

## Humor

Statement for Parents about SEL during this time:

“Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.”

~Grenville Kleiser, American Author

The old saying “laughter is the best medicine” is actually true. Did you know laughter strengthens your immune system, boosts your mood, lowers pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

[Help Guide](#) has discovered these links between laughter and mental health –

Laughter stops distressing emotions. You can’t feel anxious, angry, or sad when you’re laughing.

Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more.

Laughter shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed and diffuse conflict.

Laughter draws you closer to others, which can have a profound effect on all aspects of your mental and emotional health.

If humor and laughter has so much power to heal and restore your physical and emotional health, why wouldn’t you use them more?

Integrating the Theme into the Home:

Here are some ideas to bring more laughter to your home and family –

Smile & say Hi. Smiling is the beginning of laughter, and like laughter, it’s contagious. Make it a game on your evening walks. See who can get the most people to smile and say Hi back.

Count your blessings. Simply write down or list in your head the things in life you have to be grateful for. Doing this may strike up a funny memory, but if nothing else it will bring a smile to your face and distance you from negative thoughts that block humor and laughter. When you’re in a state of sadness, you have further to travel to reach humor and laughter.

Spend time being playful with your children. Sometimes we have to tell ourselves to slow down and laugh with our children. Make family dinners a “no phone” zone and spend time talking about light hearted and funny topics.

Bring humor into conversations. Ask your children, “What’s the funniest thing that happened to you today?” or “What is the funniest memory you can think of?”

Use technology to bring laughter. Apps like [Laugh My App Off](#) are a great way to bring laughter into your daily life. You can set your preferences to how many texts a day the app will send you of jokes. You can also use it at the dinner table to get the family laughing.

Other ways to create opportunities to laugh -

Watch a funny movie, TV show, or YouTube video

Read comics

Share a good joke or a funny story

Create your own jokes

Read joke books as a family

Family game night

Play with a pet

Do something silly

Make time for fun activities

Resources (Please note what grade level or grade specific - books, articles, videos etc.)

(PK – 1st) [Sesame Street: Bert Feels Silly](#)

(PK – 1st) [Classic Sesame Street- "It's Funny!"](#)

(PK – 1st) [Sesame Street - Grover the Waiter - Big Hamburger \(Very Funny\)](#)

(PK – 6th) [Try not to laugh animals \(clean videos\)](#)

(1st – 6th) [America’s Funniest Videos Part 332 - Season 26 \(Funny Clips Fail Montage Compilation\)](#)

(5th– 12th) [Top 10 funny performances on America’s Got Talent](#)

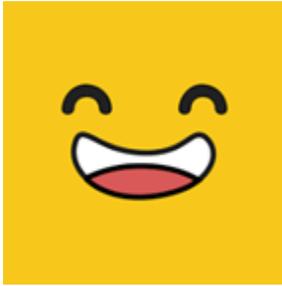
(5th – 12th) [TOP 10 HILARIOUS Stand Up Comedians | Amazing Auditions](#)

(7th – 12th) [SomeGoodNews YouTube Channel](#)

(9th – 12th) [Carpool Karaoke](#)

Parent Articles -

(PK – 12th) [How Laughter Works](#)



Laugh My App Off - Funny Jokes – Free download with in-app purchases available

(Age Rating 12+)

Laugh My App Off is the new way of getting your “HAHA’s and LOL’s” on the go! It’s been scientifically proven that laughter is the best medicine and with Laugh My App Off, it is guaranteed to give you the best chuckles all day long.

We’ve compiled hundreds of the best and entertaining jokes all around, to put a smile on your face, post and share with your friends to keep the fun going! You’ll be laughing your “app” off in no time!

Feeling rundown? Set how many times a day you would like to receive joke notifications on your phone. Be surprised throughout the day to receive a laughing boost. It is perfect for taking the stress out of a moment. Want even more? Then add the Today widget to your device and laugh every time you see the Today view!

Do you have a friend that needs a laugh? Use the iMessage app to send funny jokes to all your friends with just one tap!

From clean knock-knock jokes and corny puns to hilarious one-liners and clever riddles, we've got the jokes guaranteed to bring on serious laughs.



Funny Jokes for Kids & Adults– Free download with in-app purchases available

(Age Rating 12+)

Best Jokes!

Need a good laugh? Then get ready for some very funny jokes!

This hilarious app will crack you up with hundreds of the funniest, most hilarious Q&A jokes, blonde jokes, yo mama jokes, and famous one-liner jokes from top funny comedy legends!

This fun app is entirely FREE! So be sure to check it out now!

App Features:

Save your favorite jokes!

Share your favorite jokes via Email!

SMS your favorite jokes!

Paste your favorite jokes into Facebook, Twitter, or Safari via copy/paste function!

Post your favorite jokes directly to Facebook!

Enjoy!

For Android Devices –



Dad Jokes – Free download

(Age Rated for All Ages)

A collection of dad jokes, so bad your dad will be proud. Adopt the lifestyle !

A great colorful collection of some of the worst dad jokes. You can now not only tell them to your dad but also become a dad and adopt the dad lifestyle !

This application has a very colorful and minimalistic design made to let you fully enjoy these jokes, we hope you will like them !

Also you can add your own dad jokes, in case you are a dad who wants to save his jokes for the future generations and perpetuate this beautiful tradition !

Dad jokes are the best and here's why

why.

Have fun !



Knock Knock Jokes for Kids: The Best Good Clean Funny Jokes

(Age Rated for All Ages)

Product features -

50 hilarious knock knock jokes!

No reading required for young kids

Create, record, and play your own knock knock jokes

Cute and fun animated owl!

Easy for little and big kids to use

Product description -

Do your kids love jokes? Do they want to learn more and have fun doing it? Would they like to tell their own knock knock jokes too? Then look no further! Knock Knock Jokes for Kids: The Best Good Clean Funny Jokes is the perfect app for kids who love jokes!

Knock knock jokes are told by a hilarious owl with no reading required. Watch the owls funny reactions as he hears corny jokes that kids love. With great jokes he will laugh, good jokes will get a silly face, and, for the punniest, a good eye roll. Your kids will quote these jokes so be prepared for your own silly reactions.

Want to tell your own knock knock jokes? No problem! Kids can easily record their own funny jokes to share with friends and family.