

# Table of Contents

**The Happy Classroom: Benefits of  
Laughter and Fun.....7**

**Jest the Beginning.....8**

Humor's Cognitive Benefits.....9

Humor's Emotional Benefits.....12

Humor's Physical Benefits.....14

Humor's Social Benefits.....15

Healthy Humor.....18

Humor is Developmental.....21

Where Do I Start?.....23

**Grease Your Giggling Gears.....25**

Getting To Know You Activities.....26

Wink.....26

Speed Dating.....26

Scar Stories.....26

Toilet Paper.....27

Name Game: Alliterative

Adjectives.....27

Name Game Associations.....28

Kinesthetic Name Game.....29

People Search.....30

Baby Pictures.....31

Greetings and Handshakes.....31

Creative Counting: 1 to 20.....31

Human Knot.....32

Body Connections.....32

Partner Rope Puzzle.....32

Candy Arm Wrestle.....33

Celebrations.....33

**Learning about Laughter.....34**

Reel Laughter.....33

Conductor.....34

Witticisms.....34

**The Language of Humor.....35**

Humor Board Funny Stuff.....35

Positive Graffiti.....35

**Jokes, Gags, One-Liners, Puns, Riddles,  
Joy Breaks, and Language Builders...36**

Tongue Twisters.....36

Knock Knock Jokes.....37

Riddles and Jokes.....38

And the Answer is.....39

Who am I? What am I? Riddles.....39

Homonym riddles.....40

Punch Line.....41

Mrs. Smith Likes Riddles!.....41

Hink Pink, Hinky Pinky.....43

Book Titles.....43

Real Book Titles.....43

Anagrams.....44

Tom Swifties.....44

Spoonerisms- Spooner or Later.....45

Daffynitions.....45