



LAUGHTER IS THE BEST MEDICINE

Participants

Any number of participants.

Time Allotment

5 Minutes

Activity Level

High

Materials

No materials required

Method

- Have one youth begin laughing (“fake it until you make it” is ok here).
- Join in yourself and watch how contagious laughter becomes in the room.
- If some don’t participate, tell them to fake it. It will catch on.
- Cut it off at 3 minutes because it is hard to stop laughing on cue.
- This is a fun abdominal exercise!