

# Education Card

## *Did you know...*

- “Laughter yoga” and “laugh parties” are becoming increasingly popular around the world!
- Children laugh about 300 times a day; adults only laugh around 7 times a day
- When you laugh, your brain releases endorphins, which are chemicals in your brain that make you feel happy
- Laughter is an universal language, recognized by people of all cultures around the world
- You are 30 times more likely to laugh if you are with a group of people
- Gelotology is the science of laughing and its effects on the body
- Scientists have proven that rats, monkeys, elephants, and dolphins all have the ability to laugh, even though their laughter sounds different than human laughter
- Laughter really is the best medicine! It can reduce stress, prevent infections, and increase energy
- Experts recommend that you get at least 15-20 minutes of laughter a day. Laughing is as important to your health as eating vegetables and exercising!
- Smiling and laughing are both contagious!
- It is impossible to make yourself laugh by tickling yourself. Your brain predicts the sensation your fingers will make so it's not a surprise.

## Pictionary Answer Key

- 1) The Very Hungry Caterpillar by Eric Carle
- 2) One Fish Two Fish Red Fish Blue Fish by Dr. Seuss
- 3) The Polar Express by Chris Van Allsburg
- 4) Charlotte's Web by E.B. White
- 5) Alice's Adventures in Wonderland by Lewis Carroll
- 6) Charlie and the Chocolate Factory by Roald Dahl
- 7) Harry Potter and the Goblet of Fire by J.K. Rowling
- 8) James and the Giant Peach by Roald Dahl
- 9) The Hunger Games by Suzanne Collins
- 10) The Chronicles of Narnia: The Lion, the Witch and the Wardrobe by C.S. Lewis