

Laughter and learning in the classroom



FOCUS LEARNING WITH LAUGHTER

GREAT REASONS TO INCLUDE LAUGHTER IN YOUR LESSON PLAN

Raise your hand if you need a laughter blast

I could really use one!

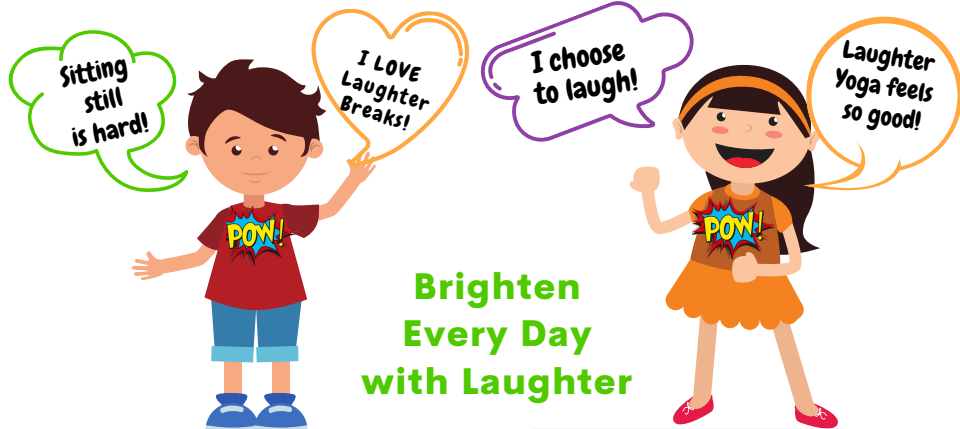
Adding laughter and playfulness in the classroom can improve the overall learning environment ♡



THIS UNIQUE EXERCISE MODALITY INCLUDES **3 POWERFUL ELEMENTS:**

1. Deep breathing techniques
2. Laughter exercises for health
3. A calming & grounding power-down

When staff and students start their day and take breaks to breathe deeply and laugh together, significant improvements can be observed.



Some examples are:

- Focus & attention increase
- Confidence & self-esteem grow
- Creativity is sparked
- Bonding, team building, collaboration and communication are enhanced
- EI & SEL are expanded
- IQ & EQ are enhanced
- Students with LDs are helped

Brighten Every Day with Laughter



Create a more joyful and productive atmosphere. Simple, effective and fun! No yoga mats or special clothing required. All you need is the willingness to laugh! Just a few minutes is enough to feel re-energized and better able to complete tasks!

More laughter each day helps to create stronger social bonds!

Experience the stress-relieving effects of laughter! Let us show you how ♡



MEET THE EDUCATOR RELIEF SQUAD

Sponsored by LaughterYogaUSA.org, the mission of the **EDUCATOR RELIEF SQUAD (ERS)**, is to help spread awareness of a unique laughter exercise wellness program.

Laughter activates the brain's dopamine reward system and inspires goal motivation. It improves short-term retention as well as long-term memory in students of all ages.

This program consists of short laughter breaks in the classroom to help educators and students be more present, focused, connected and energized. Laughter Yoga helps to maintain a healthy and positive learning environment.

"Laughter in the classroom is a powerful anxiety and stress-reliever for both educators and students. It boosts resilience and well-being." Dr. Madan Kataria



"Laughter Yoga reduces shyness and improves social emotional learning. It increases oxygen to the brain, improving academic performance." Dr. Madan Kataria

- Even simulated laughter helps us relax and recharge!
- Laughter reduces stress and increases energy, enabling us to stay focused and accomplish more.
- Laughter shifts perspective, allowing us to see situations in a more realistic, less threatening light.
- The act of laughing creates psychological distance from feelings of stress, 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.

Ready to try some refreshing laughter?

Educators can learn more about this program through Laughter Yoga USA's complimentary virtual workshops. Additionally, the ERS can connect educators with a local certified Laughter Yoga professional, who can offer ongoing support.

A little bit of laughter ... goes a long way!

www.LaughterYogaUSA.org

