

Therapeutic Humor with Children & Teens

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Or- Are *You* Pulling My Leg?



Getting Started: Playing with Your Own Pain

1. Begin with a smile
2. Let yourself enjoy life
3. Leave your ego at the door
4. Don't take yourself so seriously
5. Laugh for no reason hahahehe
6. Become an overnight optimist
7. Laugh at yourself

Why Humor?

- Humor:
 1. is the ultimate expression for being positive
 2. helps develop rapport
 3. gives us a different perspective
 4. is a marvelous vehicle to happiness
 5. promotes playfulness

- Humor is a powerful cognitive tool to facilitate emotional, cognitive, behavioral and physiological well-being

Develop Your Tool Kit

- 1. Discover what makes **you** laugh
- 2. Find one cartoon that *really* makes you laugh
- 3. Sing loudly with an upbeat song
- 4. Collect knock-knock jokes
- 5. Keep a journal of humorous moments
- 6. Every time something funny happens,
notice
- 7. Collect props, rubber chickens, hats, etc.

NEWS FLASH!! Abandoned tantrum-physical comedy followed, woo-hoo



Patch Adams Primer

- 1. Pain can be tolerated when one laughs
- 2. A red nose makes children laugh
- 3. Exaggerate Funny sounds
- 4. **Kazoos & slide whistles add to the silly factor**
- 5. Wigs of all colors welcome
- 6. Costumes work well, too

Aristotle trying “her best” to lighten lecture on philosophy

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Has anyone seen
this woman?

Live Your Life Like a Dog!??

6:00 AM At last I walk outside, ***my favorite thing***

7:00 AM A ride in the car!! ***My favorite thing***

8:00 AM A walk in the park, ***my favorite thing***

8:30 AM A drink of water, ***my favorite thing***

9:00 AM Run around the backyard barking

my favorite thing



Fact & Fiction of Laughter

Fiction: Must have reason to laugh

Fact: We are happy because we laugh

Humor Do's & Don'ts

- Don't use as the sole intervention
- Do ask yourself, "Why am I using humor at this moment?" "How will this intervention be beneficial to my client?"
- Don't use sarcasm, embarrassment, or teasing even if YOU think it's funny

- Q: How many ears did Davy Crockett have?
- A: Three-his left ear, his right ear and his frontier

Knock, knock...

Who's There?...

Ashe..

Ashe who?

Bless You

Intervention Methods

Children & Pre-Teen

1. Make funny voices, Yoda, Dogs, Cars
2. Knock-Knock jokes
3. Clowning (Caution not for young children)
4. Repeat words in a creative pattern
5. Bend it like letter B
6. Grin It
7. Push Your Hands on the Wall or How to Prevent a Meltdown

Funny Voices, Silly Dances



Intervention Methods Cont.

Teens

1. What Bugs Me?
2. Balloon Juggle
3. What Song Am I?
4. Mirror Silly
5. It Annoys Me When You
6. Hilarious Present
7. Life 101funny

W.C. Fields Says,
**“Start every day with a smile
and get it over with!”**



THE END



SON



PROUD MOM

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