DISCUSSION SUGGESTIONS

- What thoughts went through your mind when the activity was announced? How would you describe how you felt? What was your mood like?

- How do you feel now after the activity? Is there a difference to how you felt before? If so, why might that be?

- What physical things seemed to happen to you during the activity (e.g. diaphragm spasmed, face muscles worked, sound came out, heart rate changed, tears of laughter)?

- What was happening in your group before the activity (e.g. cynical looks, eye rolls, sighs, excited comments, grinning)? What was different in your group when the teacher called for the activity to stop?

- How can humour bring groups together? How can having a healthy Sense of Humour improve interpersonal relationships?

- Why is laughter such an effective way to reduce stress and help us ‘reset’ ourselves in stressful times?