

Educational Activity Documentation

The participant will be able to:

A. Identify the benefits of laughter

Enumerate physical & psychological benefits of laughter derived from research

30 minutes

Lecture & Discussion

B. Explore the history of laughter used as therapy

Trace uses of successful uses of laughter

15 minutes

Lecture & Discussion

C. Discover and design practical applications

Demonstrate how to apply uses of laughter

60 minutes

Demonstrate with questions and answers

D. Differentiate between humor and laughter

Explain the differences & uses of humor and laughter

15 minutes

Lecture & Discussion

E. Examine the benefits of simulated laughter

Explain simulated laughter and it's uses

15 minutes

Lecture & Discussion

F. Discover self-directed activities to release stress

Various laughter scenarios will be taught to the participants

30 minutes

Demonstrations and practice activities

G. Analyze the data

Question & Answer Session

15 minutes