

MINDFUL LAUGHTER

Laughter produces natural endorphins which improve mood, lower stress levels and support emotional well-being. This is even the case with fake laughter! If you begin to fake laugh it will soon turn into real laughter.

The idea of this meditation is to start laughing, pretending you are laughing at something funny. No words are spoken, but lots of gestures and belly laughing. Children tend to find this very easy and the natural reaction to begin laughing along is strong.

End this short session by having children sit with their hands on their laps, doing some calming breaths with soft music playing in the background. Discuss with the children how they felt before the session and how they feel now.

Have them mindfully consider their emotions before, during and after the session, identifying the sensations they feel and the lasting effects.