



ACTIVITY: 'MY DUCKLE WUCKLE'

TIME: 15+ minutes
SIZE: Large groups
SPACE: Room for a large circle of chairs
RESOURCES: Nil

The aim is for students to participate in an amusing activity that makes its players look a little ridiculous. **The result** should be discussion about healthy perspective-taking and lightening up, and that a healthy Sense of Humour can involve both giving and taking amusement.

1. Form a circle of chairs with a seat for every student minus one.
2. The person without a chair stands in the middle. The aim of that person is to find a seat by making a seated person laugh. If the standing person succeeds in making a seated person laugh, that person must surrender their seat, become the new person in the middle, and must seek to unseat another player.
3. Nominate a person to be the first person in the middle. Everyone else sits. The person in the middle chooses someone seated, goes up as close to them as they like, and asks, 'Will you buy my Duckle Wuckle?' The respondent must reply: 'No. I will not buy your Duckle Wuckle' without smiling or laughing. The person in the middle can continue the pitch, e.g. 'But Duckle Wuckle can do things like (e.g. cook pancakes, dance the Tango, whistle 'Waltzing Matilda')'. If the respondent replies a second time: 'No. I will not buy your Duckle Wuckle' with a straight face, the person in the middle must find a new person to peddle Duckle Wuckle to.
4. You must ensure the dialogues take place without intimidation or innuendo, and ensure that the same 'easy laughs' are not chosen too regularly.
5. Continue the activity until everyone gets a go, or the activity starts to lag.



DISCUSSION SUGGESTIONS

- What were you saying to yourself when the activity rules were announced? Was this self-talk helpful during the activity? Did it change? Why/why not?
- For those who played the person in the middle: Was your thinking different when you were trying to sell Duckle Wuckle compared with when you were sitting in the circle trying not to laugh? In what ways?
- When is it appropriate to laugh at someone, and when is it not? Brainstorm various circumstances.
- What is the difference between laughing with someone, and laughing at them?
- When is it appropriate to laugh at yourself? When is it not? What is the difference between making fun of yourself lightly and speaking to yourself unhelpfully?