




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

- Benefits include improved physical, mental, and social health.
- For kids – ↑ Attention span/focus/creativity/problem solving/self-confidence!
- Boosts energy while reducing stress and tension.
- Enhances teamwork and social interaction. (Folks will be drawn to you!)
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## Putting Laughter into your Life



- Practice laughing – set an alarm!
- Go to a comedy club or dueling pianos. 
- Join a laughter club!
- Become a **laughter yoga leader** (talk to Clint!)
- Share a good joke or a funny story.
- Check out your bookstore's humor section.
- Laugh for NO reason!
- Watch for silly signs, headlines, t-shirts, bumper stickers
- Google "joke of the day"
- Play with a pet.
- Seek out funny people
- Celebrate World Laughter Day.
- Goof around with children.
- Do something silly.
- Karaoke with friends.

## PUTTING LAUGHTER INTO YOUR CLASSROOM

- 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
- Aloha laughter
- Lawn Mower laughter
- Laugh Track laughter
- Bird laughter
- Laughter Cream laughter
- Laughter Pills
- Laughter Skit
- Laugh Mob



*\*Share your stories, quips, quotes, pics, at #laughwithclint*

Contact Clint to speak at your school or program, or to become a *Laughter Yoga Leader!*

Email: [laughwithclint@gmail.com](mailto:laughwithclint@gmail.com)

Visit [www.yougottalaugh.today](http://www.yougottalaugh.today) for more information about Clint and his passion for laughter!