

Tell the group about a time you laughed and couldn't stop.



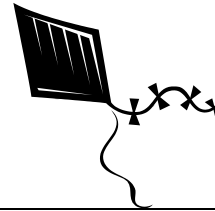
What are two ways you can make someone stop being mean to you?



Tell 3 ways you can express joy with your body.



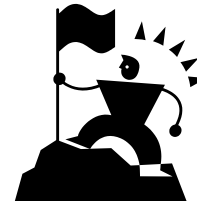
Name 5 EXCITING things you can do when you are bored!



What are the saddest movies or songs? Name 3 of them.



What is one of your goals? What are you doing to make it happen?



Name two people you talk to when you are upset.



Talk about a time you followed your own mind instead of someone else's thoughts.



What story does your mom tell about you that shows she is proud of you?



Show the group your biggest smile. Everyone must smile back. Anyone who frowns must stand up and sing for the group.





Speaking exercise:

Students get into groups of 4 or 5 and places one sheet of paper in the center of the table.

One student tosses a coin on the sheet of paper and reads the statement. Each student then answers it but can't give an answer someone else has already given.

The next student then tosses the coin, and the game continues until all squares have been read and answered.



Writing Exercise:

You can also have the students make lists and then have them make booklets, pamphlets, etc. and give them out to other students.

Exercise was written by
Pamila J. Florea
Hankuk University of Foreign Studies
Yongin, South Korea
pamilajflorea@gmail.com

based on this article:
Laughter is the Best Medicine by Dr. John Winsor
<http://www.englishmed.com/html/reading/laugh/laugh.htm>