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Day #5 - Fun Friday

An important part of maintaining good mental health is scheduling things that are fun, make a person smile and bring us joy.

For today's activity, you can choose from anything that you feel will allow your class to enjoy themselves. If the weather is nice, we suggest that you get outside for any activity – such as going for a walk or letting your class play their favourite game. Being in nature is a really good for improving mood.

Why laughter is good for us.

"When you have endorphins circulating through the brain, you feel good. When you laugh, you're inhaling more oxygen. So, all the cells of your brain are getting more oxygen, as well as the cells of your body," Janet Gibson (professor at Grinnel College Iowa) – reported by Katie Hunt, CNN July 1, 2021

Videos for Laughter

20 jokes for kids – (grades k-5)

<https://www.youtube.com/watch?v=cK1LdvpplsE>

Funny Frog cartoon – (grades k-2)

<https://www.youtube.com/watch?v=5O-YZR9jhsk>

The science of laughter – (high school)

https://www.youtube.com/watch?v=TT_-8UDpHig

Videos with contagious laughter

<https://www.youtube.com/watch?v=LpqCzUlaCyg> – (grades 6-12)



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<https://www.youtube.com/watch?v=Wk9-gkT2bl8> - (grades 6-12)

Why Smiling is good for us:

Posted on October 2017 by Earlexia Norwood on M.D Henry Ford Health

Why is smiling important? Smiling not only offers a mood boost but helps our bodies release cortisol and endorphins that provide numerous health benefits, including:

- Reduced [blood pressure](#)
- Increased endurance
- Reduced [pain](#)
- Reduced [stress](#)
- Strengthened immune system

Want to increase your daily smile average to take advantage of these benefits? The first step is easy, start your day with a smile. Smiling is contagious, and when we smile, we activate neurons in the brain that fire a synchronizing feature. You'll notice that one smile will lead to additional smiles not just for you, but for those around you.

Activity – Have a smile challenge. Have students spend a day smiling at everyone they meet and then keep track to see if the person smiles back at them. Record the results.

Take a picture or video of your class participating in something fun and upload to the google form.

<https://forms.gle/ei1dZ7LAzHLpqJML8>



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