

2018 Spring LY

Opening:

- Breathing & Stretching exercises
- Close your eyes. (Opening words)
- Smile to yourself. Become aware.
- Giggle. Open your eyes and make eye contact!
- Aloha Laugh (3x)
 - Very good, very good, yeay!

Start off:

- Shake out your hands with laughter.
- Mental Floss
- Laughter Cream all over your body
- Sneeze Laugh
 - Very good, very good, yeay!
- Vowel Laughter (a,e,i,o,u)
- Animal Laugh
- Argument Laughter
- Electric Shock
- Hot Potato Laugh
- Milk Shake Laugh
 - Ho, ho, ha,ha,ha
- Evil laugh
- Goofy Laugh
- Peek-a-boo laugh
- Ear wiggle laugh
- Teeth wired shut laugh
- Laughter soup
- Library laugh (quiet, then bursting forth)
- Embarrassed laugh
- Credit card laugh
- Roller Coaster laugh
- Waiting in line

Happy things to laugh about:

- Scratch ticket
- Someone ahead of you in line bought your coffee
- You got a compliment from someone you didn't expect
- You wake up in a great mood
- You are surprised to find your bank gave you an unexpected credit
- You just received frequent flyer miles

Annoying things to laugh about:

- Traffic on Route 106
- Someone cut in front of you in line
- Traffic is speeding down your once quiet street
- The sale price is no longer in effect
- You can't find your car in the huge parking lot
- Your zipper on your favorite pants broke

Songs:

- Take me out to the ball game

- Row, row, row your boat – on the Town River
- ABCD- EFG...tune (laughing)
- Frere Jacques
- William Tell Overture

Seasonal:

- Rake away the leaves... reveal new growth!
- Sit outside in the sun... soak up the rays
- Gratitude laugh
 - Very good, very good, yeay!

Final Challenge:

- 2 minute laugh (build up, go down)

Cool Down:

(Either the Laura Gentry #5 on the playlist or "Louis Armstrong, "What a Wonderful World")

Closing words:

- "Life is a miracle, and simply being aware of this can already make us very happy."
Thich Nhat Hanh
- And keep a sense of humor. It doesn't mean you have to tell jokes. If you can't think of anything else, when you're my age, take off your clothes and walk in front of a mirror. I guarantee you'll get a laugh. — Art Linkletter
- As soap is to the body, so laughter is to the soul. — A Jewish Proverb
- I have always felt that laughter in the face of reality is probably the finest sound there is and will last until the day when the game is called on account of darkness. In this world, a good time to laugh is any time you can. — Linda Ellerbee
- Namaste / No mistakes
- "We hope you have a week full of laughter. Be the joy people need in this world."