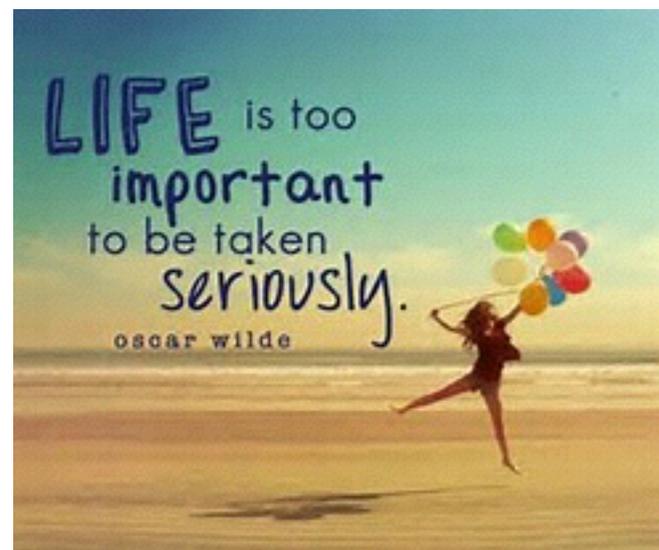
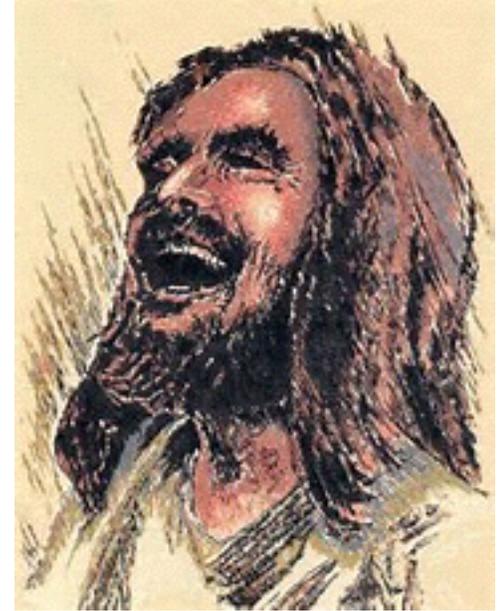


Enjoy!

- 1 1 cm. Laugh: only one short “ha”.
- 2 1 meter laugh
- 3 Age Laughter: Imagine how your laugh would sound when you are double your current age; half of your current age; 10/20/30 years older; ten years younger; as a child; as an infant; 95 / 5.
- 4 Airline Safety Instruction Laugh: first in English, then in French
- 5 Airplane laughter
- 6 Alphabet Laughter: letter off from A to Z; vowels come forth and sound; consonants sound.
- 7 Animal Laughter: donkey; pig snorts; dog woofs; Cheshire cat caterwauls; hoot owls; chimpanzees; gorillas
- 8 Ants in Your Pants
- 9 Apology Laughter: see Forgiveness Laughter
- 10 Appreciation Laughter: look at others as you laugh and appreciate each other. This is a value-based laughter, reminding the participants how important it is to appreciate others. The tip of the index finger is joined with the tip of the thumb, making a small circle. The hand is moved forward and backwards in jerks while looking at different members and laughing in a very gentle manner, appreciating your fellow beings
- 11 Argument Laughter: The leader presents an absurd scenario and seeks a number of volunteers. Two volunteers begin by arguing with each other with laughter and pointing at each other. Substitutes can take their places, or, eventually, two teams can argue against each other, pointing index fingers. Alternately, you don't need a scenario and you can argue hypothetically.
- 12 Balloon-popping laughter: 2 people try to pop each others' imaginary balloons that you imagine are attached to their ankles.
- 13 Basketball Throw: someone throws an air basketball and everyone either cheers or groans, depending on whether the shot sunk or missed.
- 14 Beethoven's Fifth: Ha ha ha haaaaaaaa, ha ha ha haaaa
- 15 Belly Laughs
- 16 Bite a Towel
- 17 Body Scan Laughter: be aware of and/or laugh from hair, scalp, forehead, eyes, nose, cheeks, mouth, throat; shoulders, arms, chest, stomach, gut, hips, legs, feet, toes, toenails, skin. Body scan can also include: nasal laughter, humming, yawning, coughing, etc.
- 18 Boo-Hoo Laughter: stand, then fake a sad “boo-hoo” while sliding down into a crouch, then laugh while you stand up; repeat a few times
- 19 Bored Laughter: Fake it until you make it (sic).
- 20 Boss Quit Today: cheering is allowed
- 21 Bouncing tiger laughter (from Winnie the Poo), both hands together, palms down, ahead of chest
- 22 Bowling Laughter
- 23 Break March Laughter: A Sergeant-major starts by leading a group of soldiers in standing on the spot, directing them to “march left, . . . left, . . . left, right, left” and then, “ha, . . . ha, . . . ha ha ha”. The sergeant-major then instructs the soldiers to ‘break march’ when crossing a bridge, that is, everyone steps at their own random pace. The Sergeant-major takes the soldiers on a march where laughter is structured at first then becomes more spontaneous when they ‘break march’ when they cross the bridge
- 24 Broken Motor
- 25 Bus Stop: teen resists laughing or smiling while others take turns telling jokes or in other ways trying to make subject laugh.
- 26 Celebration Laughter: get everyone in the group to come close together and then tell them a secret, for example, “no work tomorrow” and then give high fives and jump around celebrating.
- 27 Cell Phone Laughter: Hold imaginary cell phones; move around to meet different people and interact while laughing; point to cellphone as if pointing to the person you're talking to
- 28 Cha Cha Cha Ha Ha: Laugh as you dance a la cha cha cha.
- 29 Cheesecake Laughter: throw an imaginary cheesecake into someone's face (cream pie can substitute; better still, a banana cream pie).
- 30 Chicken Hat Laughter: flaunt it if you've got it





- 31 Clean / skin / dry hands while chanting ho ho ha ha ha
- 32 Cocktail Party Laughter: What do you imagine people talk about at cocktail parties? How do people stand? How do they Sound? What do you talk about at cocktail parties? Pick one topic to talk about. Group into threes and snicker with each other over imaginary drinks. Grasp one another's fingers as if you had been told something just too precious
- 33 Constipation Laughter: squat on an imaginary throne and let go with laughter.
- 34 Cookie Monster Laugh
- 35 Crying laughter (cry on the way down, laugh on the way up)
- 36 Dancers: "We're all skilled dancers". Everyone dances skillfully and with style while laughing
- 37 Deck the Halls: . . . with boughs of holly, ha ha ha ha ha, ha ha ha ha
- 38 Don't Laugh Too Hard Laughter: sometimes we need quiet or medium-volume laughter to not 'bust a gut'.
- 39 Donkey Laugh: "ee-haw, ee-haw".
- 40 Dr. Evil: raise a pinky to your chin and snicker. Similar to Evil Laughter where you rub your hands in a mischievous way
- 41 Drinking Straw Laugh place plastic drinking straw between your teeth.

- 42 Driving laughter (with 2 hands first, then putting one hand over eyes)
- 43 Dyslexic Laughter: swing both hands gently from side to side chanting ho ho ha ha ha, which engages both left and right brains.
- 44 Electric Shock: shake hands and imagine receiving an electric shock from touching the person's hand.
- 45 Embarrassing Scenario: Recall an embarrassing incident and retell it, laughing at the end or throughout. For example, demonstrate a story of raising your hand while in the middle of a very large meeting and say : "I want to say something but I seem to have forgotten what", then laugh hysterically out of embarrassment or nervousness.
- 46 Emotional Release Laughter: get hit by a wave of emotion, such as insanity laughter, angry laughter, sad laughter or scared laughter.
- 47 Eyes Closed Laughter (when group trusts)
- 48 Face in Belly, Imagine: imagine a face painted on your belly and that it is laughing uproariously.
- 49 Fake Laughter: insincere; "I don't feel like laughing today", then do it anyway. Grimace, smile, giggle.
- 50 Fall Down Dead Laughter, or Fall Down Laughing and Go To Sleep: similar to the childhood game of pretending to shoot a person dead and the victim over-dramatizes the death. Alternately, the victim is 'poofed' by throwing imaginary magic dust; victim laughs self to death or to sleep.

