



ACTIVITY: 'HAH-GOOO'

TIME: 10–15 minutes
SIZE: Large groups
SPACE: Clear room, sports hall
RESOURCES: Nil

The aim is to involve students in an activity likely to draw laughter, but which demands some emotional regulation.

The result should be discussion about the need to share laughter in positive, respectful ways.

1. Break the class into two teams of even numbers (odd ones out can be moderators).
2. Allow each team to give itself a silly name and incorporate it in a funny war cry.
3. Have the teams form two parallel lines approx. 2 m apart, facing each other – let them sound off their war cries.
4. Now commence the activity proper: one player from opposing ends of each team step out into 'no man's land' and face one another down the row. They must greet each other in a serious voice, saying 'Hah-gooo', and then bow/curtsy with a deep flourish. Then, they must strut toward and past each other – eyes locked – without smiling or laughing and get to the end of the line. If they break, and smile or laugh, they must go join the opposing team.
5. The activity continues until one team has all the players, or the game runs out of puff. Don't let it go on too long!
6. You decide whether to allow teammates to (good naturedly) taunt the opposition's 'Hah-gooers'.

DISCUSSION SUGGESTIONS



- Was it easy or difficult for you not to laugh? Why?
- What techniques did the most successful Hah-gooers employ to keep a straight face?
- If this happened to you on the streets (a stranger came up to you, bowed and said 'Hah-gooo') what would you do? Would that be different to your behaviour in this activity? Why?
- When is it okay to laugh in social situations, and when is laughter unacceptable?
- Why is it important to consider the effects – good and bad, respectively – of laughing with or at others?