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GIGGLE

(Joy/Fun)

Objective:

Children will appreciate, enjoy and share the benefits of laughter with others.

Materials:

Children will need joke books, lined paper and a pencil, and the Funny Story activity sheet.

Procedure:

Copy the Funny Story worksheet. Read the Giggle story to the children and discuss the questions. Distribute joke books, two pieces of lined paper, colored paper or cardboard, markers and pencils. Explain the directions for the optional activity and for the Funny Story activity sheet. The latter can be sent home or accomplished in school.

Discussion Questions: 5-10 minutes

1. What makes you giggle and laugh?
2. Explain why these experiences are funny to you.
3. How does giggling/laughing make you feel?
4. Name a few ways you would use laughter to lift your mood/spirits?

Optional Activity: 30 minutes–Joke/Storytelling

Directions:

If this is a new activity, spend a few minutes reading some children's joke books. Choose a joke or a funny story to tell. If you have an original idea, you can write your own joke or story. Be certain that you are not making fun or belittling someone in order to seem funny. Practice telling your joke or story with a partner.

Follow-up:

Stand in front of a mirror at home. Act out a word as a pantomime, with no talking. Practice your pantomime on a family member. Try it out on your classmates.

GIGGLE

What makes you giggle?
Is it something silly?
Could it be a funny voice or a goofy look
on your face?
Think about giggling as you close your eyes.
Put a smile on your face and imagine.
Would you like to learn to be a clown?
Or are you a great joke teller?
Whatever makes you giggle can be
shared by others.
Making other people laugh is a great gift.
Think of what makes you giggle...a wiggle,
a big laugh, silly words?
A wild and crazy hairdo, a funny walk
or dance step?
Find what makes you giggle and keep
laughing.
See how this makes you happy.



(Pause)

- Open your eyes slowly, remembering that you can giggle when you need it.
- Keep that smile on your face as long as you can.

FUNNY STORY

ACTIVITY 30 minutes

Directions: Think of a funny situation that happened to you. Recall as many details as you can as you go over the event step by step in your mind. Create a visual symbol of the humorous event, or find an object that reminds you of this funny story. Practice telling the story clearly and with a straight face. Tell your humorous story to a partner or a family member.

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Follow up: Write your response to these questions:

1. How did you feel as you recalled the funny incident?
2. Describe your partner's reactions to your story.
3. How did you feel as you retold the story?

