



Tell a joke and make someone laugh.

Art by Macallan, age 8, Minnesota, USA



Get Inspired

Quote

"A good laugh heals a lot of hurts."

Madeleine L'Engle

Fact

Laughter is a natural medicine that can improve your mood, strengthen your immune system and even combat stress.



Shake It Up

Let's get silly and do the Hokey Pokey!
"I am funny!"



Talk It Out

1. Why is telling a joke and making someone laugh a kind act?
2. When is the last time that you laughed really hard? What made you laugh so hard?
3. Do you like to tell jokes? Do you have a favorite one? If so, get ready to share it!



Do It!

1. Let's all tell some jokes.
2. Think of a favorite one.
3. When called on, share your joke and make us laugh.
4. Remember to be a good friend and only laugh with your classmates.
Never laugh at them.
5. Have fun!

Tell a joke and make someone laugh.

SEL Competencies

Self-Awareness

Identifying Emotions
Self-Confidence

Relationship Skills

Communication
Social Engagement
Relationship Building

Timeframe

15 – 30 min

Materials Required

A favorite joke



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Quote

Invite a student to read the quote.

Fact

Laughter is a natural medicine that can improve your mood, strengthen your immune system and even combat stress.

Source: University of St. Augustine for Health Sciences



Shake It Up

Get your students moving. Invite them to do the following activity:

Invite your students to get silly and do the [Hokey Pokey](#). When they are finished, have them say, "I am funny!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. Why is telling a joke and making someone laugh a kind act?
2. When is the last time that you laughed really hard? What made you laugh so hard?
3. Do you like to tell jokes? Do you have a favorite one? If so, get ready to share it!



Do It! (as a class)

1. Invite your students to tell a favorite joke.
2. If they can't think of any, give them a few minutes to research one, or ask them the day before to think of one and bring it to class.
3. Share your own favorite joke to get them started. Here are a few fun ones:
 - a. Did you hear about the guy who broke both his left arm and left leg? *He's all right now.*
 - b. Why does Humpty Dumpty love autumn? *Because he had a great fall.*
 - c. What did the traffic light say to the car? *Don't look! I'm about to change.*
 - d. Why was the little strawberry crying? *His mom was in a jam.*
4. Call on your students one at a time and let them tell their joke.
5. Encourage students to be respectful listeners and only laugh with someone, never at them.
6. Have fun and laugh it up!