



ACTIVITY: 'THE WRIGHTS HAVE LEFT'

TIME: 10–15 minutes

SIZE: Large groups

SPACE: Clear room to move around

RESOURCES: Story Sheet (p.93 or SenseAbility CD)

The aim is for students to experience a situation where the group has an enjoyable experience and laughter is likely to be infectious.

The result should be engaging discussion about the physical, emotional, and bonding benefits of laughter.

1. Have the class/group form a large standing circle, everyone facing inwards.
2. Choose a confident reader to be the storyteller and give that student the Story Sheet. It is a simple tale about a family named the Wrights who leave home to go on a holiday.
3. Explain the rules: when students hear the word 'right' (but not 'Wright!') they must take one step clockwise, to the left. When they hear the word 'left' they must take one step counter-clockwise to the right.
4. Have the storyteller commence. Reacting to all the 'lefts' and 'rights' will soon have the class laughing.
5. Commence discussion.



DISCUSSION SUGGESTIONS

- What were you thinking and feeling when the activity was explained? E.g. you thought, 'This will be fun' and felt excited, or you thought, 'This sounds like a kids' game' and felt bored.
- What were you thinking and feeling during the activity? Were these different to your thoughts and feelings before the activity started?
- How do you feel now? Contented? Interested? Still bored? How does your body feel? Relaxed? Uptight?
- Who laughed during the activity? Were you planning on laughing? Why did you?
- Brainstorm reasons you enjoy being with your friends. Is sharing laughter one of them? Why is that so important?
- Why is laughter so important for all of us, both as individuals and as members of close groups? E.g. it helps us feel better, combats symptoms of stress, and also bonds us together.