Laughter

'The most wasted of all days is one without laughter.'

e. e. cummings

- We all know how good laughter is for our stress levels and general well-being. It increases the level of endorphins in our bodies, relaxes our muscles and protects our heart. It can also change our perspective and distract us from negative thoughts.

- One study has shown that children laugh up to 400 times a day, but adults only laugh 15 times on average.

- How could you create a laughing classroom?

- Who are the people who make you laugh? How can you make more time for them? How can you build more fun and play into your life?

- Are we in danger of taking ourselves too seriously? Let's choose to laugh when we can! Maybe keep a toy or something silly on your desk to remind you to lighten up, or change your screensaver.

'We don't laugh because we're happy, we're happy because we laugh.'

Henry James

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