

Starter List of Laughter Exercises

1. Name: **Ho-Ho-Ho Ha-Ha-Ha Circle Exercise:**

Description: Participants take turns laughter together in a circle format by demonstrating their most favorite or unique laughter action. Then everyone repeats that laughter action.

Purpose: Promotes creativity, building trust, breaking down inhibitions. Have fun!

2. Name: **Follow the Leader Laugh**

Description: Participants take turns being the leader and everyone has to repeat the laughter actions that they do.

Purpose: Promotes social connections, communications and illustrates that people have varying levels of comfort.

3. Name: **The Ball Laugh**

Description: Participants work together in throwing the ball (use a large soft type ball) around the circle and keep the ball moving without the ball hitting the ground. If the ball hits the ground, everyone says “oh!” and start the process again. The object is to keep the ball in the air.

Purpose: Promotes team building and problem solving skills. Working together towards a common goal.

4. Name: **Slap on the Knee Laugh**

Description: Participants work and laugh together as they slap their knees.

Purpose: Promotes group cohesion, developing a level of trust, create positive energy and have fun.

5. Name: **Roller Coaster Laugh**

Description: The leader demonstrates the laugh and counts 1, 2, 3 put hands down to feet and then bring hands straight up saying **heee**. Then **HA-HA-HA-HA-HA-HA** as everyone sways from left to right several times. Do this Laugh 5X

Purpose: Promotes group cohesion, developing a level of trust, create positive energy and have fun.

6. Name: **The Argumentative Laugh**

Description: The leader demonstrates the laugh, shakes his or her index finger and says **haaaa-haaaa** at the participants and counts 1...2...3... then do laugh until everyone has the chance to laugh and move around the room and shake their finger at as many people as they can.

Purpose: Promotes group cohesion, developing positive connections create positive energy and have fun.

7. Name: **Row Your Boat Laugh**

Description: The leader demonstrates laugh and counts 1..2....3. Participants pretend they are rowing a boat and sing the laughs to row, row your boat. **Ho, Ho, Ho, Ho, Ha, Ha, Ha, Ha, Ha, Hee, Hee, Hee, Hee, Hee, Hee, Hee, Hee, Ho, Ho, Ha, Ha, Ha, Ha**
Do 2-3 times.

Purpose: Promotes group cohesion, developing positive connections, create positive energy and have fun.

End with Three Cheers:

I am the happiest Person the world.....Yes!

I am the healthiest Person the world.....Yes!

I Love weekends!.....Yes!