



Top Ten Laughter Exercises

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For your health & happiness... Laugh More!

Beyond the serious is a world of great curiosity that inspires our Desire to educate ourselves and grow into the experience. Laughter Is a wonderful education into the joy we are capable of. Enjoy the purpose and practical applications of my top ten favorite laughter Exercises, each with an explanation as to why each is beneficial.

1. Laughter Cream Exercise

I like this laughter exercise because it puts you in charge of the benefit you will achieve by where you apply it.

Imagine you are holding a jar of laughter cream. Open it with great anticipation because wherever you apply it, it makes you laugh and feel oh so good. Start with a little and work it into your body as you exercise laughter increasing and appreciating all the places it can go.

2. Hearty Laughter Exercise

This laughter exercise opens the chest area for fuller and deeper breathing. When done in a group, it is quite amusing as each person takes a turn to surprise the others in a spontaneous flinging of arms outward that invites the other to join in. It is the playful surprise that everyone enjoys.

Hold the right hand on top of the left hand and bring both hands to the heart or chest area. Say "boom boom boom boom" while bringing hands away from the chest and then back to the chest. Each participant anticipates the laughter to come and when it feels right, flings open both arms and laugh.

3. The Cell Phone Laughter Exercise

It's a great laughter exercise to demonstrate the natural attracting element of laughter and engages participants in a playful exchange of good-natured fun, while it sends an important message about how magnetic laughter is.

Pretend you are holding a cell phone and suddenly the funniest call ever rings on your phone. Answer the phone, listen a moment and then laugh as if it is real. Hold your phone up for others in a group to experience what you hear and listen to theirs. It is enjoyable to watch the reactions.

Optimistically You

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Tips for Use

Practice only on the days that end in Y for the most optimal experiences.

Repeat an exercise to appreciate it.

Practice the exercises for at least ten minutes in duration for more beneficial results.

Schedule the practice into your day as you would for physical activity, meditation, personal time, etc.

Keep a record of what you notice changes in your practice.

This is not mental practice, it's a body exercise that happily affects your mind.

Enjoy the exercise for healthier and happier results.

4. Long Lost Friend Laughter Exercise

This is a fun loving opportunity to deepen the bond with other participants in a laughter experience. The hug part of the exercise further releases the hormone oxytocin in the body, which opens hearts for deeper connections.

This becomes a fun way to greet participants who have familiarity with each other, yet once it begins there are no strangers as all feel the genuine nature of the exercise. Participants walk towards one another with open arms to greet others excited to see an imagined long lost friend. As the hug begins the laughter naturally pours out.

5. Balloon Laughter Exercise

A fun and engaging laughter exercise that brings a group together and observes breath capacity by doing something playful for all to participate in.

Participants hold hands and come together closely into a circle in the center of the room as if each is a collapsed balloon. While holding hands a backward step is taken incrementally with inhalation, continuing until the lungs are full. At some point, the balloon is popped and hands release thrown upwards as laughter releases at the moment. An alternative way is to breathe into your cheeks and then letting the air out in a laugh.

6. The Argument Laughter Exercise

A playful way to use laughter as an exercise as an alternative to arguing. Everyone argues, though this takes the steam out of the seriousness and makes solving problems softer, more open-hearted, and a good compromise for all.

Participants pair off into partners or form two lines facing each other. The stance of an argument is physically taken and then quickly replaced with laughter as participants exaggerate an argument while laughing and waving fingers in lieu of shouting.

7. The Forgiveness Laughter Exercise

A complimentary laughter exercise to add following the laughter argument as it demonstrates a way to heal the rift an argument may have created. It levels the playing field as each participant asks forgiveness from those they argued with.

Facing the partner argued with, participants hold a hand to the heart or head and with a smile and conciliatory demeanor, let their partner know they are sorry through gesture and softer toned sheepish laughter expressions.

Benefits

As we laugh, exercise is a gentle undertaking for the body and the brain. As we begin to oxygenate more effectively with a better release of oxygen, the improved circulation pumps through the body and brain for more optimal results.

Attitude shifts perspective so that the way we think, feel and move becomes more resilient. There are quite a number of benefits that occur as laughter is an experience.

Some include:

Improved oxygenation
Increased circulation
Release of harmful stress
increase of healthier hormones

Muscle relaxation
Memory improvement
Increased performance
Enhanced immune system
Attitude improvement
Relationships improved
Better social connections

Confidence engaged
Collaboration increased
Power struggles reduce
Creativity elevates
Connections bond

A Laughter Program is experiential and the best benefits are the ones personally realized.

8. The Orchestra Laughter Exercise

Offering those who may feel reluctant in participation during a laughter session an opportunity to be in charge by leading others provides confidence and engagement. It further offers creativity within a group in the collaborative effort. It instills a sense of choice and enables vocalization and advocacy while enjoyable playful fun unfolds.

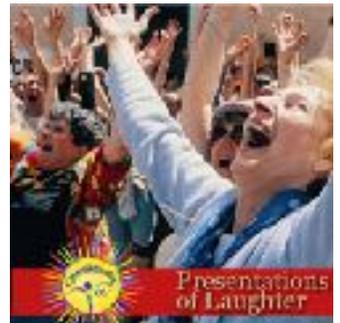
One person becomes the conductor of an orchestra as participants form small groups to creatively produce a unique cacophony of funny sounds with the voice or an imagined laughter instrument. The conductor calls on each group to highlight the individual sound of their group creation and quickly moves to another until bringing all together.



9. The Sounds of Laughter Exercise

Energizing and engaging, the sounds of laughter enthuse groups and are often Great evidence demonstrated in the powerful way laughter moves the breath through the body, while it playfully engages participation in the group.

Participants follow the leader's signal, expressing the sounds of laughter made through the vocalization of the ha ha, ho ho and he he that is typically vocalized with laughter. Clapping offers a rhythm, which is changed by the leader to synchronize the laughter Sounds and movement from louder to softer and faster to slower.



10. Grounding Dance of Laughter Exercise

A wonderful exercise of laughter harmonizes the body and breath with the rhythmic sounds of laughter and movement. It harmonizes the energy of the group and acts as a grounding lubricant of relaxation at the completion of hearty exercises of laughter and the overall experience.

Participants begin in a circle or at random places a short distance from each other. Each moves their hands as if drawing up the earth's energy and pulling down the sky's energy gently making a pushing movement downward twice and then outward while repeating the sounds of laughter as facilitated by the leader expressing either Ho Ho with each pulse of hand movement or Ha Ha. Participants move about allowing their body to engage with the rhythm, so it becomes a whole body action that can change pace or intensity. As the exercise begins to slow down, it prepares the group for a laughing meditation.

