

Laughter, THE BEST MEDICINE

We've known for a number of years that laughter is good for us. When we laugh, serotonin is released in our brains. It's as if we have our own little drugstore right in our own bodies. When we laugh, we feel less stressed and more relaxed, and our immune systems are strengthened, allowing us to fight diseases better. Laughter also connects us with others and makes us feel more comfortable and a part of the group. And you might have noticed that laughter seems to be contagious—when we're around others who are laughing, we're apt to laugh, too.



What makes kids laugh?
Jokes and riddles
Funny movies
Friends and family
Cartoons and comedians
Pets
Ridiculous or silly things

Read, Sing, and Laugh

Get the contagious laughter started by

reading funny books and singing funny songs.

- Dr. Seuss was a master at writing funny books. Shel Silverstein perfected funny, laugh-out-loud poems in *A Light in the Attic* and other books. Songs such as "There Was an Old Lady Who Swallowed a Fly" help everyone lighten up.

Ten Riddles to Tickle The Funny Bone



Riddles and jokes delight children.

Try these:

* *What do you call a fairy that hasn't taken a bath?*

Answer: A stinkerbell.

* *What does the chewing gum say to the shoe?*

Answer: I'm stuck on you.

* *Why are teddy bears never hungry?*

Answer: Because they are always stuffed.

* *What did one potato chip say to the other?*

Answer: Shall we go for a dip?

* *Why can't you play basketball with pigs?*

Answer: Because they hog the ball.



Family Fun Quiz

On average, we laugh about 17 times a day. Take this quiz to determine your family's fun quotient.

- Is there a comic strip in the newspaper that makes you think of your family?
- Do you remember a time when you couldn't stop laughing?
- What's your favorite rough and rowdy game?
- Do you use humor to make tense moments less stressful?
- Are birthdays and other family celebrations fun?
- What's your favorite funny pet story?
- Have you played the game, "I love you more than ..."?
- Do you take the time to ask "Who's there?" to knock-knock jokes?
- Have you created a special hug, handshake, or sign of affection?
- When have you seen a funny movie together?
- Can you tell a funny story about each family member?
- Is a little slapstick a frequent occurrence?
- Do you read humorous books or the comics together?
- Do you know at least two riddles or jokes that bring on smiles and giggles?