



# Tell a joke and make someone laugh.

Art by Macallan, age 8, Minnesota, USA



## Get Inspired

### Quote

"A good laugh heals a lot of hurts."

*Madeleine L'Engle*

### Fact

Laughter is a natural medicine that can improve your mood, strengthen your immune system and even combat stress.



## Shake It Up

Let's get silly and do the Hokey Pokey!

"I am funny!"



## Talk It Out

1. Why is telling a joke and making someone laugh a kind act?
2. When is the last time that you laughed really hard? What made you laugh so hard?
3. Do you like to tell jokes? Do you have a favorite one? If so, get ready to share it!



## Do It!

1. Let's all tell some jokes.
2. Think of a favorite one.
3. When called on, share your joke and make us laugh.
4. Remember to be a good friend and only laugh with your classmates. Never laugh at them.
5. Have fun!

# Tell a joke and make someone laugh.

## SEL Competencies

### Self-Awareness

Identifying Emotions  
Self-Confidence

### Relationship Skills

Communication  
Social Engagement  
Relationship Building

## Timeframe

15 - 30 min

## Materials Required

A favorite joke



## Get Inspired

### Quote

Invite a student to read the quote.

### Fact

Laughter is a natural medicine that can improve your mood, strengthen your immune system and even combat stress.

[Source](#): University of St. Augustine for Health Sciences



## Shake It Up

**Get your students moving. Invite them to do the following activity:**

Invite your students to get silly and do the [Hokey Pokey](#). When they are finished, have them say, "I am funny!"



## Talk It Out

**Encourage your students to reflect on the provided questions.**

1. Why is telling a joke and making someone laugh a kind act?
2. When is the last time that you laughed really hard? What made you laugh so hard?
3. Do you like to tell jokes? Do you have a favorite one? If so, get ready to share it!



## Do It! (as a class)

1. Invite your students to tell a favorite joke.
2. If they can't think of any, give them a few minutes to research one.
3. Share your own favorite joke to get them started. Here are a few fun ones:
  - a. Did you hear about the guy who broke both his left arm and left leg? *He's all right now.*
  - b. Why does Humpty Dumpty love autumn? *Because he had a great fall.*
  - c. What did the traffic light say to the car? *Don't look! I'm about to change.*
  - d. Why was the little strawberry crying? *His mom was in a jam.*
4. Call on your students one at a time and let them tell their joke.
5. Encourage students to be respectful listeners and only laugh with someone, never at them.
6. Have fun and laugh it up!