

SUMMER SHELTER-IN-PLACE ACTION PACK
WEEK 6: Laughter

INTRODUCTION

The black and white movie star, Charlie Chaplin, said “A day without laughter is a day wasted.” Charlie Chaplin was so famous because he made people laugh. He lived during the Great Depression, a time in America when many people did not have money or jobs. During this sad time, Charlie Chaplin made people laugh and forget for a few minutes their struggles. Scientists say that laughter helps you feel better by telling your brain to produce happy chemicals. People say laughter is contagious (spreads easy to others) so your laughter may make others laugh. You are ten times more likely to laugh if other people are laughing too. Humor helps people cope with difficult things. This week we explore laughter.

Remember, if you do or discover something you're super proud of, please share!



Charlie Chaplin flashes a smile. Wikipedia.

QUESTION: *What brings you joy?*

SELF AWARENESS - Reflecting Joy



Pixar

Spend some time thinking about yourself and what brings you joy? A good joke? Hot fudge sundaes? A tickle fight? Rainbows? Flowers? When you have a small list of things that make you genuinely happy, write those things on a mirror so when the world starts looking glum, you can look in the mirror and be reminded of everything that brings you joy. Just make sure you write with soap, dry erase markers, or chalk markers so you don't ruin your parents' mirror!

***expert tip: rubbing alcohol can take sharpie off of glass surfaces*

ENVIRONMENTAL AWARENESS - The World is a Silly Place

All around us are silly animals and plants. Do you have a favorite? What about the barnacle that essentially stands on her head her whole adult life and eats with her feet? Or the aye-aye with his long spindly fingers? Or maybe the sea pig, wandering the deep ocean without eyes, tasting the dirt for food with her...well, what *do* you call those things?

Take a piece of paper and a marker and draw yourself a silly animal. In what kind of habitat will your animal live? How will she eat? Will he have eyes? What makes your animal especially silly? Now share with a friend!



30 centimetres 
12 inches 

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Sea Pig - wired.com

LEARNING BY DOING - Laughter is the Best Medicine

Have you ever heard the phrase “laughter is the best medicine?” Well, it might not be good for a broken rib, but if you’re feeling “blah” because of boredom or the blues, try this: Force yourself to laugh for one minute straight. Go ahead and set a timer. When you start out, the laughter will most likely be fake and forced, but as you keep going, it just might change into the real deal! After a whole minute of this, see how you feel. Maybe you’ll remember this exercise the next time you feel down?



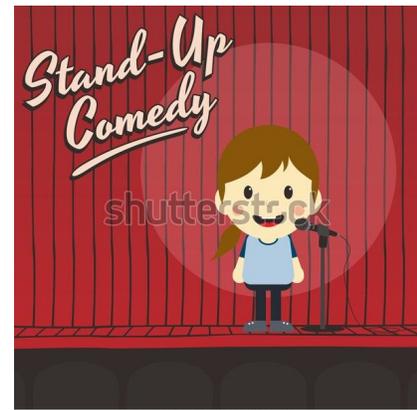
ENGINEERING - Laughter Fight



Using commonly found household items, make yourself a catapult or a slingshot for wet sponges (or water balloons if you have them, just make sure to pick up the broken water balloon bits after). Now take the catapult (or slingshot) outside with some wet sponges and a friend and have a water fight! How far can you launch the sponges? How silly can you make your catapult? Can you get your friend to laugh even before the sponge hits?

SERVICE PROJECT - Make Them Laugh

With your innate sense of humor, do some service for the people around you and give them a reason to laugh! Come up with a bunch of jokes and funny stories that can fit into about 2 minutes. Then gather your family, in person or over Zoom, and give it your all. Can you get them laughing for the whole 2 minutes? Maybe you have even more jokes? Maybe you can see what makes them laugh at first and change what you planned so that you can have more of what made them laugh first. Don't forget to share your best jokes with us at family.ministry@uucb.org



MEDIA

Books: [Clowning For Joy in Haiti](#) - An article about Clowns Without Borders, clowns who travel to areas recovering from disaster and help make people smile (ages 9 and up)

[The Funny Little Woman](#) by Arlene Mosel - A woman uses laughter to save her runaway dumpling (ages 2-5)

[Lincoln Tells A Joke](#) by Kathleen Krull - He wasn't just our tallest president, Lincoln was one of the funniest. Despite his difficult life, he used humor to help get by. (ages 6-9)

[Never let a Unicorn Scribble!](#) by Diane Alber

Music: #361 Enter, Rejoice, and Come In Happy by Pharell

Walking On Sunshine – Katrina and the Waves

What a Wonderful World - Louis Armstrong

The Wonky Donkey by Craig Smith (won Children's Song of the Year in Australia in 2008)

- Should a unicorn scribble everywhere? Find out in this silly book. (age 2 and up)

Someday a Bird will Poop on You by Sue Salvi and Megan Kellie -Somedays life just doesn't go your way. (ages 4-10)

Sigfried's Smelly Socks by Len Foley - This book stinks! No, really, it is scratch and sniff! (ages 3-7)

365 Jokes for Kids by Chrissy Voeg

Silly Jokes for Kids by Rob Stevens

Don't Let Pigeon Drive the Bus by Mo Willems -Pigeon's silly new job (ages 2 and up) - FM recommends this and all Mo Willems' books for a laugh

REFLECTION: *Which of our Seven Principles do you see in creating laughter and joy?*

Seven Principles for Kids

- *Respect the importance and value of each person.*
- *Offer fair and kind treatment to everyone.*
- *Yes to spiritual growth and learning together.*
- *Grow by exploring ideas and finding your own truth.*
- *Believe in your ideals and voice your vote.*
- *Insist on justice, freedom and peace for all.*
- *Value our responsibility in the web of life.*