



## Learning to be Funny (a few friendly tips)

### Don't take yourself so seriously:

We all get grumpy, which means that sometimes you have to really try to smile. Lighten up already!

### Know what things make you laugh:

If it's funny to you, there's a good chance it will be funny to other people. You can really become funny when you know *why* something makes you laugh.

### Having a "joke of the day" on hand never hurts:

We're not all naturally funny guys, but we can learn. Taking the time to find a great joke to share every day is great practice.

### Know that making people laugh is a great gift, and making people laugh is a great skill:

Of course it would be great to grow up and be a pro athlete. But it's even better if you can grow up and be the type of person who can make other people happy.

### Tell stories about yourself:

Nobody's perfect. People will appreciate if you can share times when you weren't so perfect. You are telling them, "I do my best, but when things don't go right it's not the end of the world."

### Remember that good humor doesn't tear down—it builds up:

Don't be one of those people who tries to put themselves up by putting others down. You're better than that!

### When something bad happens, look at the lighter side:

Did your soccer game get rained out? Be thankful because the flowers needed the water. Good humor isn't always about cracking a joke; sometimes it's simply being in a good mood.

### Watch great comedies—both small and big screen:

Have a family "laugh until you cry" marathon on the TV every now and then. Laughing together as a family is better than laughing alone, and you'll pick up some comedy strategies along the way.

### Know where to draw the line:

Hurting somebody's feelings is not funny. Neither is getting a note home from school! Also, never forget that humor is not an escape from the serious stuff. Humor makes it easier to deal with the serious stuff.

## Note to Early Elementary Teachers:

As a class, discuss what sorts of things make us laugh, and why something is (or isn't) "funny".

Next, brainstorm why humor is important, and how students—and teachers—can use it as a tool in school and in life.