

## MODULE 6 ACTIVITY

# Laughter Yoga

Can laughing really help us? Yes! It may seem simple or even farfetched, but research suggests that, on average, people experience a shift in their perspective and feelings immediately after laughing.

Laughter yoga is an emerging gaining popularity. It does not necessarily require traditional yoga practices. In laughter yoga, the goal is to keep your mind focused on the present, engage in breathing exercises, and tune in to your feelings—both at the beginning of the exercise and at the end.

Follow along with the prompts to experience this for yourself.

### Part 1: Practicing Laughter

Click the link below to access the exercise.

<https://www.wikihow.com/Do-Laughter-Yoga>

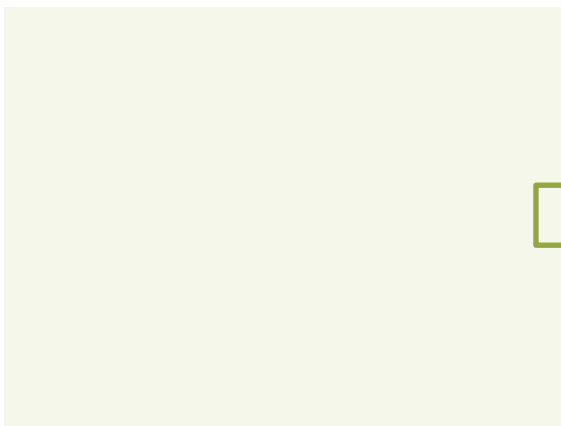
Make sure to read all of the information on the webpage to gather some insight into the philosophy and research behind laughter yoga.

Engage in the chosen activity by yourself, with your practice partner, or with your team.

After completing the exercise, write down some reflections below.

### Part 2: How did you feel?

Before the laughter practice?



After the laughter practice?

