

Comic Relief Laughter for Wellbeing

Family Challenge



Laughter has been found to be good for both our physical and mental health. It can help us to feel well, happy and healthy. Complete and tick off as many laughter challenges as you can and see the positive difference you can make to how everyone in your family feels.



Do impressions of each other. Can you work out who is who?

Tell each other your favourite joke. Can you make up one of your own?

Sit in a circle or around a table. Look at the person next to you and say, 'I love you but I can't smile'. Who can last the longest without giggling?

Make a funny face. Who can make the funniest face?

Think of a time you really laughed or got the giggles. Tell everyone all about it, every last detail.

Watch a funny video together. Who is going to get the giggles first?

Put on some music and dance around the room. Who can do the funniest moves?

Set each other a funny challenge. Can anyone touch their nose with their tongue? Or balance a spoon on their nose?

Choose a funny word. Can you say it ten times without laughing?

Choose a favourite song and then mix up the lyrics. Or, make up your own funny lyrics to a well-known tune.

Find some props from around your home and create a funny photoshoot.

Put on some music and dance. When the music stops, strike a funny pose.

Have a back-to-front or opposite conversation for five minutes. Anyone who speaks has to say the words back-to-front or say the opposite of what they mean.

Ask the adults to tell you funny stories about things you did when you were younger. Ask them to tell you funny stories about things they have done too!

Learn a silly song and sing it altogether. Or, maybe try a tongue-twister. How fast can you go?

Play a funny board game.

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Well done for completing the Comic Relief Laughter for Wellbeing Family Challenge! How do you feel?