



## HELLO PARENTS,

Laughter is a uniquely human ability and it is often said to be the best medicine. We are not born with a sense of humour but, just like most other skills, we learn it in the process of growth and development. Children with a well-developed sense of humour are happier and more optimistic, have a higher self-esteem, are more sociable, have a creative approach to solving problems, and handle challenges well. In this newsletter, you will find activities that will boost and nurture your child's sense of humour.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### BLOWING RASPBERRIES

This happens when an infant blows bubbles from their mouth and creates a funny noise similar to a motor humming. This is a significant development and one of the first steps to the language capabilities of an infant.

#### DIRECTIONS:

- When your child begins blowing raspberries, copy them and make similar sounds in response.
- Continue playing this game back and forth laughing together.
- Make other sounds to your child, like tongue clicking, and observe if they start to imitate you.
- Make a silly face to respond to your child's gurgling sounds.
- Blowing raspberries, seeing and hearing your response, and laughing together are your infant's first attempts at being funny.

[Click here](#) for more ideas.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### WHERE ARE YOU?

#### DIRECTIONS:

- Take turns with your child to hide.
- When it is your child's turn to hide, pretend you cannot find them.
- Act silly when you are looking for them by narrating your futile efforts at finding them. For example, say: "I am looking under the table and do not see anyone!"
- Change the tone of your voice to encourage more laughter.
- Observe what makes your child laugh and build your actions and narration on that.
- Take turns hiding.

[Click here](#) to read "Silly Sally" by Audrey Wood.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### SILLY DANCE

#### MATERIALS:

- Music source (radio, CD or internet)
- Paper tissues
- Video recording device (optional)

#### DIRECTIONS:

- All participants place paper tissues on their heads.
- Put the music on and start dancing. [Click here](#) and [here](#) for music.
- The challenge is to keep the tissue paper on participants' heads while dancing.
- Play music with different tempo.
- Have fun inventing new dance moves for all to copy!
- You can record each other while dancing to the music and then watch it together.

[Click here](#) to read "Giraffes Can't Dance" by Giles Andrea.

[Click here](#) to read more about children's sense of humour.

### JK/SK (4 – 6 YEARS)

#### TONGUE TWISTER FUN

#### MATERIALS:

- Paper
- Pen

#### DIRECTIONS:

- Help your child write down and practice some tongue twisters. For example:
  - She sells sea shells by the sea shore.
  - A big black bug bit a big black bear.
  - Red lorry, yellow lorry, red lorry, yellow lorry.
  - Peter Piper picked a peck of pickled peppers. Where's the peck of pickled peppers Peter Piper picked?
  - How much wood could a woodchuck chuck if a woodchuck could chuck wood.
- You can use tongue twisters that you know in your mother language or find more tongue twisters [here](#).
- Encourage your child to memorize the tongue twisters and say them aloud.
- As your child masters each tongue twister, encourage them to say them faster and faster.
- Participate with your child in this tongue twister game and have fun together as your tongues twist!
- Invite other family members to take on this challenge.

[Click here](#) to learn how to make comics books.

### SCHOOL-AGERS (6 – 12 YEARS)

#### FAMILY STAND-UP COMEDY SHOW

#### MATERIALS:

- Paper
- Pen

#### DIRECTIONS:

- Write down some of your favourite jokes or research the internet for jokes.
- Think of real events that happened to you and turn them into jokes by exaggerating a bit.
- Choose which joke will open your routine and which one will be good for closing the show.
- Decide which jokes during your routine would work well together.
- Rehearse your routine several times and try to memorize it.
- Choose a date and time for your stand-up comedy show. You can perform at home in front of your family or via Zoom.
- Design a funny invitation and distribute it among your family members or your friends.
- Set up a stage with props such as a microphone (real or pretend), a stand for a water bottle, etc.
- After the show, ask your audience for feedback.

[Click here](#) for jokes.



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#### A TIP FOR TODAY

- Create an environment with lots of humour and fun.
- Read with your child funny books and cartoons, and watch funny TV shows or comedies together.
- Be a humour role model for your child by telling them jokes and funny stories or acting silly.
- Encourage your children's attempts at humour, laugh at their jokes and tell them you love their jokes.
- Find humour in challenging situations.