



## Know your humour ingredients!

What does your body do when you laugh? How can someone else tell if you're feeling cheerful? By understanding what your body does when it's happy, you can use these techniques to help you feel happier whenever you like.

### Humour thoughts:

Think about the last time you found something *really* funny.

Maybe you laughed so hard your stomach hurt! Or maybe somebody said something funny that brought a smile to your face? Perhaps it's a place that helps you feel happy? Really, it's just a happy thought that you need.

Sometimes when we feel sad, we just need to remember a happier time as this can help us feel better. When we feel better, we're able to think better.

You can do this with a friend, in pairs, take it turns to talk about a person, memory or place that makes you laugh or feel happy. Really think about:

- Sights
- Sounds
- Smells
- Colours
- Textures
- Feelings it or they bring you
- Key events that happened there or with that person

Can you draw some of the different facial expressions you saw when your partner was talking about their happy thoughts?




This time in pairs observe and write down what you notice about the person describing their favourite place against:

Facial Expressions	
Body Language	
Voice Tone	
Type of Words E.g. are the words descriptive, how do they sound? Are they positive words?	

Share what you observed and wrote down with your partner. Ask them if they knew they were doing these things?

Why do you think knowing what you do when you feel happy is important?

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At Laughology, we call these your *Humour ingredients*. Just like when you bake a cake, knowing the ingredients helps you bake that same cake again. The actions, words, sounds you make when you're feeling happy are your brain's ingredients for happiness.

Knowing our Happiness Ingredients helps us control how we feel when we're scared, tired, angry or sad and can help us feel better.

What will you try next time you want to feel better? Write your humour Ingredients here:

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Being around people who show happiness can make you happy. Who do you know that shows happiness? How do they do this?

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