

look for the **FUNNY THINGS** in life



To make mistakes is human. To stumble is commonplace. To be able to laugh at yourself is maturity.
William Arthur Ward

AT THE END OF EACH DAY, WRITE DOWN ONE THING THAT MADE YOU LAUGH AND EXPLAIN WHY.

HOW DO YOU FEEL WHEN YOU LOOK BACK AT THE THINGS THAT MADE YOU LAUGH EACH DAY? WHAT DID YOU LEARN ABOUT YOURSELF FROM KEEPING THIS DIARY? HOW COULD YOU USE HUMOUR TO HELP YOU GET OVER A MISTAKE OR SOMETHING EMBARRASSING?

	What happened?	Why did it make you laugh?	How did you feel? What did you do?
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			

Laughter helps us to feel good. Laughing at your mistakes or laughing with others can help you to put your problems into perspective. It can also help you to remember that there are good things going on for you too.

Extension

COMPLETE ONE OF THE FOLLOWING TASKS

1. Research the role of 'clown doctors'. Present your research in a format that can easily be viewed by the class.
2. Research the physical and emotional effects of laughter on the human body. Present your research in a format that can easily be viewed by the class.

Spending time with people who make you laugh is a good way to relax

