



**TODAY'S TOPIC:  
LAUGHTER**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***What made me laugh today?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>Optional – funny memes, posts, pictures, jokes</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	Know that laughter is good for health and happiness and a spiritual practice.

**ASK:** What are some things that are funny?

**ASK:** Why do you think it is good to laugh?

- **HEALTHIER** – Less likely to get sick, if you get sick you get better faster, you feel better, when we laugh our bodies release “feel good” chemicals that have positive effects on our system.
- **SMARTER** - Being able to figure out if something is funny makes you smarter.
- **CONNECT** - Laughing together is a way to connect. Things are funny because we have them in common. Good humor doesn't tear down, it builds up.
- **HAPPIER** - People with a well-developed sense of humor are happier and feel better about themselves.
- **RESILIENT** – You are better able to handle challenges and change.

- COMPASSIONATE and UNDERSTANDING – You can handle differences (your own and in others) and you can see things from many perspectives other than the most obvious.
- CREATIVE – Understand new ideas or ways of thinking

**ASK:** What are some ways to add laughter to your day?

- Watch funny YouTube videos
- Spend time with our friends
- Practice a silent giggle (challenge each other not to smile or laugh, to only smile and laugh on the inside as you look at funny pictures or videos).
- Spend time with pets
- Do something really silly (stand up and do a crazy, funky dance for 10 seconds)
- Listen to music or dance
- Have a favorite comic strip. (Garfield? Calvin and Hobbes?)
- Try Laughter Meditation.

LAUGHING MEDITATION: Inspired by this video - <https://www.youtube.com/watch?v=1Pa-zw6Bo70>

*Everyone clap together on the same beat. Say together on the beat "HO HO HAHAHA". Do this twice*

*Lift your hands up over your head and say "YAY".*

*Put your hands over your heart and be quiet while the teacher says "Hold it, hold it, don't laugh, hold it" while smiling big, then everyone laugh together.*

*Try again with hopping or turning instead of clapping.*

ASK: Do you think laughing has anything to do with God? Spiritual part of laughter - There are a lot of Spirit qualities in things that are funny, laughter, and generally being able to find the fun in life: Connection – Health – Happiness – Friendliness – Joy – Flexibility. God is in the laughter!

SAY: There are so many different kinds of laughter. Big laughs. Little giggles, and everything in between, But no matter how you laugh, remember that finding things that are funny and laughing is a good thing.

**AFFIRMATION** – Life is fun. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/>.