

Who am I & why am I here??

Afterschool Educator with the Missouri Afterschool Network



Laughter Yoga Instructor



President/CLO @ You Gotta Laugh LLC



My hobbies - I like cooking my family and my dog.



Thanks and love to my daughter Amanda for the design of this presentation

Among other jobs...

- Grocery store clerk
- Bank teller
- Firefighter
- Teacher
- Ted Talker
- Afterschool Site Director

12:28 PM

WHO ARE YOU?

NAMES PLEASE!

Now installing SPRING

Loading... Please Wait.



37%

!!! Installation failed !!!

Error 404: SPRING not found.
SPRING is not available in your area...

Welcome to Illinois...

WEATHER IN THE UNITED STATES:

 ARIZONA	 WISCONSIN	 WASHINGTON	 NEBRASKA
--	--	---	---

WEATHER IN ILLINOIS:

			
---	---	---	---

THURSDAY

You Know You're From Illinois

34. You have 2 seasons.
Winter and Construction.

You Know You're From Illinois

30. You see "Tornado Warning"
on the TV an you go
outside to watch.



12:38 PM Report to Soldier Field

I'm from Missouri!!



12:38 PM

I'm from Missouri!!



12:38 P

I'm from Missouri!!

Proposed new state motto??



12:38 PM

I'm from Missouri!!

Proposed new state motto??



"Come smell our dairy air!"

12:38 PM



Who Can Laugh??





Preschool-aged children laugh up to 400 times a day, but by the time we reach adulthood, we only laugh about 17 times per day!

-DANIEL DECKER
ISSUE 17

pathways
to family wellness

Rules for this session, and for LIFE!



1. BE PRESENT
2. BE BRAVE
3. BE KIND



[GOALS & OBJECTIVES]

1. **Energize** you. **Engage** your brain!


Make you laugh or smile

2. **Inform/Remind** you of the benefits of laughing.

Make you laugh or smile

3. **Show you** how to put laughter into your life and your classroom.

Make you laugh or smile

BONUS  4. Share with you the **SECRET OF HAVING IT ALL!!**

12:38 PM



[AGENDA]

12:38 PM



[AGENDA]

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Am I serious about laughing? **Yep!**

(This is objective 1!)

TIME TO LAUGH!



3 best kinds of laughter:

1. Laughing so hard that **your laugh becomes silent.**
2. Feeling a **6 pack coming on.**
3. **Tears coming out** of ur eyes.

Smile
Giggle
Chuckle
Laugh

...and don't forget snorting!!!



12:38 PM

Long Lost Friends!





Speaking of icebreakers...

12:38 PM

You gotta laugh
But why???



What if I don't **feeeeel**
like laughing?
(whine implied)

12:38 PM

CHECK THIS OUT...

(This is objective 2!)

Laughing is **good** for you.

everybody knows that...



Yeah, but **did you know...**

12:38 PM

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THE BENEFITS OF LAUGHTER

PHYSICAL HEALTH BENEFITS
Boosts *Immunity*
Lowers *stress hormones*
Decreases *pain*
Relaxes muscles
Prevents *heart disease*

MENTAL HEALTH BENEFITS
Adds *joy and zest* to life
Eases anxiety and fear
Relieves *stress*
Improves *mood*
Enhances *resilience*

SOCIAL BENEFITS
Strengthens *Relationships*
Attracts others to us
Enhances *teamwork*
Helps *defuse conflict*
Promotes *group bonding*

No Rx!



↓
(Think SEL)

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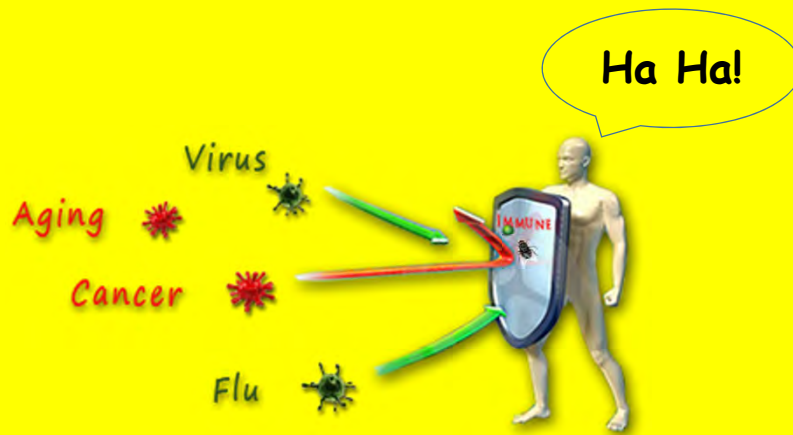
Laughter is **infectious**



and there is no
vaccination

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Laughter **strengthens** your **immune system**



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Laughter **boosts** your **energy**



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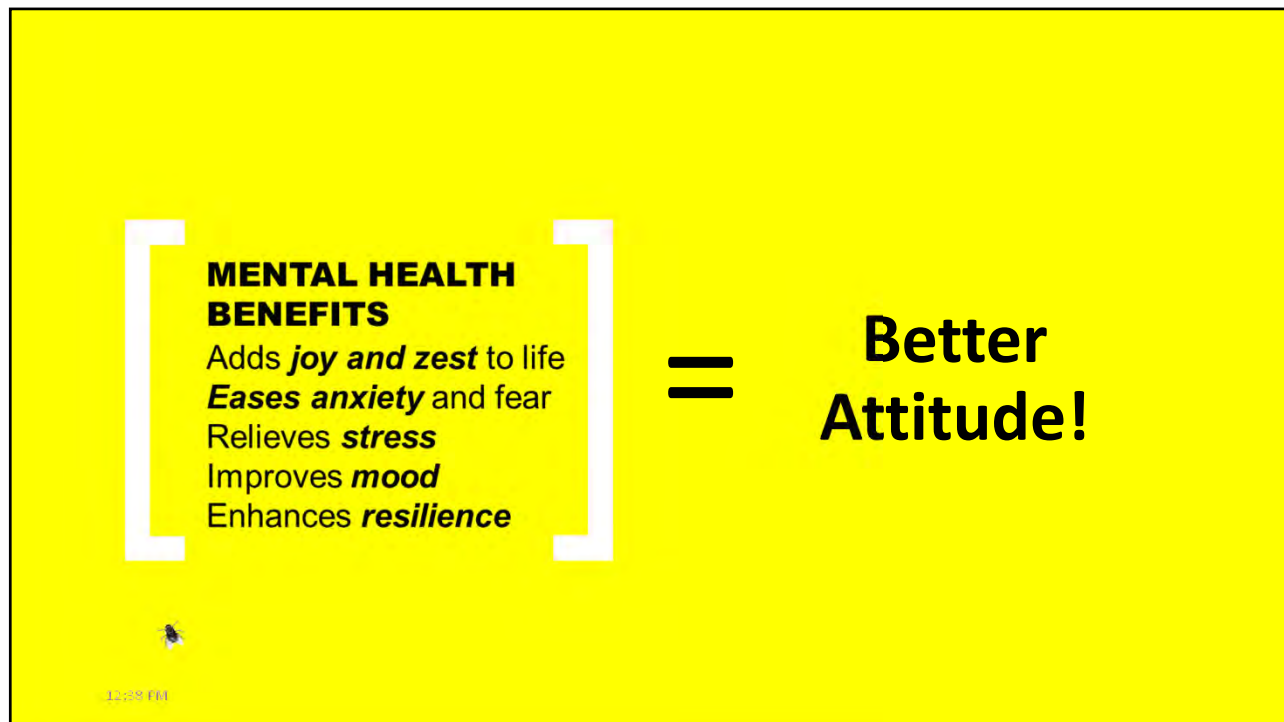
**diminishes
pain**

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**reduces
stress**

When your Mom calls you to do a chore, but you're fake sleeping. Then you hear her tell someone else to do the chore. So you're like...

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STUDENT BENEFITS

- Attention/Focus
- Creativity
- Problem solving
- Better sleep
- Relationships
- Self confidence

= Better Learning!

12:38 PM

In its essence Laughter is the simplest and most joyful way to exhale and moves possibility back into life.

Be Healthier




When we laugh we increase our immune system, decrease our stress and more fully oxygenate the body... We feel healthier and when we are healthier we are able to do more with ease.

Be Happier

When we laugh we uplift our attitude, increase our joyful mood and release the happy chemicals that stimulate the "feel good response". When we are happier we do everything better.

Be a Contribution to the World

When we are healthier and happier we become more connected and in touch with the world and we independently add to the sense of peace and well being for the world.

How do I find this
magical elixir called
laughter?



12:38 PM



First, assume a
"Laughter-Ready"
attitude. Humor and
laughter are
everywhere!

12:38 PM



First, assume a "Laughter-Ready" attitude. Humor and laughter are everywhere!

12:38 PM

Look for it. Share it!



12:38 PM

Look for it. Share it!



...these trucks are never, ever, ever getting back together.

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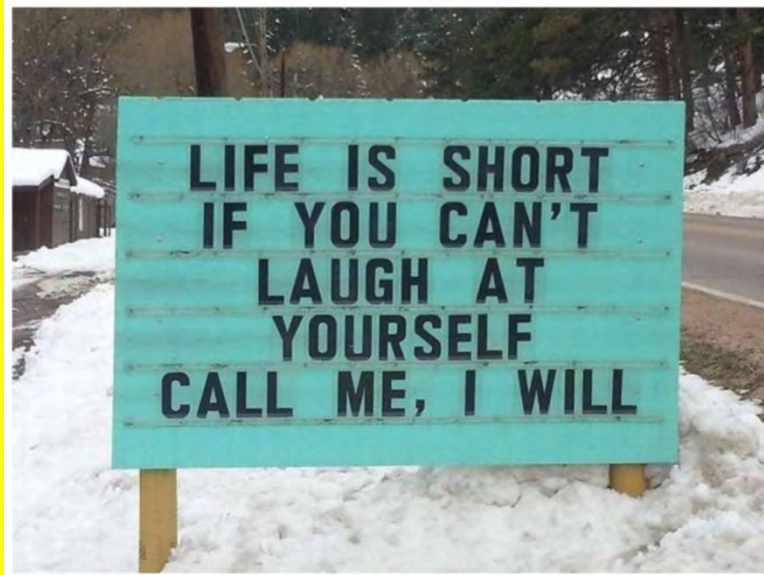
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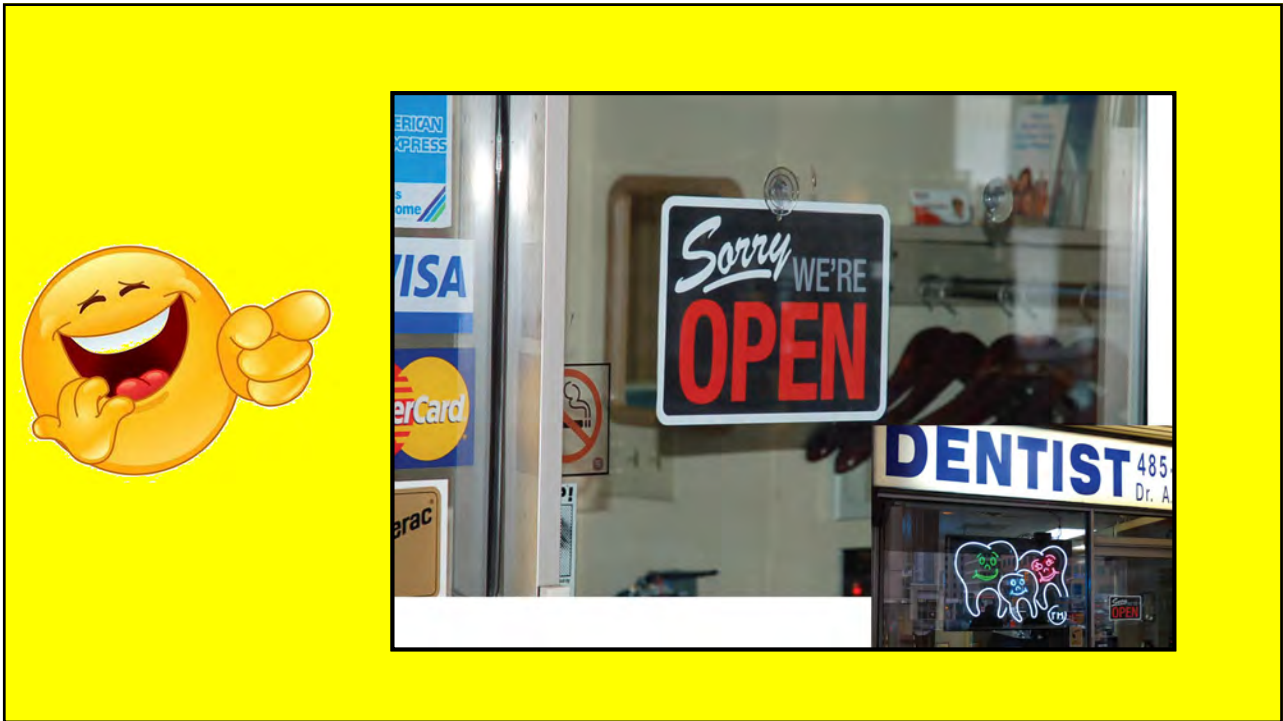
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SILLY SIGNS



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Hilarious Headlines



12:38 PM

Hilarious Headlines



12:38 PM

Hilarious Headlines



12:38 PM

So do you want to laugh more?

- ☐ Fake it! (It works!) Practice smiling & laughing!
- ☐ Watch a funny movie or TV show.
- ☐ 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.
- ☐ Play with a pet.
- ☐ Go to a "laughter yoga" class. [Laughter Yoga](#)
- ☐ Celebrate World Laughter Day (first Sunday of May)
- ☐ Goof around with children.
- ☐ Do something silly.
- ☐ Karaoke – always good for laughs!



(This is objective 2!)

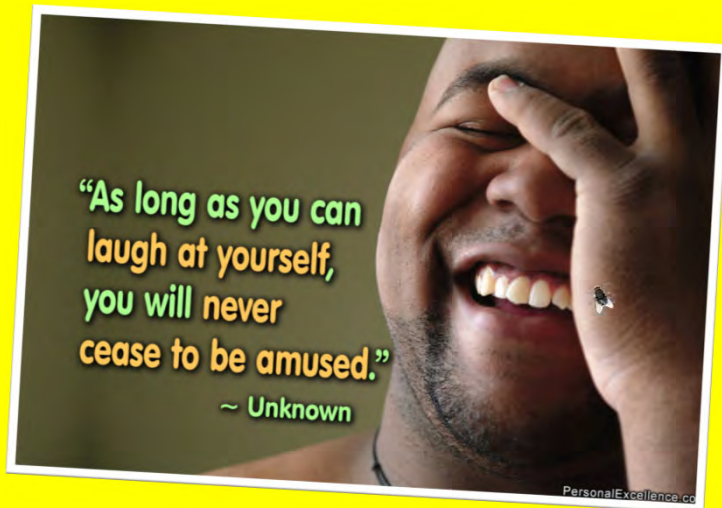
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Help yourself see the
lighter side of life:

Laugh at yourself. Share your embarrassing moments. The best way to take yourself less seriously is to talk about times when you took yourself too seriously.

**"As long as you can
laugh at yourself,
you will never
cease to be amused."**

~ Unknown



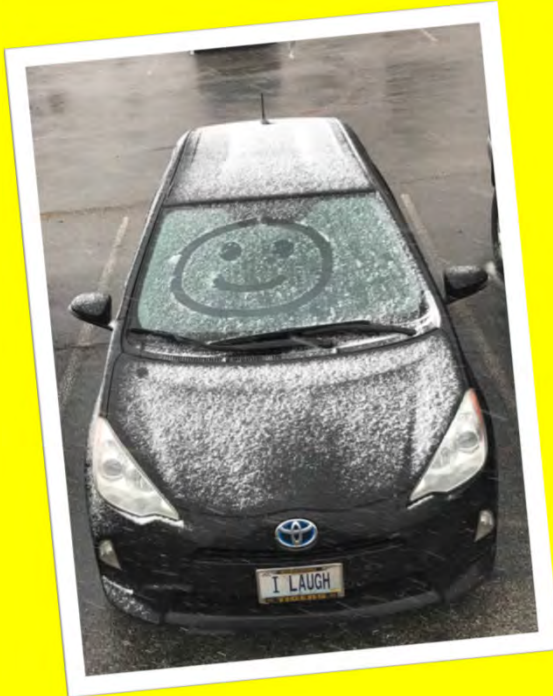
PersonalExcellence.co

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I know what I'm doing the next time
it snows



12:38 PM



**Thanks
Jason!**

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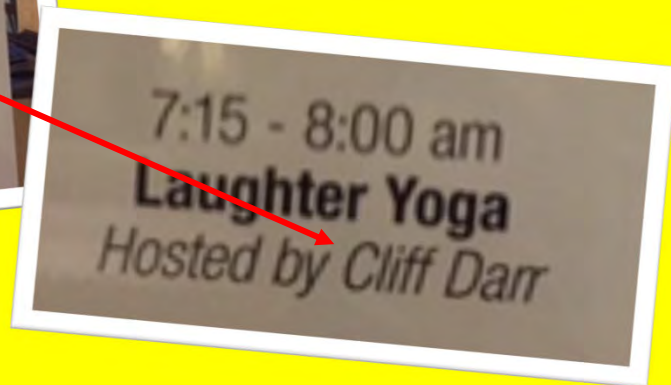
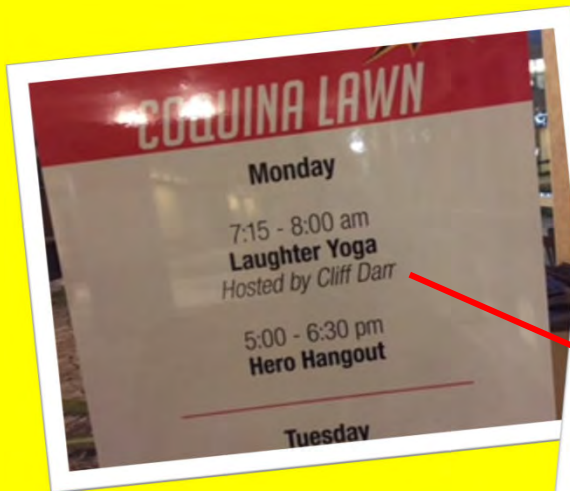


Attempt to laugh at situations rather than bemoan them. Look for the humor in a bad situation, and uncover the irony and absurdity of life. This will help improve your mood and the mood of those around you.

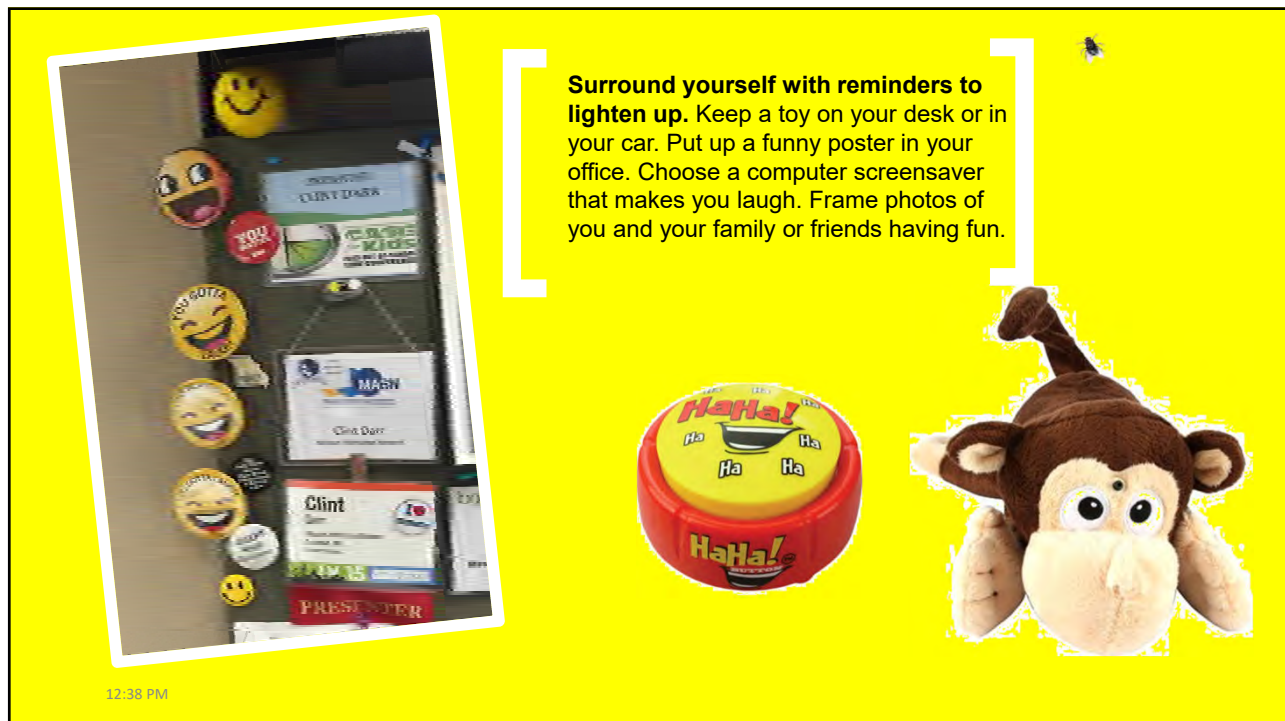
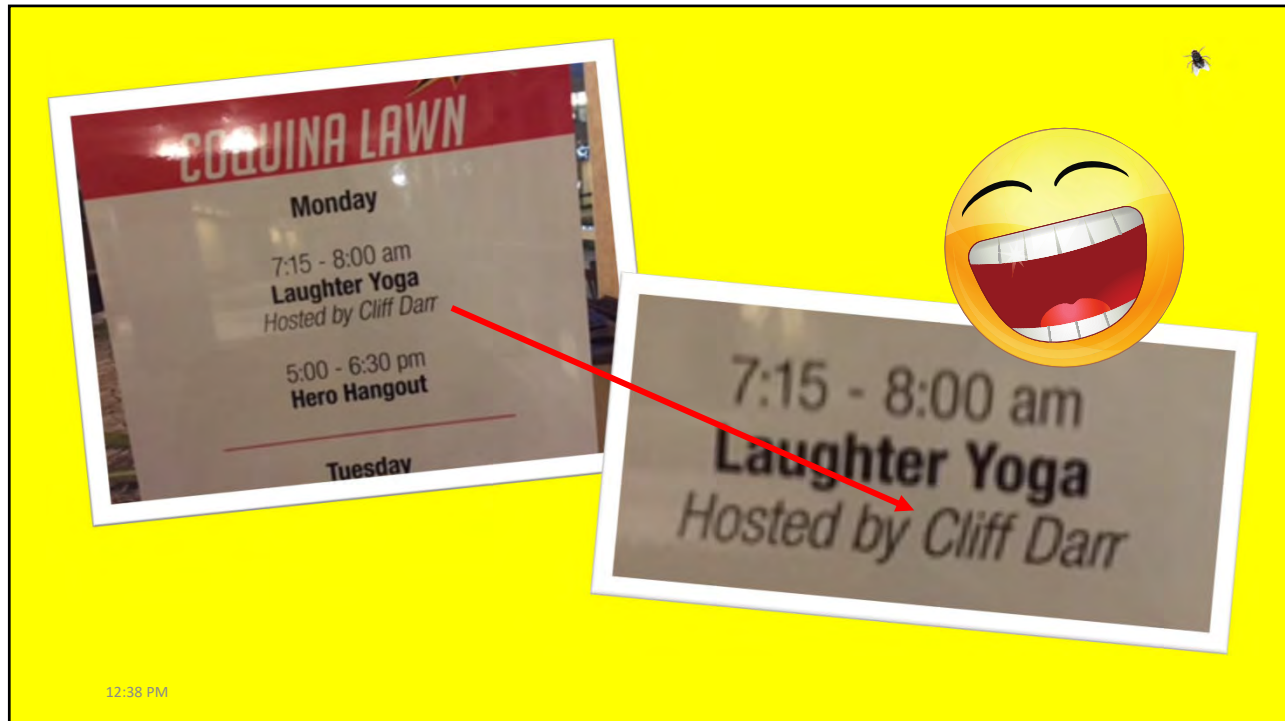


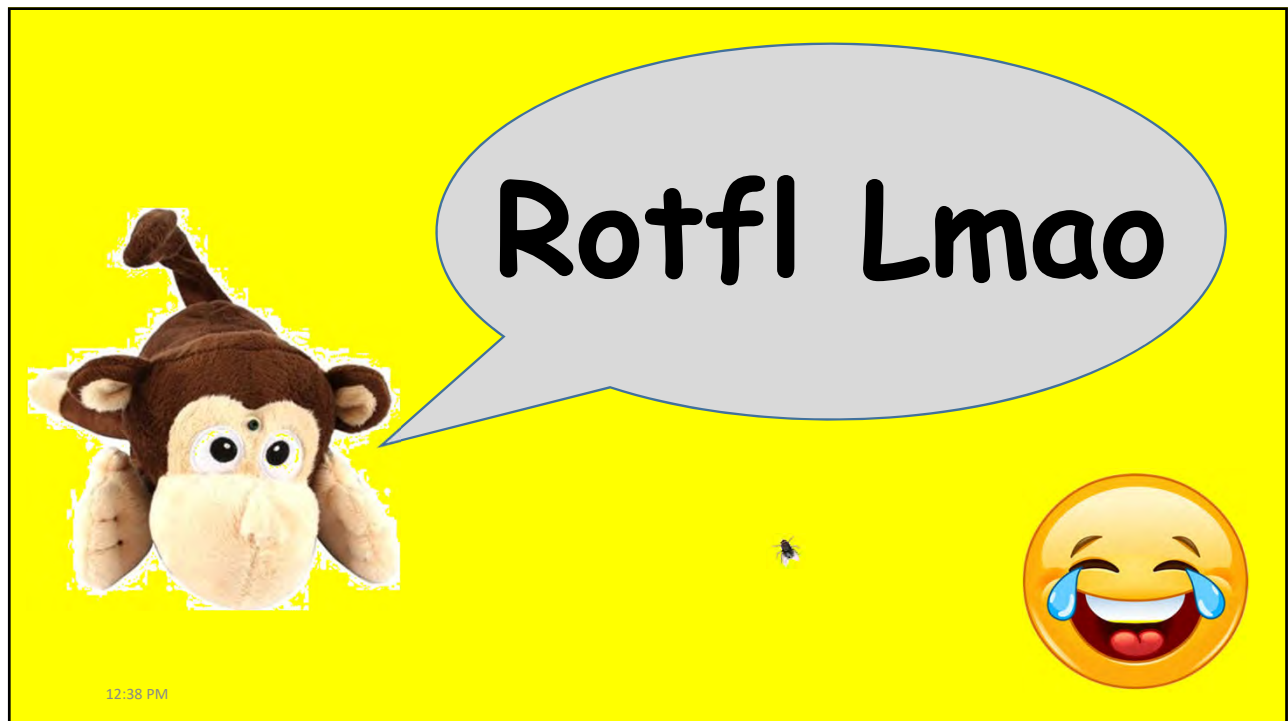
***Remember... If life gives you lemons, make lemonade. If life gives you melons, you may be dyslexic.**

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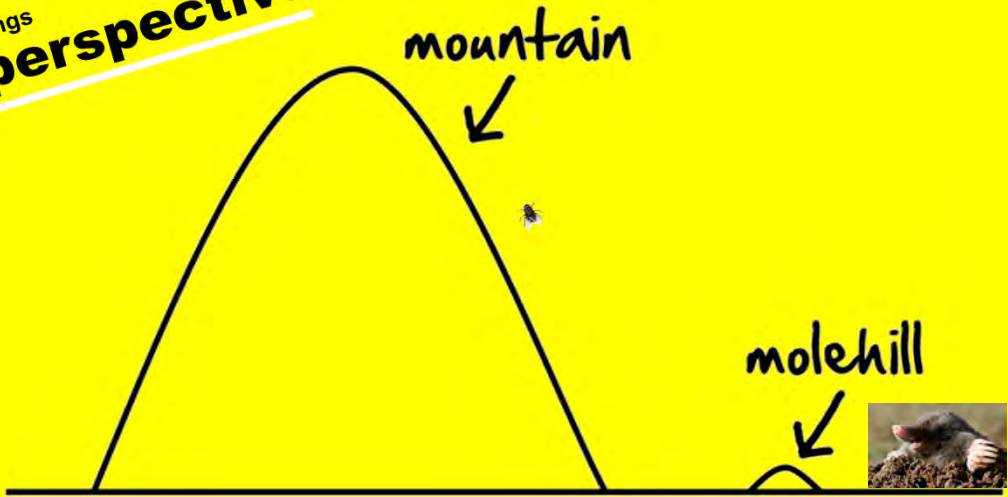
Surround yourself with reminders to lighten up. Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.



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Don't sweat the petty stuff...

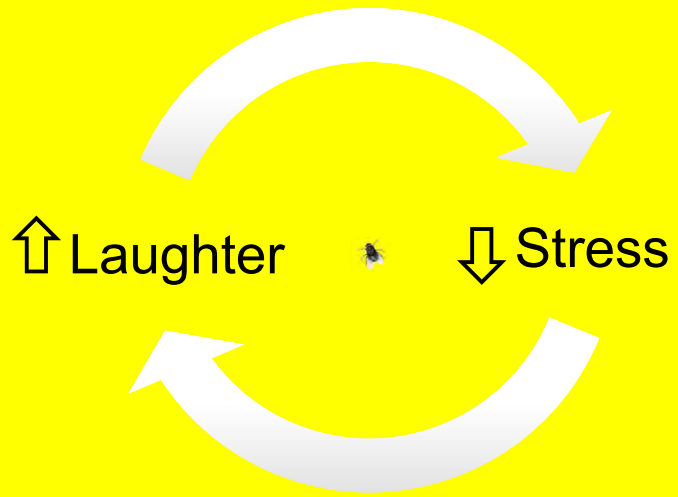
Keep things
in perspective



12:38 PM

DEAL WITH YOUR STRESS

Stress is a major impediment to **humor and laughter**.
Lose it!



12:38 PM



Pay attention to children and emulate them. They are the **experts** on playing, taking life lightly, and laughing.

12:38 PM

HOW CAN LAUGHTER FIT INTO MY AFTERSCHOOL PROGRAM?

(This is objective 3!)



12:38 PM

Don't be afraid to
be corny

Kids love it!



"I was named after
Abraham Lincoln..."

"I used to beat my brother
up every morning..."

"Did you put the dog
out?"

12:38 PM

Laugh Every Day!

Research shows that physical, emotional, and social benefits occur even when the laughter is contrived, as what starts as practice laughter soon becomes the real thing! **Allow at least 5 minutes every day for laughter practice!**

Examples: (straight from my laughter yoga class)

- **Wood Splitting**
- **Laughter pills**
- **“The boss quit!” Laughter**
- **Lawn Mower Laughter**
- **Laugh Track Laughter**
- **Bird Laughter**
- **Cell phone Laughter**
- **Laugh Mob**



12:38 PM

Start a **JOKE OF THE DAY** club

Why did the chicken cross the road?

Knock knock...

What has 3 heads, 6 eyes, 3 mouths, and 8 legs?

BRAIN TEASERS!!

Check out <http://www.kidsjokesoftheday.com>

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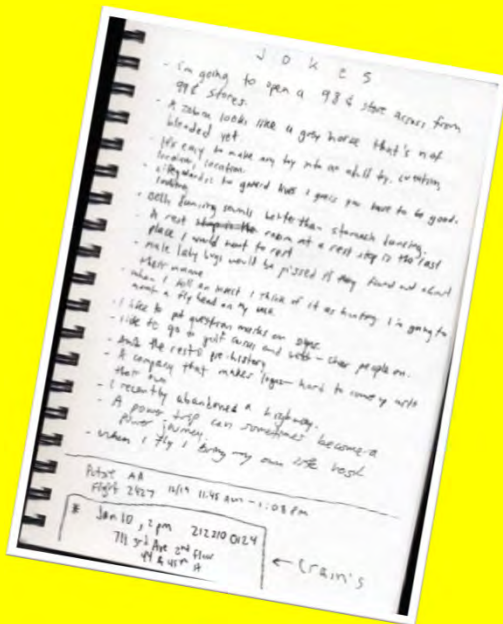
Designate a **LAUGHTER LEADER**

Like a line leader, only funnier!



12:38 PM

Have kids keep a **JOKE JOURNAL**



12:38 PM



Let the
PUN
Begin

**Other contests:
Best Puns -**

I entered a humor contest with ten entries to insure at least one would win. But, no pun in ten did. www.TearablePuns.org

WHAT'S THE DIFFERENCE BETWEEN
A HIPPO AND A ZIPPO? ONE IS REALLY HEAVY

AND THE OTHER IS A LITTLE LIGHTER

THESE ARE TEARABLE PUNS.

A DYSLEXIC POET
WRITES INVERSE
I BREAK INTO SONG
IF I CAN'T FIND THE KEY
YOUR CALENDAR'S DAYS
ARE NUMBERED
BANKERS TRADE RECEIPTS
ON A KNEED TO KNOW BASIS
JUMPING OUT A PAINS SMOKE
MAKES YOU LA SCHE
ACQUAINTANCE IS
A JOB WELL DONE
SANTA'S HELPERS
ARE SUBORDINATE CLAUSES
ONE THAT'S BEEN OUT SHOPPING CENTER
YOU'VE SEEN THE MAIL
IF A GLOOM GETS HUNGRY
IT GOES BACK FROM SECONDS
THE BRIDE CUT A NEW NAME
A BIRD CAN'T STAND ALONE
BECAUSE IT'S TWO-THEED

12:38 PM

Other contests:
Spoonerisms -



Rindercella



12:38 PM

RELATE PERSONAL STORIES
(EMBELLISH IF NECESSARY!)



12:38 PM



PLAY ON WORDS



Tails
Complimentary

EAT, RAY, LOVE
Rachael Ray finds inspiration in cooking her family and her dog

10 TIPS
TO KEEP YOUR PET HEALTHY AND HAPPY

TRAINER

12:38 PM

PLAY ON WORDS



Time's Fun When You're Having Flies

Rescue the Frog

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Get alarmed!



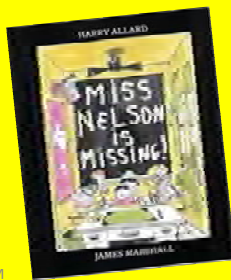
Set an alarm for random times of the day to remind you to laugh!

12:38 PM

ALTER EGO



[IF YOU DARE]



Viola Swamp
Cliff Hanger
Darrzini
Captain Cup
Sir Laughalot
AND...

12:38 PM

ALTER EGO

Meet:
the nOtorious Crapper




12:38 PM


This slide features a bright yellow background. On the left, the words "ALTER EGO" are written in large, bold, black, sans-serif font, slanted upwards. Below this, the text "Meet: the nOtorious Crapper" is displayed in a smaller, black, sans-serif font. On the right side, there is a photograph of a man, identified as Crapper, wearing a black bucket hat, sunglasses, a grey blazer over a black t-shirt with "NOTORIOUS B.I.P." printed on it, and a gold chain with a colorful pendant. He is pointing his right hand directly at the viewer with an open-mouthed expression. In the bottom left corner, the text "12:38 PM" is visible.

Our time together is about gone, because as you know...

Time flies like the wind...

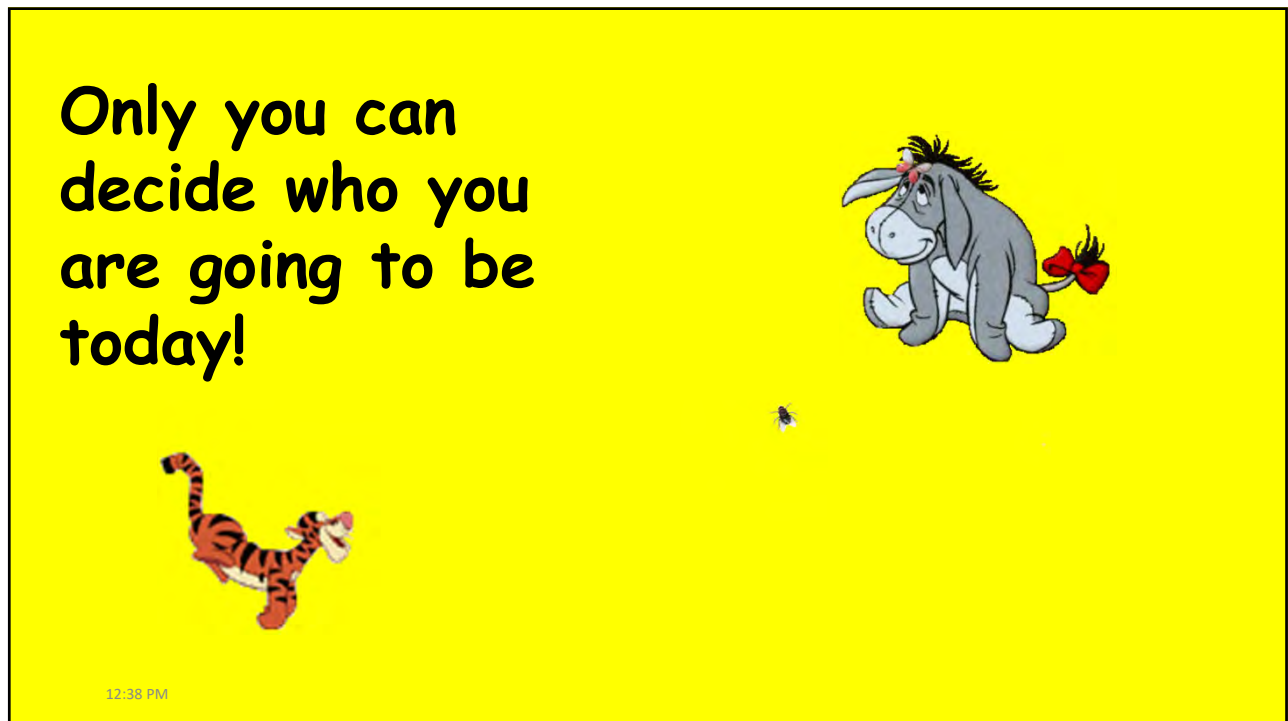
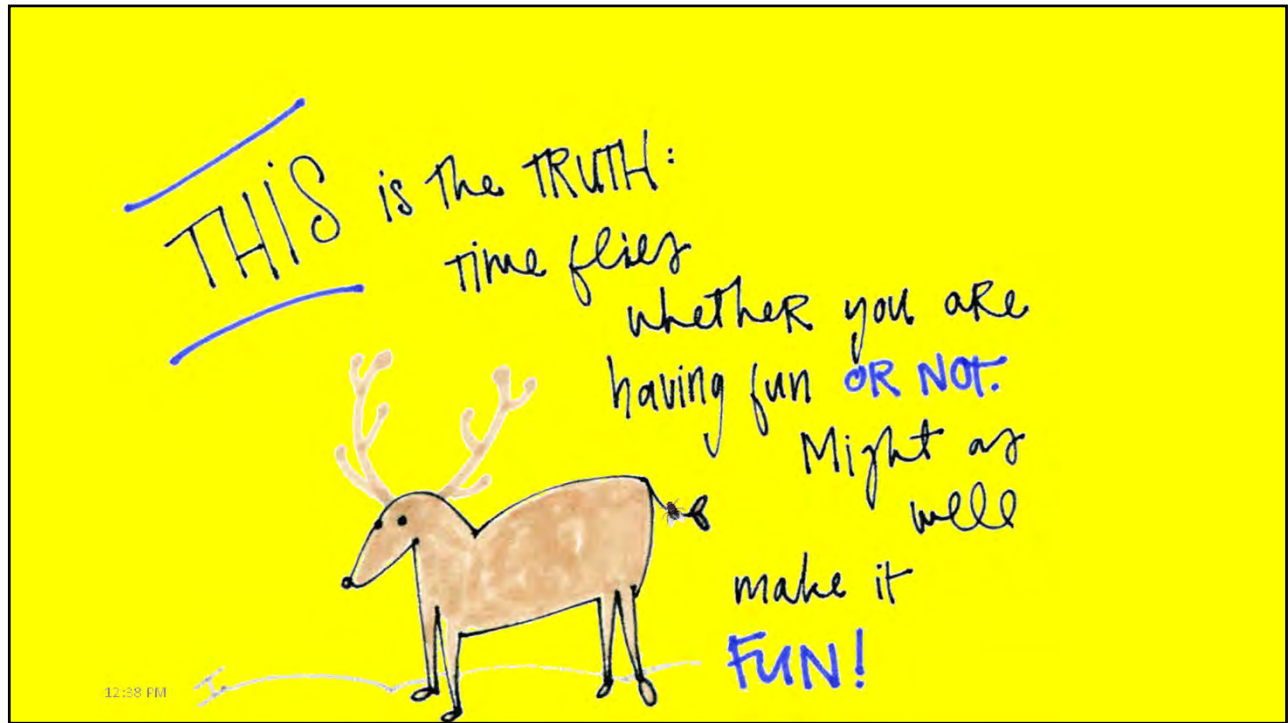


...and FRUIT FLIES LIKE BANANAS



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This slide has a yellow background. At the top left, the text "Our time together is about gone, because as you know..." is written in black. Below it, "Time flies like the wind..." is written in a larger, bold, black font. To the right of this text is a photograph of a red alarm clock with airplane wings attached, flying through a clear blue sky. Below the photograph, the text "...and FRUIT FLIES LIKE BANANAS" is written in black. In the bottom left corner, there is a laughing face emoji (😂) and the text "12:38 PM".



**SO... DON'T BE
LIKE THESE
GUYS AND
MISS THE
BOAT!

LAUGH!

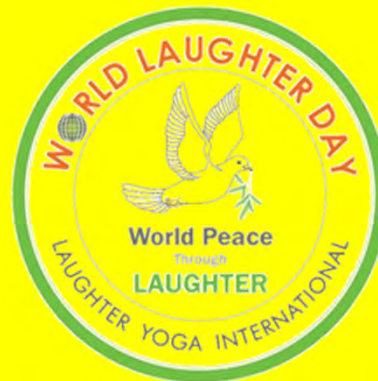
LOUD & OFTEN**

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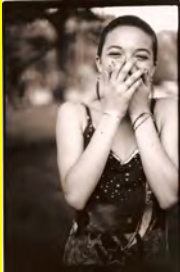






We've shared laughter, we've made new friends, we've been reminded of the importance of laughter and the many benefits it brings, and we've talked about how laughter can be used with kids and how you can keep laughter in your own life. It may be common sense, but I hope that the experience will make you want to share the good feelings with others! Make laughter not just a part of your day, but a constant presence in your life. World Peace Through Laughter is not really such a far-fetched concept!

laughwithclint@gmail.com
www.yougottalaugh.today



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To do list

- **Watch for “signs”**
- **Set your laughter alarms**
- **Become a Certified Laughter Yoga Leader! (I can certify you!)**
- **Invite me to visit**
- **Keep laughter in your life and your afterschool program!**



www.yougottalaugh.today
laughwithclint@gmail.com

The secret to having it all...

12:38 PM



The secret to having it all...
is realizing
you already do.

Author Unknown



possibilityoftoday.com

12:38 PM



Quote from Anthony Hopkins

"None of us are getting out of here alive. So please stop treating yourself like an afterthought. Eat the delicious food. Walk in the sunshine. Jump in the ocean. Say the truth that you're carrying in your heart like hidden treasure. Be silly. Be kind. Be weird. There is no time for anything else"

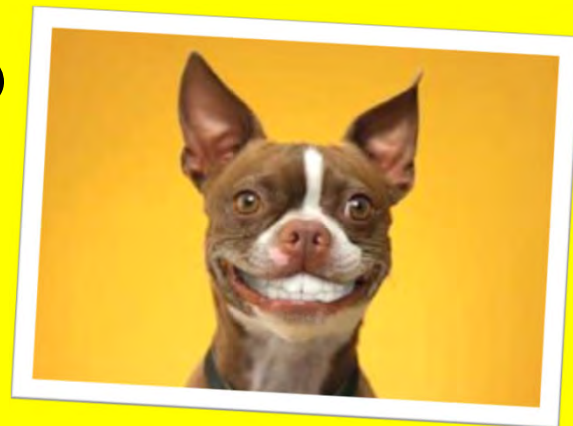


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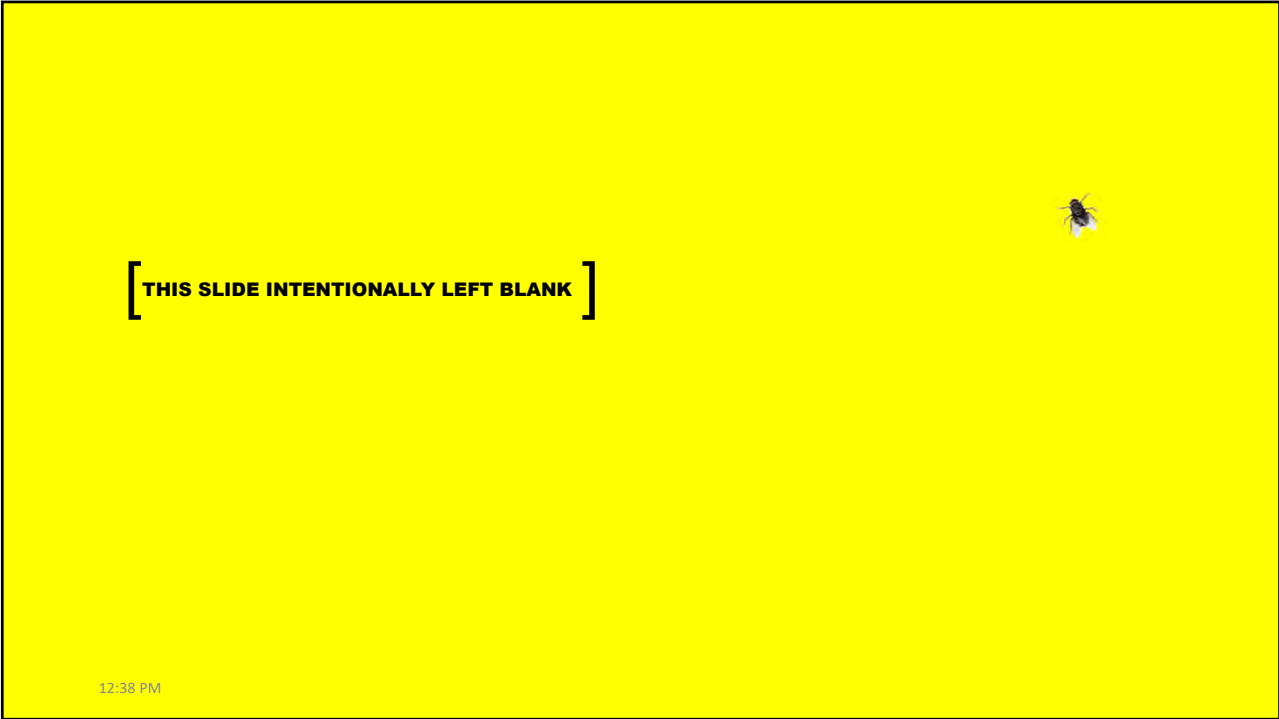
One last laugh??

Repeat after me...



12:38 PM





ERROR 404: FLY NOT FOUND

(YOU SHOULD PROBABLY LEAVE NOW)

12:38 PM