



### ACTION

Copy/print this sheet and separate the cards using scissors or guillotine.



#### LAWN MOWER LAUGH

Imagine a lawn mower that chugs as you pull the cord, but has trouble starting. That's what this laugh is like! Begin with a hesitant 'Ha-', gradually increasing the number of 'Ha's' like the mower trying to start: 'Ha-ha... Ha-ha-ha... Ha-ha-ha-ha...' Eventually your laugh-mower will start and keep running! Miming the actions may help.

#### HANDSHAKE LAUGH

Everyone in the group should find a partner. Now each pair should shake hands – as you do, each partner should let out a big, hearty laugh. It doesn't matter if it sounds forced or fake at first – it will soon become real! Once the laughter starts, swap partners and aim for even bigger, heartier laughs as you shake hands.

#### KOOKABURRA LAUGH

Has everyone heard a kookaburra laugh? 'Kook-kook-kook-kook-kah-kah-kah-kook-kook...' etc. Everyone in the group should try to sound like one. Now think about how kookaburras respond to one another, then all join in to make one loud crescendo of laughter! One person starts, another joins, then another till everyone's laughing.

#### MILKSHAKE LAUGH

Put your hands out in front as if you are holding two large invisible glasses. Now mime pouring drink from one glass to the other – as you do, say 'mix' in a loud, sing-song voice, eg 'Miii-iiiiiiiix!' then raise the glass to your lips, throw your head back and let out a loud laugh as you 'drink'. You can then practise 'mixing' drinks with others!

#### HYENA LAUGH

Anyone who's seen The Lion King or watched an African nature doco knows how distinctive a hyena's laugh is. In fact, the collective noun for hyenas is 'cackle'! The sound is a high-pitched, almost hysterical kind of laugh. Your job isn't to replicate it, but use this mad giggly laugh as a guide. You can even scream, giggle, growl and snarl.

#### SNORTING LAUGH

One if not all of you know *someone* who snorts when they laugh. The exhaling laugh might be a normal chuckle, but the breath in is a definite piggy snort. Practice it! It is truly infectious. It can be fun to have one person in the group start and to see how long the other members can keep a straight face!

#### HORSE LAUGH

This laugh aims to sound like a horse's whinny (though it will eventually turn into unbridled laughter, no pun intended!). A horse's whinny is easier to try if you throw your head back. It can be even more fun if you ham it up and try stamping and prancing, snorting and blowing through your lips. When you teach the class, try and coordinate your laughs!

#### WICKED LAUGH

This is a ghoulish, halloween laugh of your own choice! It might be gloating laugh like Dr Evil's, or a high-pitched witchy cackle, a deep monstrous boom or a snickering goblin giggle. Have everyone choose a different laugh style, then unleash them as a group! When you teach the class, divide the room into groups of goblins, witches and monsters.

#### GOOFY LAUGH

This is a cartoon-style laugh that you can make your own. It might start as a snicker, as a 'hyuck-hyuck, hyuck' or a slow 'a-haaah, a-haaah, a-haaah', but it will soon dissolve into real laughter. It helps if you think of a head movement to complement your laugh: forwards and backwards like a duck, or rapid-fire nodding, or a ding-dong side-to-side motion like a bell clapper.