



## LOL

The purpose of today's activity is to discover if laughter has a positive impact on our minds, bodies and emotions. We will spend time doing things that make us laugh and see if afterward we feel better than we did before.

This activity helps fulfill the following badge requirements:

- Cadette – Science of Happiness Step 4

Materials needed:

- Optional:
  - Computer
  - Tablet
  - Phone
  - Device to watch a movie or TV show

Introduction

- Sometimes when we are feeling sad or stressed the best thing we can do to make us feel better is laugh. Laughing has been shown to help people to relax, improve our immune systems, relieve pain, cope with difficult situations, and improve our moods.
- Take a moment and think about whether you have ever laughed so hard that you started to cry.
  - Do you remember what it was that made you laugh so hard?
  - Do you remember if after you laughed you felt better or worse than you did before?
- If you are not sure whether or not you felt better, that's OK! We are going to find out for ourselves in this activity.

Laughing Out Loud

- Since we are trying to figure out if laughing does improve our moods rate using the scale below to rank how you are feeling right now.

|               |   |               |   |   |                   |   |   |           |    |
|---------------|---|---------------|---|---|-------------------|---|---|-----------|----|
| 1             | 2 | 3             | 4 | 5 | 6                 | 7 | 8 | 9         | 10 |
| Sad/Depressed |   | A little down |   |   | Content/Satisfied |   |   | So Happy! |    |

- Now that we ranked how we are feeling, let's keep two important things in mind before we starting laughing:
  - Don't be afraid to laugh at yourself. Sometimes we laugh the hardest at silly things we do.
  - It's always good to laugh with others, but make sure not to laugh at the expense of others. If laughing does in fact make us feel better, then we want to make sure everyone feels just as good as us when we laugh.
- Now let's laugh!
- We will now try a series of activities to make us laugh.

- Have a **laughing contest** with a friend or sibling. Take turns laughing and to see who can laugh in the strangest way.
- **Speak** with a friend or sibling **in a funny way**. Try using different accents or inserting silly words into the conversation.
- Have a **dance party**. Dance as hard or as goofy as you can for 10 minutes. If you can't play the music out loud, put headphones in and dance away!
- **Talk with someone** that is silly and makes you laugh.
- Tell someone a **corny joke**.
- Have a **staring contest** with a friend. Try to make them laugh by making funny faces. The first person to smile or laugh loses!
- With a trusted adult's help, find a **funny video** or watch a movie that makes you a laugh.
- Have a **scare contest** with a friend or family member. Before you scare them make sure they agree to being scared. Look for opportunities throughout the day to hide and spook them! Pro tip: don't do it too often or they will catch on!
- Think about or **tell someone a funny story**. See if telling them the story makes you or the other person laugh!
- Test other ideas that you think will make you laugh.

#### Reflect

- Did any of these activities make you laugh? Which ones?
- Rate your mood again on the scale above. Is it higher than it was when you started? Why do you think that is?
- Share this activity with a friend that is having a bad day. See if you can help to cheer them up!

Benefits from laughter were taken from: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>