



ACTIVITY: 'RATE YOUR SENSE OF HUMOUR'

TIME: 15+ minutes
SIZE: Individuals
SPACE: No special requirements
RESOURCES: Quiz and Quiz Results (pp.90–91 or SenseAbility CD), pens

The aim is for students to consider what amuses them and why.

The result should be an understanding that people have diverse tastes in comedy, but that does not mean they have a better or worse Sense of Humour than others.

1. Set the tone with a brief class discussion about favourite comedy films. This will demonstrate that people have quite different ideas about what is funny.
2. Distribute the Quiz (one per student). This is a multiple-choice quiz.
3. Allow students around five minutes to complete the Quiz.
4. Once done, project the Quiz Results. Students can add their score to gain an interpretation of their humour type (e.g. absurd, slapstick, sarcastic) – these ratings are up for debate!
5. Commence discussion.



DISCUSSION SUGGESTIONS

- Did your quiz result accurately reflect the way you regard your own Sense of Humour? If not, why not?
- What do you think about people who received the same rating as you? What do you think about students who received different ratings to you? Why?
- How would you describe your mood when you commenced the Quiz? If you did this Quiz on a different day, in a different mood, would you get the same result? Why/why not?
- Why do Senses of Humour differ from person to person? Why might they change as we get older, and we experience new things and meet new people?
- Does it matter how other people regard your humour type? Why/why not?
- Discuss how having a healthy Sense of Humour does not depend on the kinds of things you find most amusing. It depends on your ability to employ it regularly to think helpfully about life events, to share fun with others, and to keep your own emotions positive and hopeful so that you enjoy life.