CANISIUS COLLEGE

Learn to Slow Down Series

GET YOUR LAUGH ON

1. Introduction: Show You Tube clip( baby laughing, Charlie bit my finger, comedian, etc.) This is an ice breaker to begin to get people laughing and introduce the benefits of laughter as a stress reducer. This workshop isn’t about whether you have a good sense of humor or not. It is about realizing the benefits of laughter for our body and our emotions whether we are really laughing or just faking it. After participating, students hopefully will recognize the benefits of laughter and use laughter to help them find a “vacation in the middle of their day”.
2. Warm-Up: Let’s warm up some of our laugher muscles.
3. Clapping Exercise: Clapping improves blood circulation, creates a nice way to begin the laughter session and can be a way for the facilitator to get the group’s attention. Start clapping as a laughter exercise dies down or if you need to get the group’s attention. Let them know when they hear you clap throughout the session they should join in.

Warm-Up:

 Clap 1, 2 1,2,3 first left and then right

 While clapping say Ho, Ho, Ha, Ha, Ha

 Repeat 3x

1. Breathing Exercise: This brings in an element of relaxation. Take two deep breaths in while raising your arms, smile as you lower your arms and release the breath. Repeat 3x
2. Shoulder and Neck roll to stretch and relax those muscles
3. Laughter Exercises: This is the part that many of us might think is pretty silly, in fact we may feel ridiculous at first. But let’s look at it as fun and playful and give it a try. As we go through the exercises you can move around the room and make eye contact with others, laughter is contagious!!! Don’t feel like laughing? Just fake it.

The facilitator can choose any of the following exercises depending on the size of your group, amount of time you have, how well people already know each other etc.

1. Aloha Laughter: Alooooooooooohahahahaha Hula your hips side to side, raise your arms and hold the O as loudly as you can.
2. Gradient Laughter: Fake a giggle, cover your mouth to hold it in and laugh slowly gradually increasing the tempo and volume till you just can’t hold it in anymore.
3. Jackpot Laughter: Gather everyone around closely and in a whisper tell them to imagine the best news they have ever heard and immediately rejoice by jumping up and down, giving high fives and celebrating.
4. Silent Laughter: Open your mouth wide and laugh without making and sound, look at each other and make funny gestures
5. Cell Phone Laughter: Hold an imaginary cell phone and try to laugh making gestures to the others and moving around the room.
6. Hot Soup Laughter: Pretend you have just taken a sip of hot soup, purse your lips and fan your face trying to cool off while giggling and making eye contact with the group.
7. Popping Balloons Laughter: Run around laughing as you try to pop balloons with your feet. Stomp on them, get as many as you can
8. Evil laugh: Rub your hands together as you make an evil laugh, sneering at those around you
9. Cocktail Party Laughter: Walk around the room pairing up with people, pretending to have a conversation with them without using any words and finding everything they say very funny.
10. Flying Bird Laughter: Flap your wings and fly around the room laughing.

Some Exercises that involve physical contact:

1. Electric Shock Laughter: Walk around and imagine that everything and everyone you touch gives you a shock of electric static. Jump backwards when you feel it and laugh when it happens. Make it happen a lot.
2. Greetings Laughter: Greet everyone as you normally would shaking hands, etc. but replace words you would use with laughter.
3. Warm Hug Laughter: Greet a friend you haven’t seen in 20 years

End laughter exercises with You Tube clip with Jessica Simpson participating in Laughter club.

1. What laughter can do for us:

Each day we are challenged to deal with the stresses of everyday life. We try to relax, try to find things to distract us from daily concerns but maybe there’s a way to cope that can be a lot of fun: laughing. Let’s see how laughter can be helpful.

\*\* Pass basket around with cards describing the benefits of laughter and have everyone read one aloud to the group.

1. Closing: Utilize some deep breathing and a positive affirmation for the group. Utilize the breathing exercise from the start of the workshop and ask participants to repeat the affirmation to themselves as they breathe in and out.

Affirmation: I have a lot to smile about!