

**TODAY'S TOPIC:  
What's So Funny**

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></li> </ul>	Know that laughter is a spiritual practice.

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

**ACTION:** There are so many kinds of laughter. Big laughs. Little giggles. And everything in between. Have everyone either together at one time or individually demonstrate a laugh. **SAY:** No matter how you laugh, remember that finding things that are funny and laughing is a good thing. **Reminder:** laughing at people and hurting their feelings is never a good thing.

**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 – better able to handle challenges and change
- COMPASSIONATE and UNDERSTANDING - can handle differences (their own and in others). 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 the class to not smile or laugh, to only smile and laugh on the inside as you read some of the jokes or make funny faces)
- Spend time with pets
- Do something really silly (have the class 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?)

**ASK:** Do you think laughing has anything to do with God? Spiritual part of laughter

1) 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!

2) Laughing is a spiritual practice. When you laugh, your body relaxes, and your mind opens. These are important pieces to see and hear God. If you do laughter meditation every day, you are open so receive thoughts from God.

**LAUGHING MEDITATION:**

Everyone claps together on the same beat. Say together on the beat “HO HO HAHAHA”. X2

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 laughs together.

(Try again with hopping or turning instead of clapping.)

**AFFIRMATION** – I love to laugh, and laughing is good for me. repeat 4X

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

