



## 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

