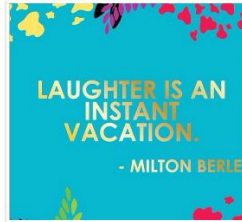




ACTIVITY CART IDEA Make 'Em Laugh



April 2020



Everyone can use a boost and humor provides just that as a whole-body encounter. Or as I call it a “shock absorber for life.” Humor provides a release, diffusing tension, allowing a person to relax, even if only briefly. This power point has it all; comedians, babies, animals, music, quotes and MORE! “Every time you find humor in a difficult situation, you WIN!” April is National Humor Month, but let us CELEBRATE this beautiful gift every day of the year!

Activity Pod™ includes:

- Power point
- PDF format
- Full sheet: jokes, riddles, tongue twisters
- Craft idea
- Silly faces to print, cut out and offer as a paper “button”
-

Understanding laughter:

- Laughter relaxes the whole body
- Laughter boosts the immune system
- Laughter triggers the release of endorphins, the body’s natural feel-good chemicals
- Laughter protects the heart
- Laughter lightens anger’s heavy load
- Laughter stops distressing emotions
- Laughter helps you relax and recharge

Objectives:

- provide resident choice of items in bag (if appropriate)
- empowers residents to self-regulate when feeling distressed



Activity IDEAS

- This power point is full of classic humor video clips. See last slide/page for specific info.
- Use all items in one day for a **Make 'Em Laugh** theme day or spread out, one item per day
- Print and cut a part one liner jokes, riddles or tongue twisters that are part of this Activity Pod™. Place in paper bag or zip loc bag for residents to randomly select and read to self, roommate, or staff
- Print Make Me Laugh PDF for 1:1 visit
- Craft: Make silly paper masks or decorate sunglasses
 - Materials needed: mask pattern, pom poms, feathers, glue, with tape, attach 2 straws to mask for handle
 - OR place masks on window to share with the world 😊

Always remember, safety first.

Stay brilliant!!

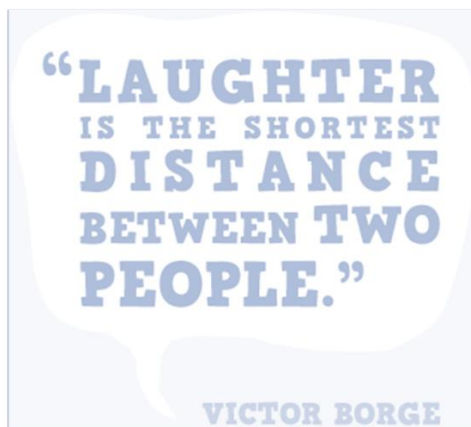
Nancy Richards, ADC/EDU/MC

P.S. Stay in touch and keep UP your important work within the care journey of life.

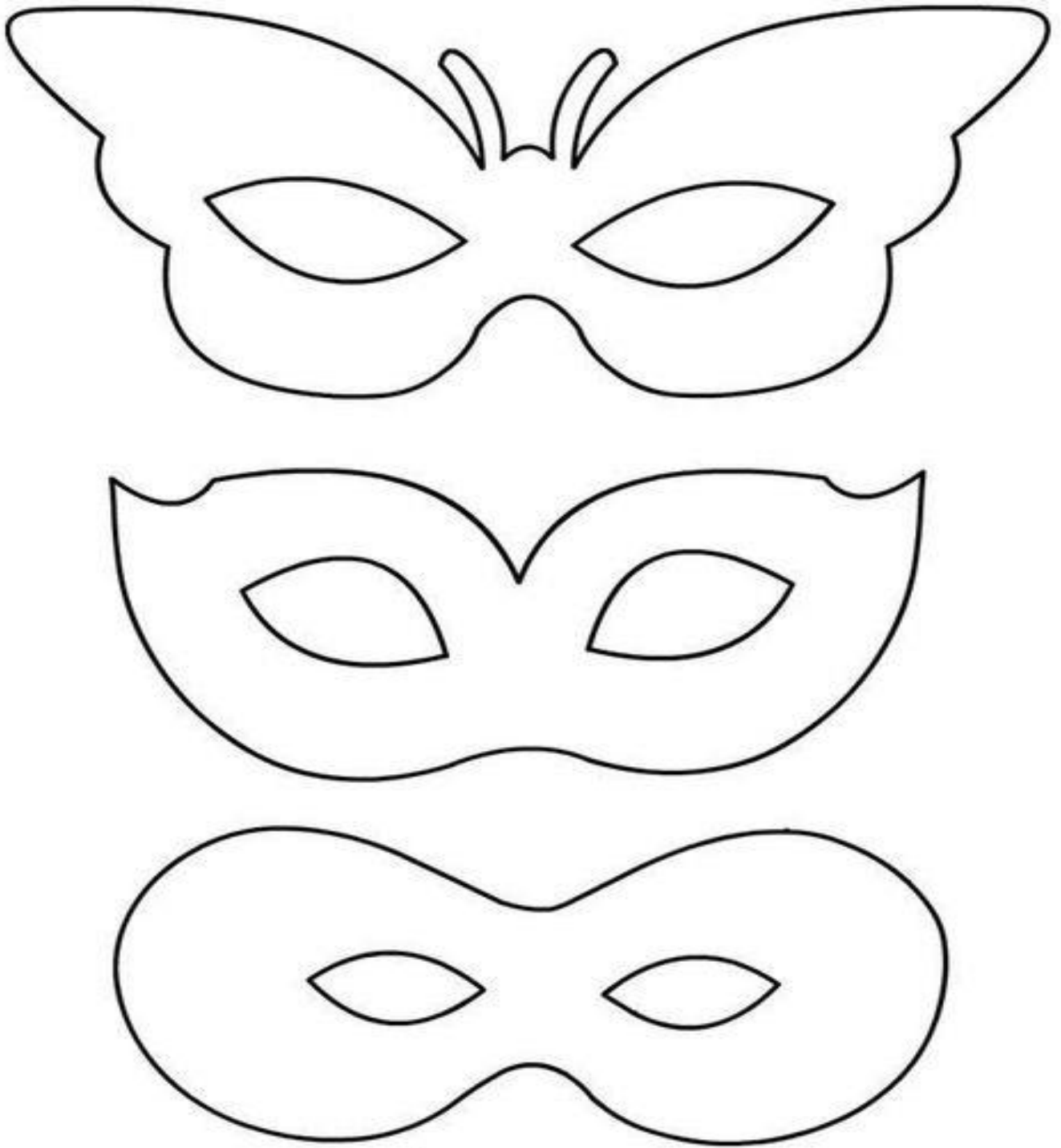
Nancy.Richards@activitypathways.com

Adapted from: www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm

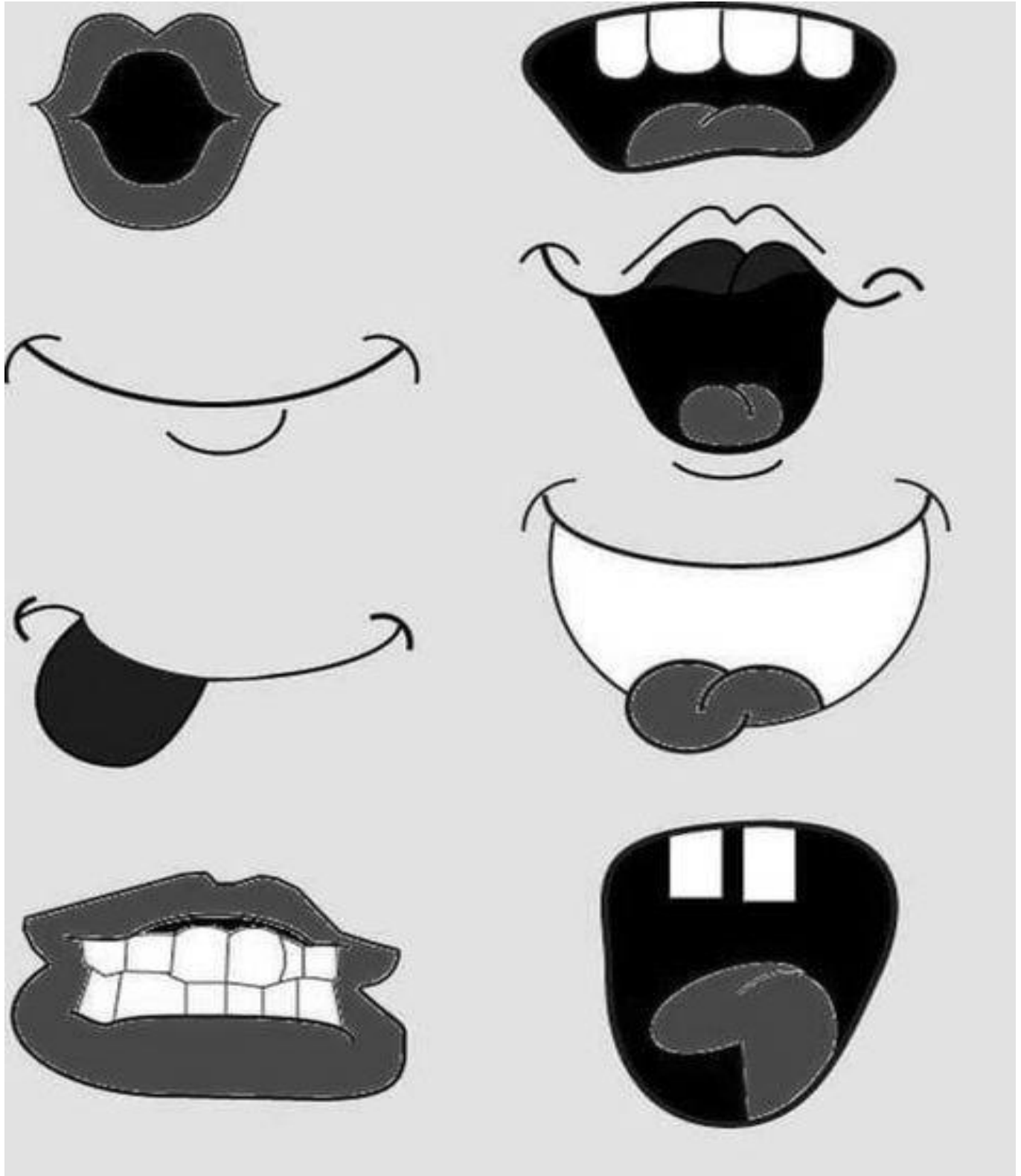
<https://parade.com/965742/parade/corny-jokes/>













Riddles

What goes up and down but does not move?

— Stairs.

Where do you find an ocean with no water?

— On a map.

What is white when dirty and black when clean?

— A chalkboard.

What has an eye but can't see?

— A hurricane!

Mary's father has 5 daughters – Nana, Nene, Nini, Nono.

What is the fifth daughter's name?

— Mary.

What has hands but can not clap?

— A clock.

What has to be broken before you can use it?

— An egg.

I'm tall when I'm young, I'm short when I'm old, and every Halloween I stand up inside Jack O'Lanterns. What am I?
— A candle.

What travels around the world but stays in one corner?

— A stamp.

What gets bigger the more you take away?

— A hole.

What becomes smaller when you turn it upside down?

— The number nine.

What can you catch but never throw?

— A cold.

What word becomes shorter when you add two letters to it?

— Short.

What is the easiest way to double your money?

— Put it in front of the mirror.

What stays where it is when it goes off?

— An alarm clock.

how do bees get
to school?



on a school buzz

what season is it
when you are on
a trampoline?



spring-time

why was the baby
strawberry sad?



his mom was in a jam

what do you say to
a fancy cactus?



you look sharp!

what's a tornado's
favorite game?



twister

what do you call a
flower that can't
tell the truth?



a lilac (lie-lac!)

why did the
birdie go to the
hospital?



for a tweet-ment

why do bananas
use sunscreen?



because they peel

why can't you
iron a four-leaf
clover?



don't press your luck

what do you call a
plant that roars?



a dandelion

----- ANSWER KEY -----

Riddles



I am full of holes; I can hold water. What am I?

SPONGE

What gets wet when drying?

TOWEL

What are two things people never eat before breakfast?

LUNCH AND DINNER

What is it the more you take away the larger it becomes?

HOLE

What has two hands and a face, but no arms and legs?

CLOCK

What can't be used until it's broken?

EGG

What has 4 legs and only 1 foot?

BED

What has many keys but can't open any doors?

PIANO

Tongue Twisters

Easy Tongue Twisters

- Fred fed Ted bread, and Ted fed Fred bread
- I saw Susie sitting in a shoe shine shop
- He threw three free throws
- I thought I thought of thinking of thanking you
- I scream, you scream, we all scream for ice cream!
- We surely shall see the sun shine soon
- I saw a kitten eating chicken in the kitchen



Medium Tongue Twisters

- If two witches would watch two watches, which witch would watch which watch?
- I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.
- Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't very fuzzy, was he?
- The thirty-three thieves thought that they thrilled the throne throughout Thursday.
- Susie works in a shoeshine shop. Where she shines she sits, and where she sits she shines

Difficult Tongue Twisters

- Betty Botter bought some butter. But she said the butter's bitter. If I put it in my batter, It will make my batter bitter. But a bit of better butter will make my batter better So 'twas better Betty Botter bought a bit of better butter
- Peter Piper picked a peck of pickled peppers .A peck of pickled peppers Peter Piper picked If Peter Piper picked a peck of pickled peppers Where's the peck of pickled peppers Peter Piper picked?