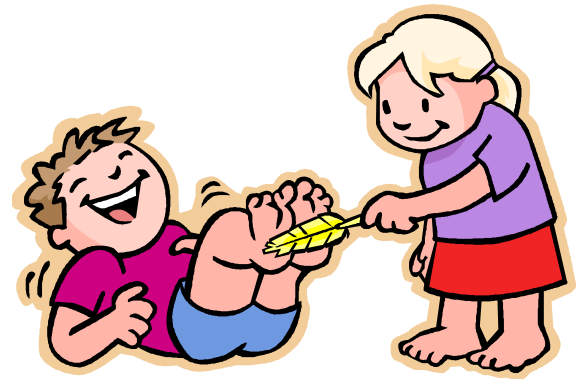


LOL!

# Humour



# HUMOUR IS HEALTHY



When we laugh a lot we stay healthy.  
Laughter can help our body to fight  
disease and illness.

Humour is like exercise for our mind  
and our emotions.

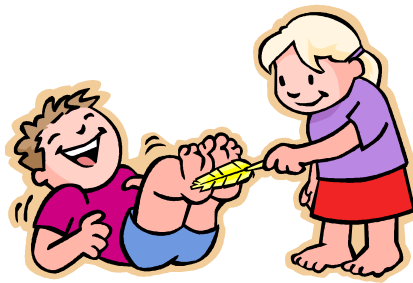
# HUMOUR can make you feel better



Having a laugh can make you feel a little bit better when you are feeling unhappy, sad or worried.

However... humour shouldn't be used to pretend that you don't feel sad or worried..

HUMOUR can help people to be friends



Sharing good laughter with friends can bring people or friends closer together.

# HUMOUR can be hurtful



It is mean or unkind to laugh at someone else's problems or because of the way that they look, think, speak or act.

It isn't good to be the class clown



Trying to be funny to make people laugh at you is not a good way to behave when there is work to be done. Save it for the playground and do it in a good way that doesn't get you into trouble or hurt others.

# Giggle gym!



A short Giggle Gym session once a day to help you feel relaxed and positive. You could:

Choose a humorous dance, game, book, song or activity.