends.
• Play with a pet.
• Go to a “laughter yoga” class.
• Celebrate World Laughter Day.
• Goof around with children.
• Do something silly.
• Make time for fun activities.
• Karaoke with friends.

PUTTING LAUGHTER INTO YOUR AFTER SCHOOL PROGRAM

• Practice Laughing!
• Laughter Leader
• Don’t be afraid to be corny - kids love it!
• Joke of the Day/Joke Time
• Joke Journal
• Laughing Contest
• Other contests: Jokes, puns, spoonerisms, Tom Swifties, malapropisms, etc.
• Laughter Yoga http://www.laughteryoga.org
• Personal stories or experiences
• Play on words
• Alter Ego
• Celebrate World Laughter Day!

Laughter Practice

Use these different types of laughter practice. For an explanation of each, and for even more ideas, go to http://www.laughteronlineuniversity.com/150-laughter-exercises/

• Cell phone laughter
• Laughter skit
• Evil scientist laughter
• Bird laughter
• Laugh track laughter
• Aloha laughter
• Laugh mob