

YOU GOTTA
LAUGH



[SERIOUSLY]

Who am I & why am I here??

Clint Darr – and I got to come to Dallas for coming up with this crazy idea for a session!



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



**AfterSchool Educator
with the Missouri
AfterSchool Network**



Missouri AfterSchool Network
Partnerships. Policy. Quality.

- Among other jobs...
- Grocery store clerk
- Bank teller
- Firefighter
- Teacher
- Laughter Yoga Instructor
- *Next: · Organize Laughter Festival
- Super Hero

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



"LAUGHINGSTOCK"

DON'T JUST COME TO LAUGHINGSTOCK,
BE THE LAUGHINGSTOCK!



Thanks, Dadi



Thanks, Dadi

11:17 AM

Rules for this session, and for LIFE!



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



1. MAKE TO BE DIFFER ENTI!



11:17 AM

“The reward for conformity
is that everyone likes
you but yourself.”



Rita Mae Brown



[GOALS & OBJECTIVES]

1. **Wake** you up. **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. Give you **ideas** for putting laughter into your life and your afterschool program.
Make you laugh or smile
4. Make a great **impression** — so I can **come back next year!**
Make you laugh or smile





[AGENDA]

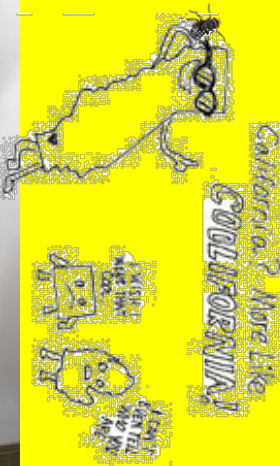
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11:17 AM

OK. Let's get it over with...

If you measure
distance in hours, you
might
live in California



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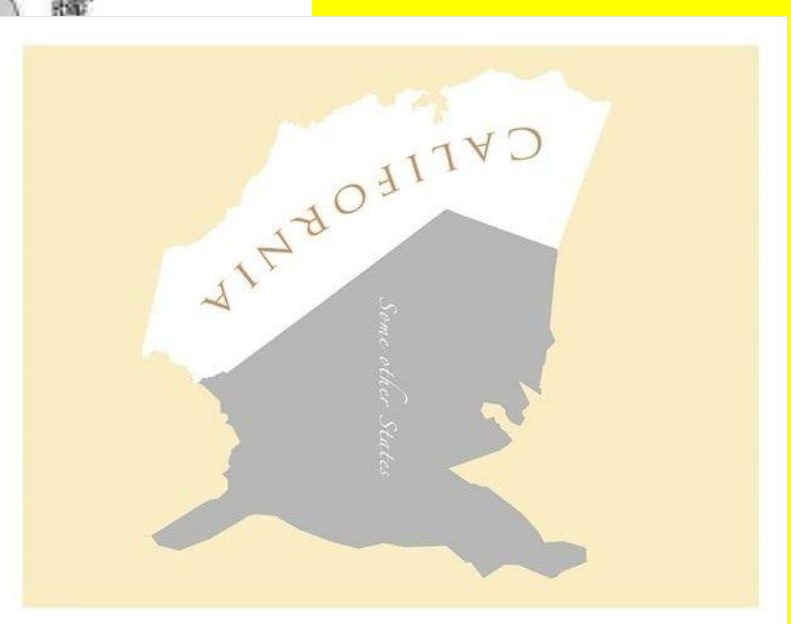
Report to Levi's Stadium – home of
SF 49ers.



1848
People in California hoped
to find gold near the water



2015
People in California
hoped to find water



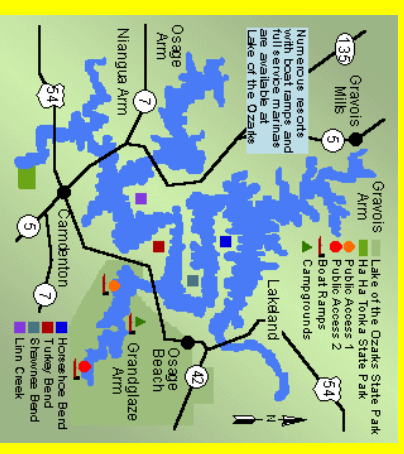
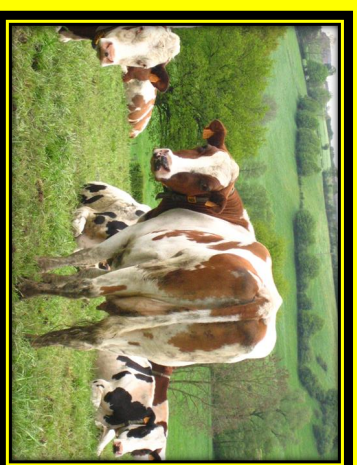
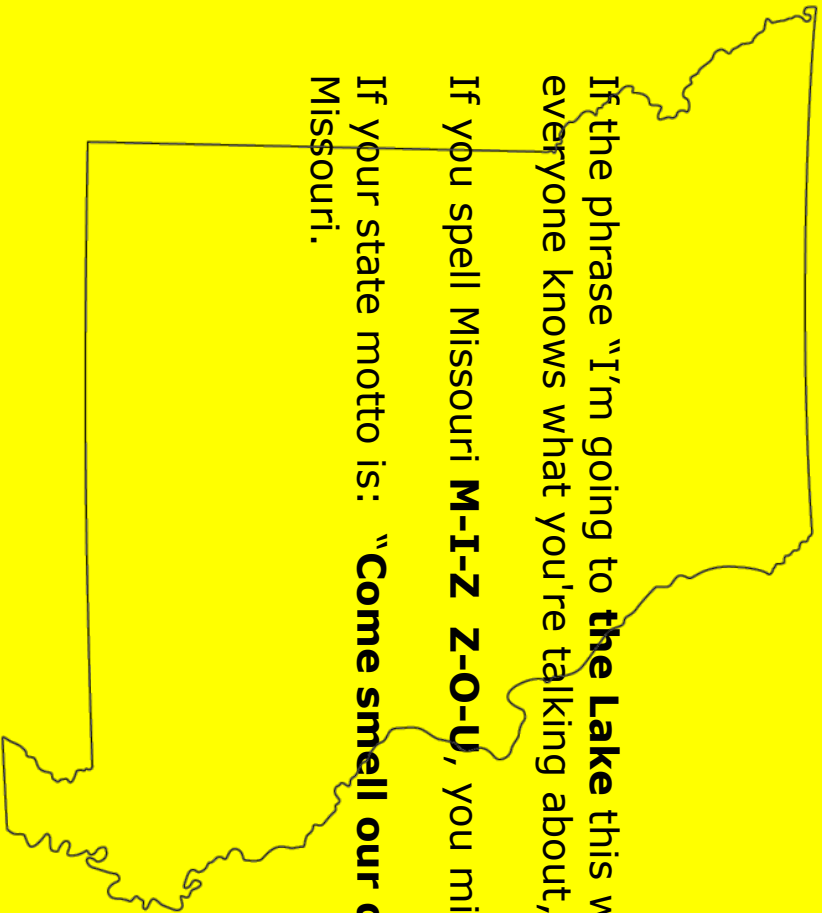
So what about MY state?



If the phrase "I'm going to **the Lake** this weekend" has only one meaning, and everyone knows what you're talking about, you may live in Missouri.

If you spell Missouri **M-I-Z Z-O-U**, you might be from Missouri.

If your state motto is: "**Come smell our dairy air!**" you might be from Missouri.





11:17 AM

Am I serious about laughing? Yep!

(This is objective 1j)

TIME TO LAUGH!



Smile

Giggle

Chuckle

Laugh

Hawaiian Laughter Stretching!





Next slide: All Read Out Loud!

You look
really
funny
doing
that with
your
head...



TIME TO MAKE FRIENDS!



You gotta laugh But why???



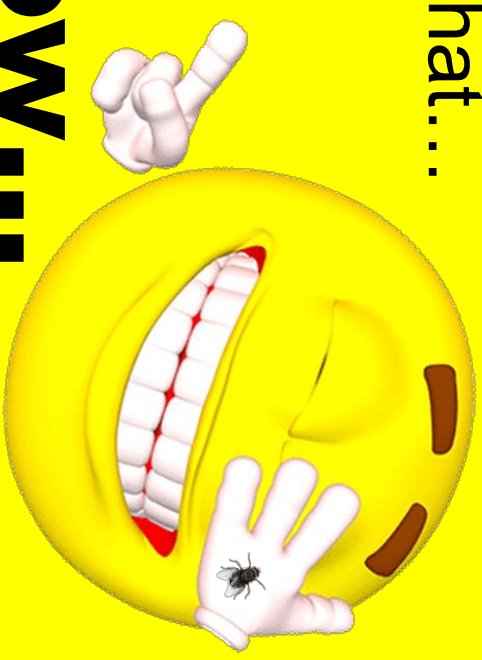
What if I don't feel
like laughing?
(whine implied)

CHECK THIS OUT...

(This is objective 2!)

Laughing is **good** for you.

everybody knows that...



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

11:17 AM

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THE BENEFITS OF [A]UGHTER

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*

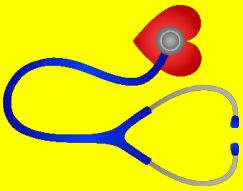
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SOCIAL BENEFITS

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

(Think SEL)



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

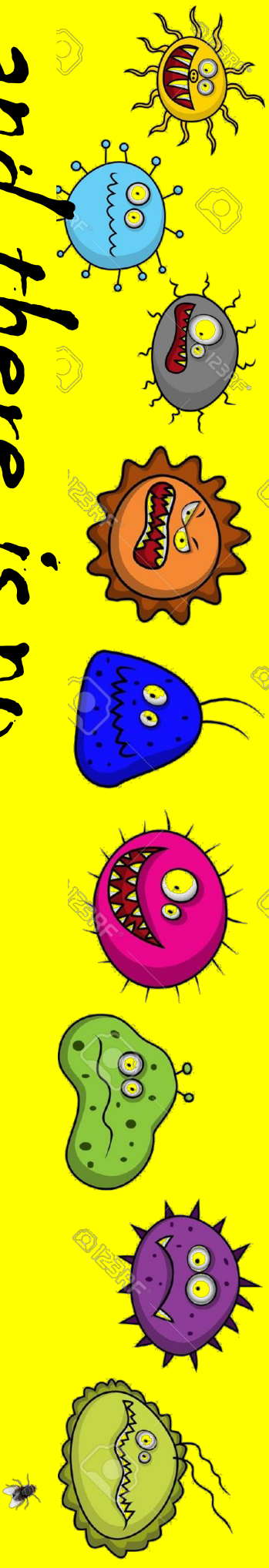
When we are healthier and happier we become more connected and in touch with the world and we independently add to the sense of peace and well being for the world.



Laughter is
infectious

and there is no

Vaccination



Laughter strengthens your immune system

Ha Ha!

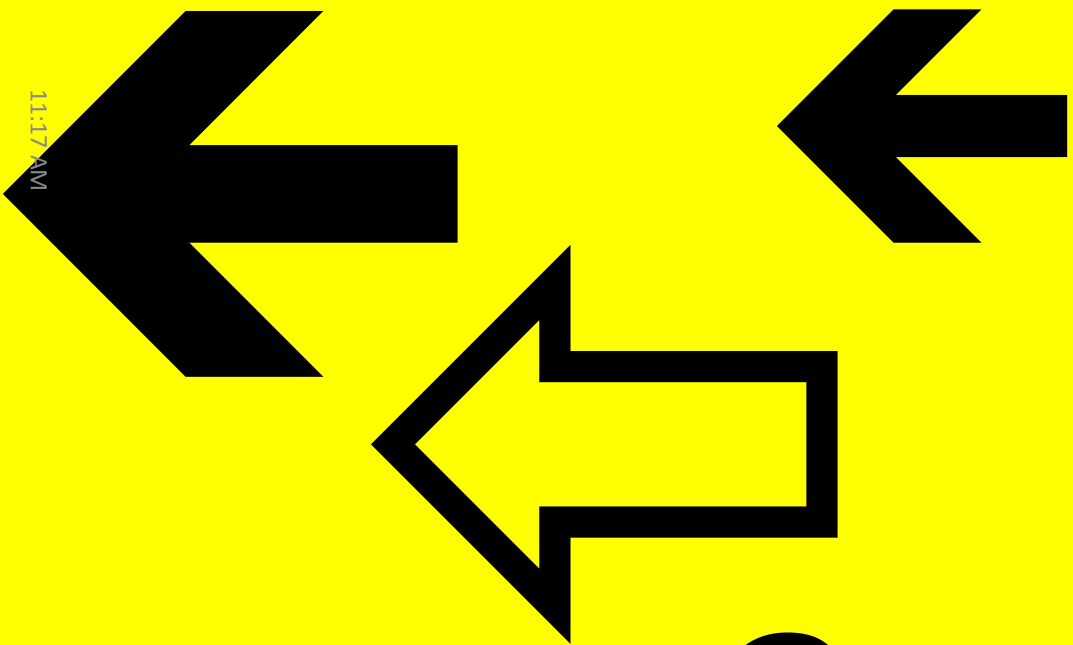




Laughter boosts your energy

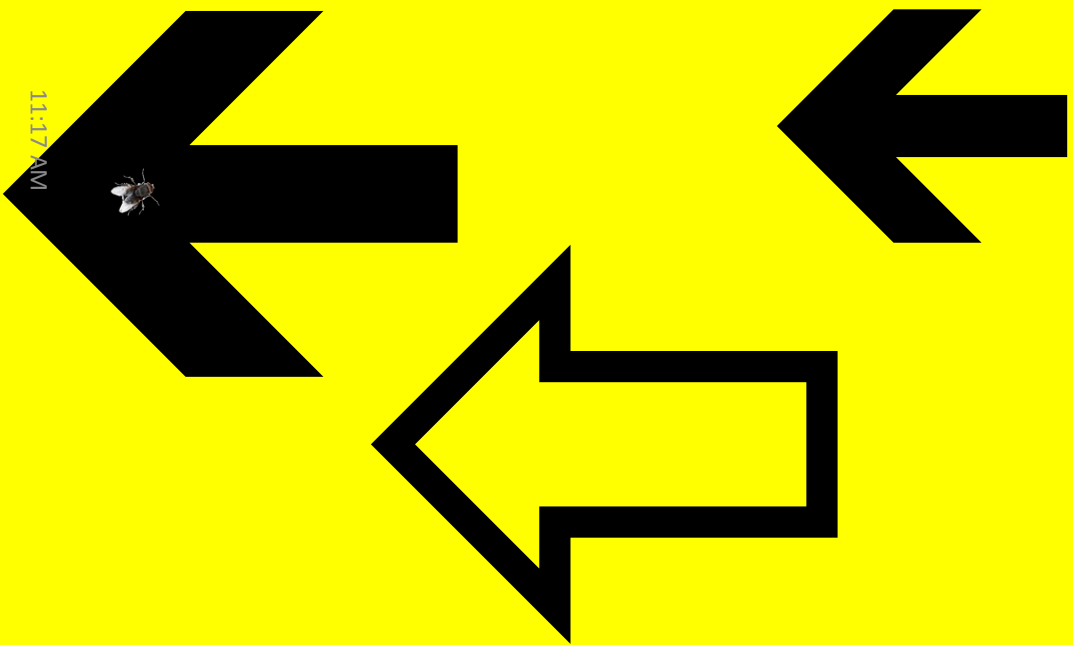
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diminishes widespread pain



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**reduces
stress**



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**MENTAL HEALTH
BENEFITS**

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



**Better
Attitude!**





Better



Self

Esteem!

SOCIAL BENEFITS

Strengthens *Relationships*

Attracts others to us

Enhances *teamwork*

Helps *defuse conflict*

Promotes *group bonding*

**How do I find this
magical elixir called
laughter?**



11:17 AM

**"Laughter is everywhere.
Laughter is inside you. All you
have to do is let it out!"**

— Me



SILLY SIGNS



11:17 AM



SILLY SIGNS

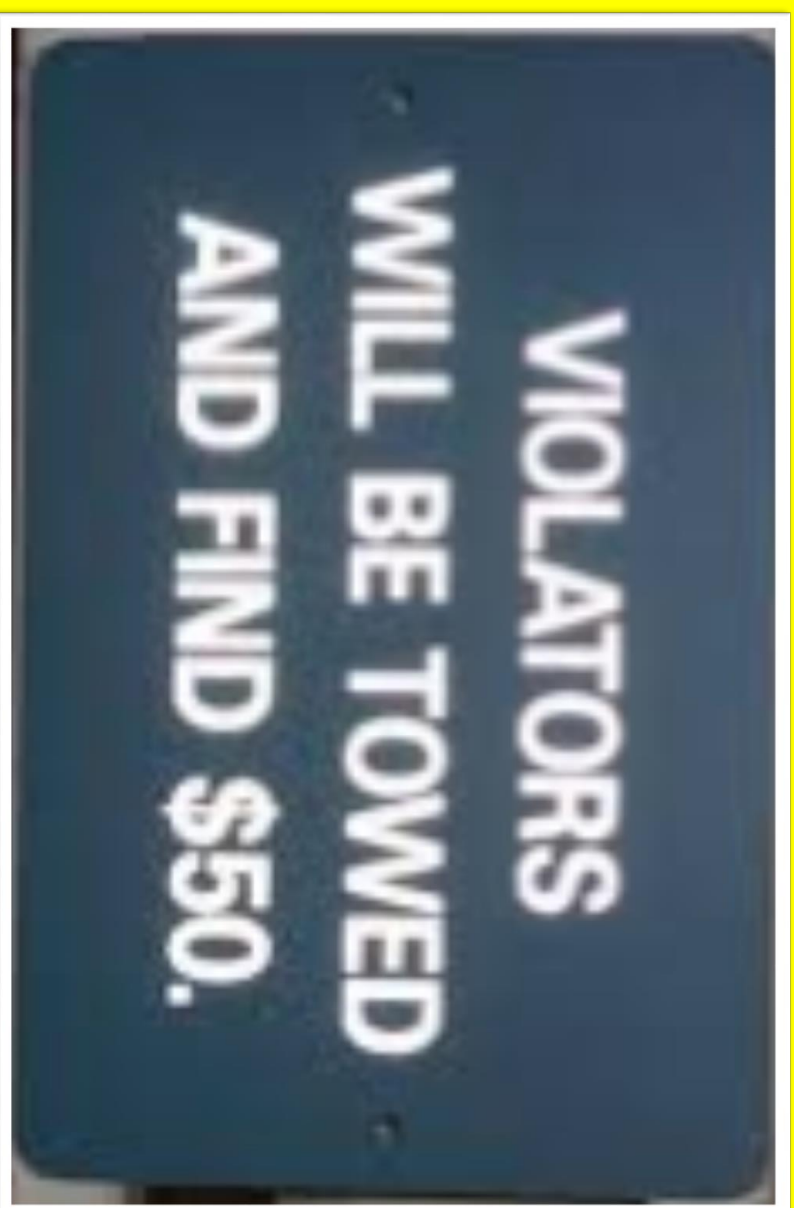


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SILLY SIGNS



SILLY SIGNS



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SILLY SIGNS



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IF THE SHIRT FITS...



11:17 AM

IF THE SHIRT FITS...



**4 Out Of 3 People
Have Trouble With Fractions**



11:17 AM

IF THE SHIRT FITS...



11:17 AM



IF THE SHIRT FITS...



11:17 AM

Hilarious Headlines



11:17 AM

Hilarious Headlines



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Hilarious Headlines

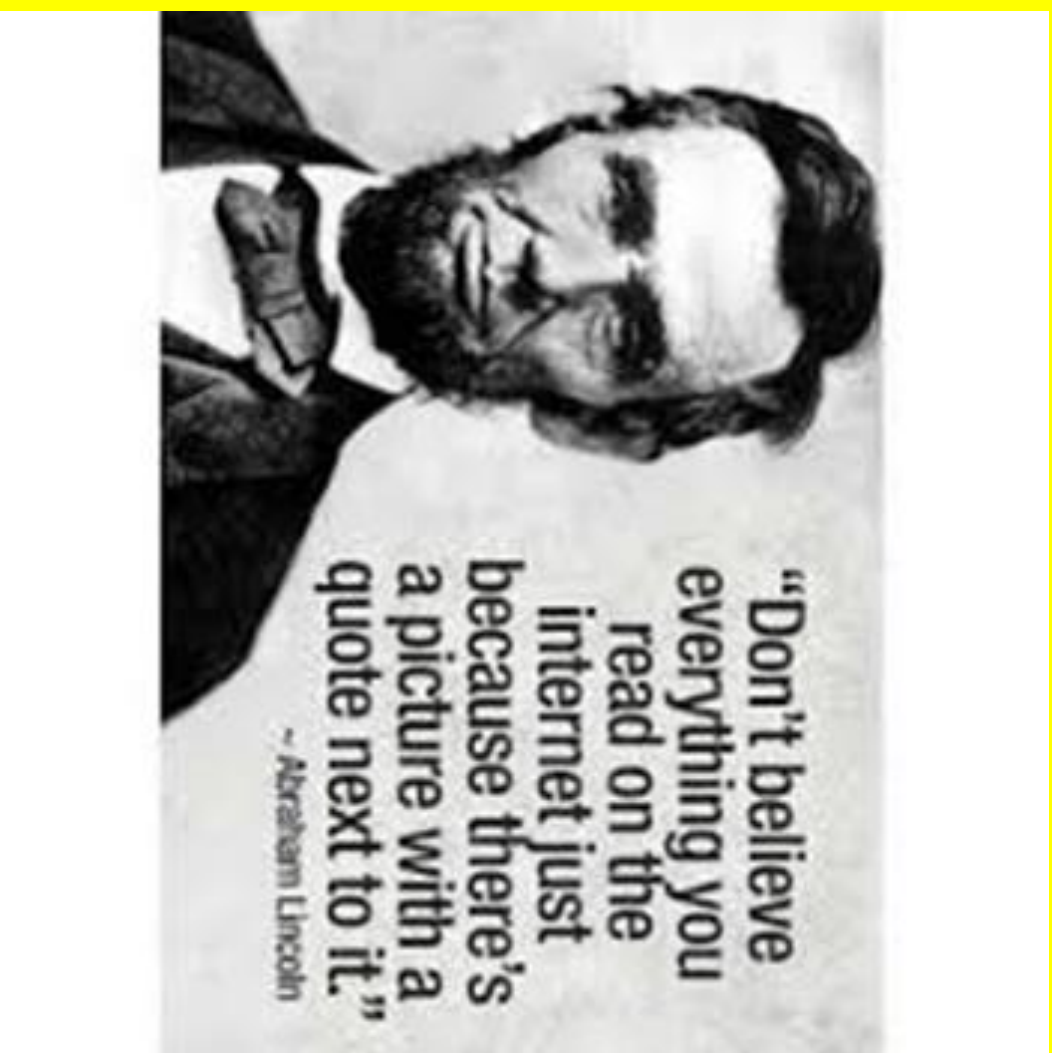


Hilarious Headlines



11:17 AM

Inspirational Quotes



Inspirational Quotes

**"Before you criticize
someone, walk a mile in
their shoes. That way
you're a mile away and
you have their shoes,
too."**

--  Unknown

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!

11:17 AM



(This is objective 2!)

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



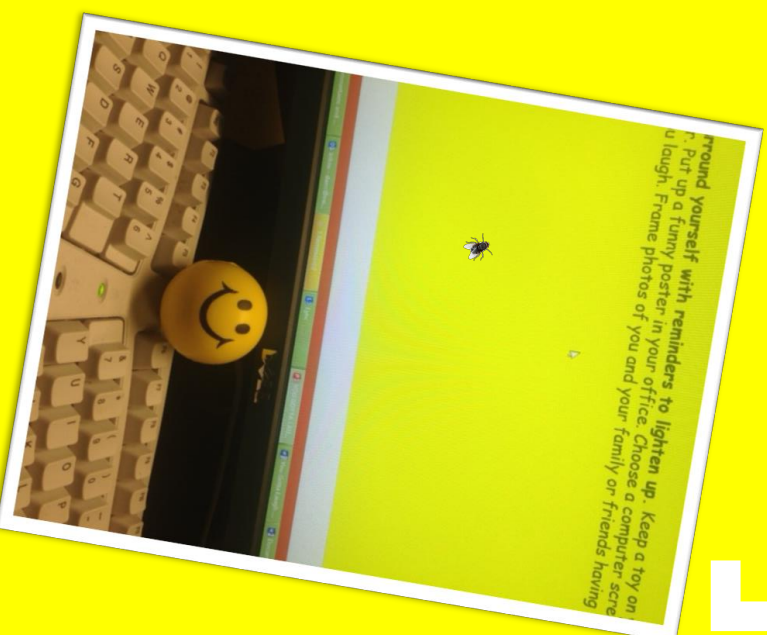
Attempt to laugh at situations rather than bemoan them. Look for the humor in a bad situation, and uncover the irony and absurdity of life. This will help improve your mood and the mood of those around you.

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

11:17 AM



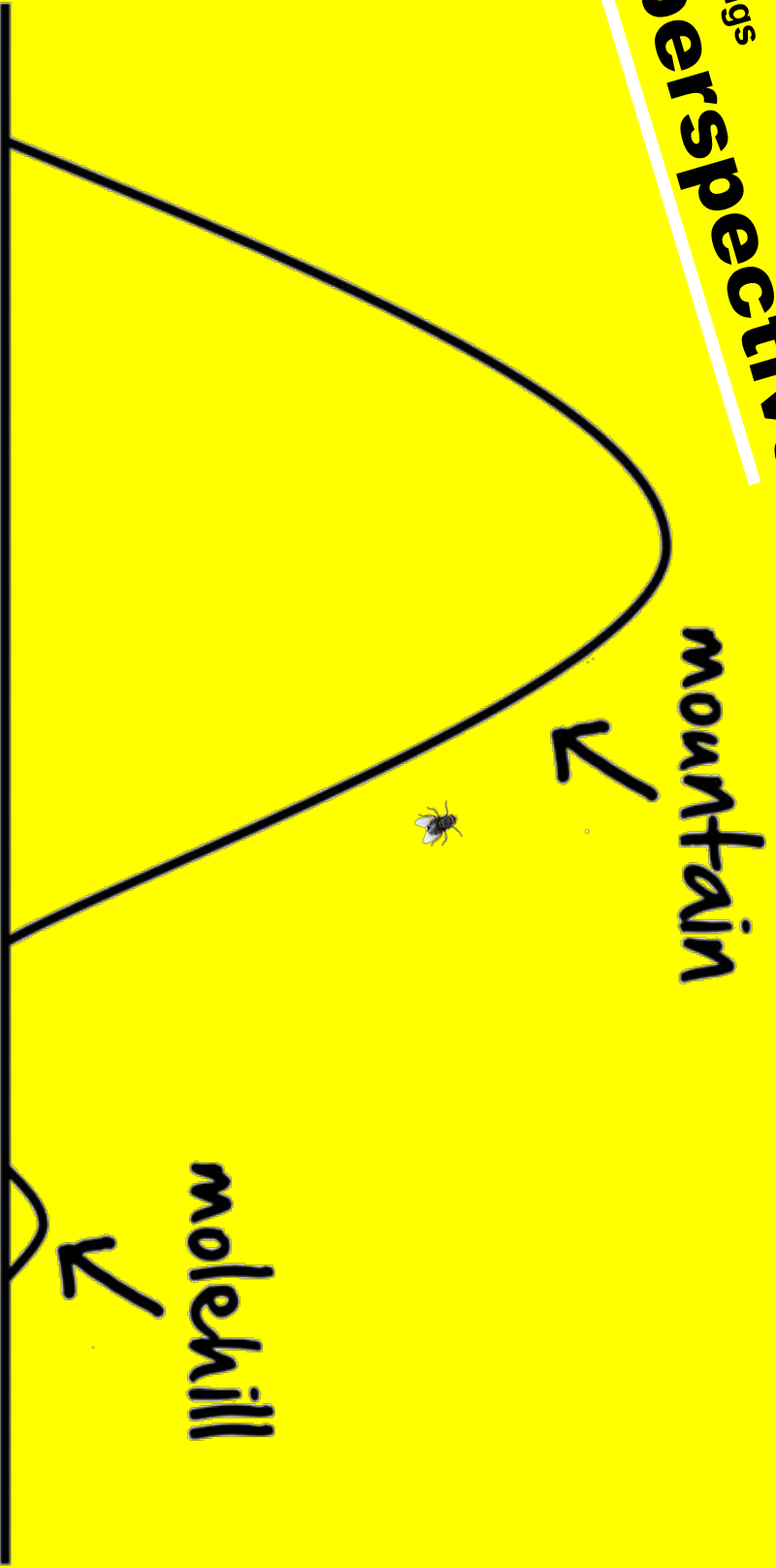
Surround yourself with reminders to lighten up. Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.



11:17 AM

Keep things
in perspective

Don't sweat the petty stuff...



11:17 AM

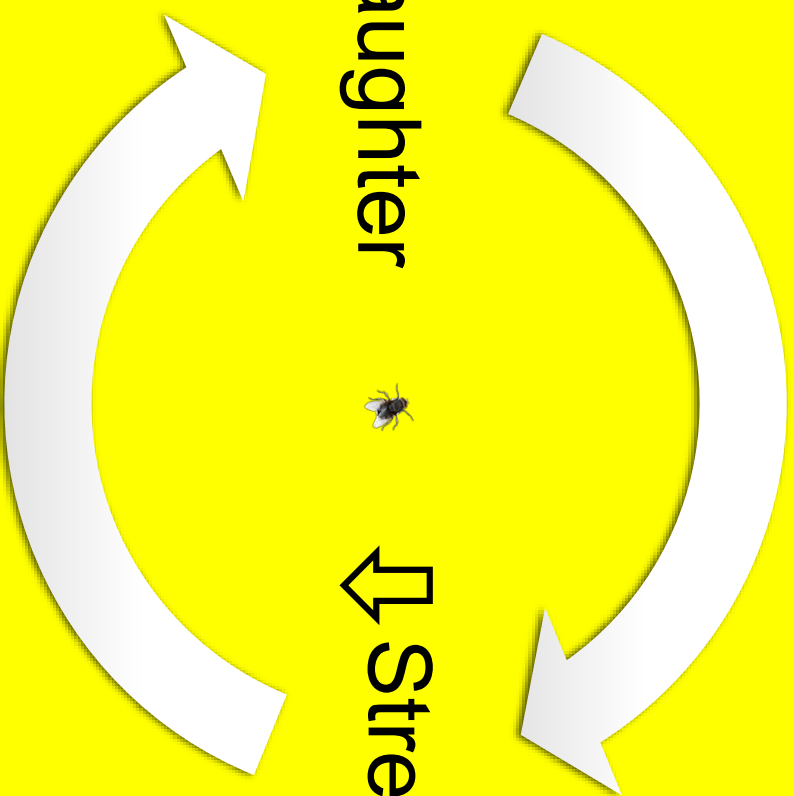
DEAL WITH YOUR STRESS

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

↕ Laughter



↕ Stress





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

11:17 AM

HOW CAN HUMOR FIT INTO MY AFTER SCHOOL PROGRAM

(This is objective 31)

???



11:17 AM

Laughter Practice

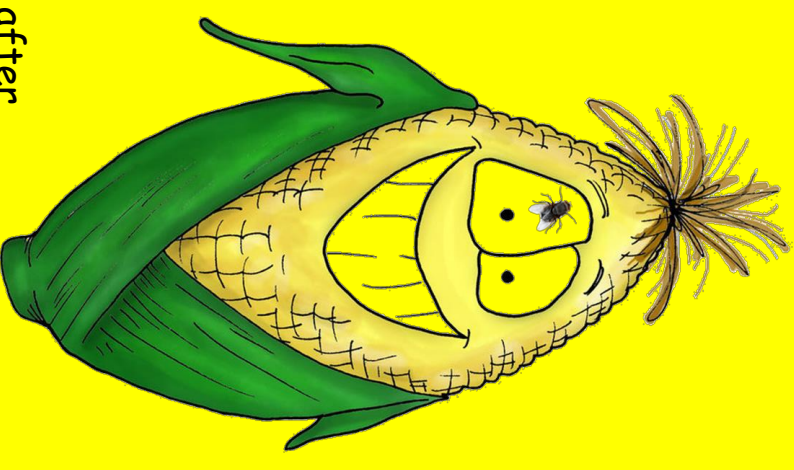
Research shows that physical, emotional, and social benefits occur even when the laughter is contrived, as what starts as practice laughter soon becomes the real thing!

Examples: (straight from my laughter yoga class)

- **Suppressed laughter**
- **Evil scientist laughter**
- **Giggles**
- **Embarrassed laughter**
- **Age laughter**
- **Cell phone laughter** – let's practice!



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?"

Start a **JOKE OF THE DAY** club

Why did the chicken cross the road?



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

Knock knock...

BRAIN TEASERS!!

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

11:17 AM

Designate a
**LAUGHTER
LEADER**

Like a line leader, only funnier!



11:17 AM

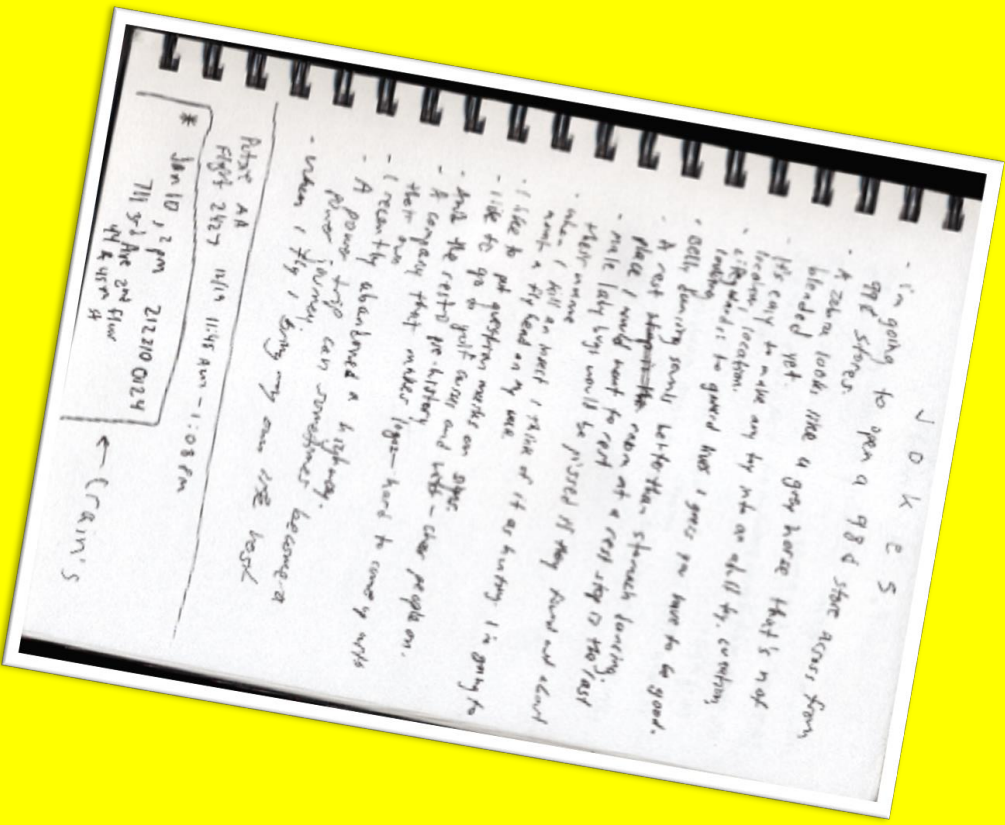
Have kids keep a



JOKE

JOURNAL

11:17 AM



LAUGHING CONTEST



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



11:17 AM

THESE ARE TEARABLE PUNS.

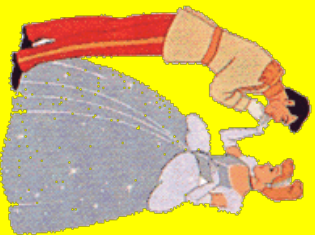
A DYSLEXIC POET
WRITES INVERSE
I BREAK INTO SONG
IF I CAN'T FIND THE KEY
YOUR CALENDAR'S DAYS
ARE NUMBERED
BAKERS TRADE RECIPES
ON A KNEAD TO KNOW BASIS
JUMPING OFF A PARIS BRIDGE
MAKES YOU IN SEINE
ACUPUNCTURE IS
A JOB WELL DONE
SANTA'S HELPERS
ARE SUBORDINATE CLAUSES
ONCE YOU'VE SEEN ONE SHOPPING CENTER
YOU'VE SEEN THE MALL
IF A CLOCK GETS HUNGRY
IT GOES BACK FOUR SECONDS
THE BRIDE GOT A NEW NAME
AND A DRESS
A BIKE CAN'T STAND ALONE
BECAUSE IT'S TWO-TIRED

Other contests: Tom Swifties-

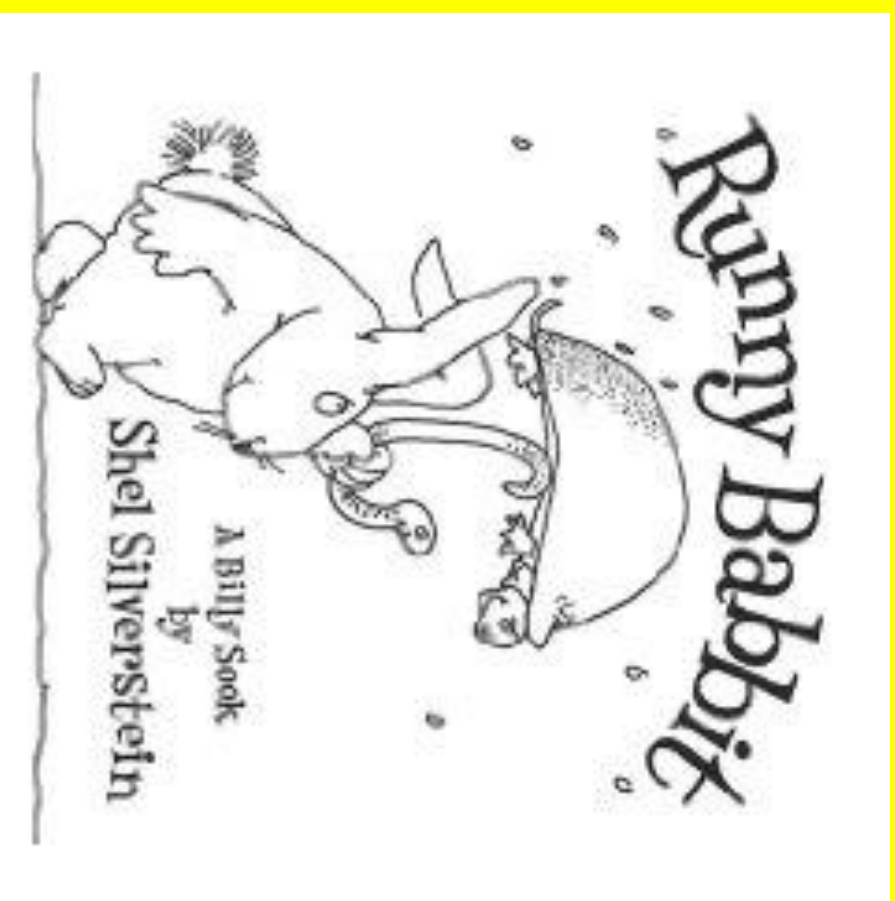
"Stoke
the fire!"
Tom bellowed.

Tom Swiftie
"There's a storm
coming," Tom
thundered.
"I don't want anything
on my burger," Tom said
plainly.
"I need a pencil sharpener!"
Tom said wearily.
"Can I go looking for
the holy grail again?"
Tom requested.
"Colorado joined the
Union in 1876," Tom
stated.
1876

Other contests: Spoonerisms -



Rindercella



RELATE PERSONAL STORIES (EMBELLISH IF NECESSARY!)



11:17 AM





11:17 AM

With kids, never be too quick to judge!



AFRICAN ELEPHANT

11:17 AM

PLAY ON WORDS

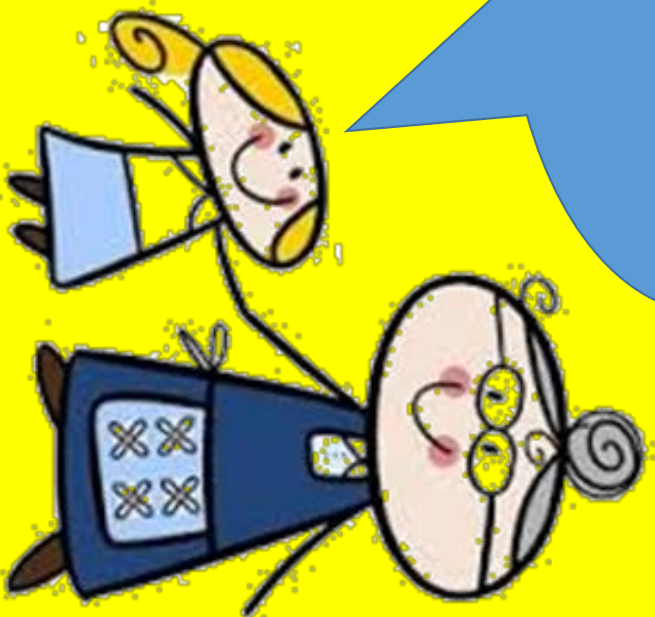


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PLAY ON WORDS

Let's eat
grandma!



PLAY ON WORDS

A dark red rectangular graphic with a white border. It contains the text "Time's Fun When You're Having Fun" in a large, white, bold, sans-serif font. The word "Having" is written in a smaller font size than the others. Below "Having" is the text "Have the Fun!" in a very small font. On either side of the text is a green cartoon frog illustration, shown from a side profile, sitting and facing right.

Time's Fun When You're
Having Fun
Have the Fun!

Wonderings



What do people in China call their good plates?

Who was the first person to look at a cow and say, 'I think I'll squeeze these dangly things here and drink whatever comes out'?

Is bi-monthly twice a month or every other month?

If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?

If you are satisfied with the service at a grocery store, are you a grunted customer?

Why are there Interstates in Hawaii?

Have you ever imagined a world without hypothetical situations?

If you curse in France do you say "Pardon my English?"

ALTER EGO



[IF YOU DARE]

Time for...

...Phone Phun

(or, if you can't lick 'em, join 'em)



11:17 AM

**Blow up my phone
challenge.**



Send me a text!

Favorite joke, quip or quote

573-999-4350



11:17 AM

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

**Time flies like
the wind...**

...and FRUIT FLIES LIKE BANANAS



11:17 AM



THIS

is the TRUTH:

time flies

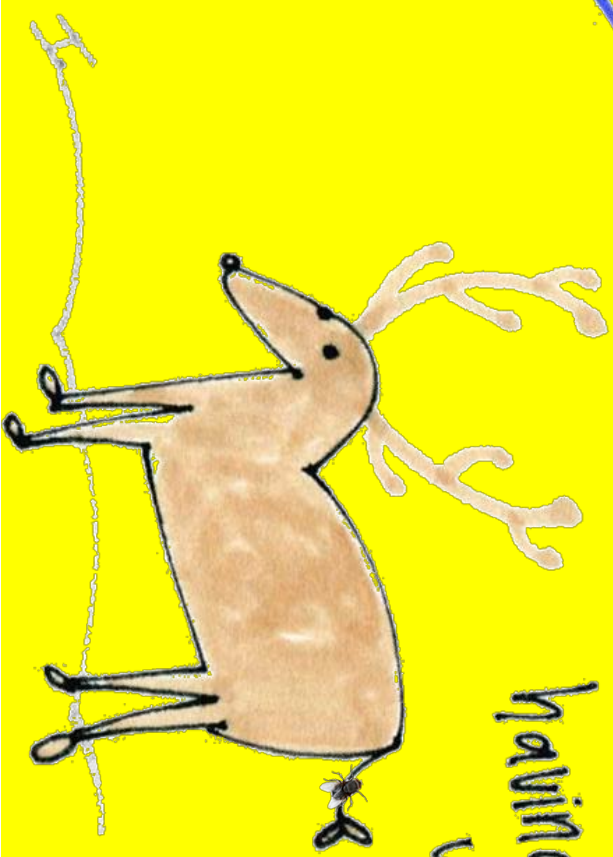
whether you are

having fun **OR NOT.**

Might as well

make it

FUN!



**Only you can
decide who you
are going to be
today!**



**SO... DON'T BE
LIKE THESE
GUYS AND
MISS THE
BOAT!
LAUGH!
LOUD & OFTEN**

11:17 AM



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!

www.yougottalaugh.today



11:17 AM





11:17 AM



If I can make
at least one
person smile,
or pee their
pants a little,
then my
day was
not wasted.





**One last
laugh??**

Repeat after me...



**THANKS
FOR COMING
AND REMEMBER...**

11:17 AM

Other reminders...

- **Evaluations**
- **Wear your button!**
- **Join me on **
- **Invite me to visit!**
- **Enjoy the rest of the conference!**



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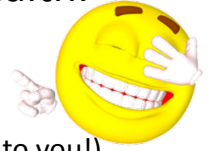
(YOU SHOULD PROBABLY LEAVE NOW)

11:17 AM




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
- Suppressed laughter
- Evil scientist laughter
- Giggles
- Embarrassed laughter
- Age laughter



