

Template Laughter Session

“We’re going to the game!”

Basic Structure

1. Clap,
2. Breathe,
3. Do 1 (or more) of the exercises suggested below.

	The picture	The action
1	Greet friends outside the stadium	Hand shake laughter
2	Meet a friend you haven’t seen for 20 years	Warm hug Laughter
3	No money to pay for ticket	
4	Squeezed while going through corridor	
5	Encouraging the team	Arms up in the air joyously chanting “ho ha ha ha”
6	Cheer Leaders are dancing on the field	Laugh while dancing the cha cha cha, moving your buttocks from side to side
7	First (missed) big action	Awestruck laughter Experiment with oohs, aaahs, groans, derision, disappointment, elation...
8	The referee is against us	Shout “boo-hoo” and laugh. Repeat a few times
9	Nothing is happening	Bored laughter
10	The opposite team is not playing fair	Argument Laughter
11	This was a misunderstanding	“Making peace” Laughter
12	You just notice the National TV camera zooming at you	Stuck smile Duchenne smile
13	First goal / home run for your team!	Mimic the event (e.g. hit the ball with a bat in 3 laugh) and run around laughing joyously, giving high 5s
14	First goal / home run for the opposite team!	Cry and laugh as you hide your face in your hands
15	Half-time: you want to drink something	Cocktail Laughter
16	Next you buy a hot dog	Hot Food laughter
17	Back inside: the crowd does the Ola	Move your hands up like a wave in synch with the group
18	Final major event that will decide the fate of your team	laugh while shaking your knees in fear
19		No Sound laughter
20	Congratulate everybody as you walk out of the stadium. This was a good game	Congratulation Laughter

Template Laughter Session

Walt Disney Classics: Peter Pan Theme

Basic Structure

4. Clap,
5. Breathe,
6. Do 1 (or more) of the exercises suggested below.

	The picture	The action
1	Parents run around as they are late	Run around laughing ("I am late! Can't stop!")
2	Dad's shirt is messed up (child drawings are on it)	Laugh at your dirty (only) dinner shirt
3	Kids are restless in the bedroom	Jump around laughing as if trying to pop balloons with your feet
4	Peter Pan appears	Awestruck laughter (no sound)
5	Tinker Bell gets stuck in cupboard	Open an imaginary drawer in 3 laughs
6	Tinker Bell sprays magic dust	Wiggle around as you get sprayed with imaginary (and very tickling) magic dust
7	The whole gang goes flying to Neverland	Fly around laughing
8	Meeting the pirates	Evil laugh, maliciously rubbing hands together
9	Fighting with the pirates	Sword fight, laughing
10	An evening with the Indians	Greet one another lifting one hand and saying Haow! Haow!
11		Age laughter: imitate the laugh of a 3 year old, 30 year old and 90 year old
12		Dance around an imaginary fire singing ho ho ha ha
13	Wendy disagrees with Peter Pan	Argument Laughter
14	...but then they make up	Apology Laughter
15	Tinker Bell is bored	Bored Laughter
16	Tinker Bell is kidnapped by the pirates. Captain Hook tries to convince her to reveal Peter Pan's hideout	Have a love conversation in gibberish
17	The pirates place a bomb in Peter Pan's hideout.	Bomb laughter: whistle as you reach for the floor, explode as you jump back up
18	Everybody is very sad, but Peter Pan appears unharmed!	Cry as you reach for the floor, laugh on the way back up. Repeat a few times
19	Peter Pan agrees to take everybody back home	Gather in a tight circle to listen to a secret. Once you hear it, jump around in joy, giving high 5s
20	Time to say goodbye	Hug and laugh

Template Laughter Session

Action Movie: James Bond

Basic Structure

7. Clap,
8. Breathe,
9. Do 1 (or more) of the exercises suggested below.

	The picture	The action
1	Story starts in an upper class party	Shake hands very formally laughing high in the throat
2	Dr evil mixes his deadly potion and pours it into the punch cocktail	Cocktail laughter
3	James Bond finds out and fights with Dr Evil	Do 2 karate kicks and then hit with head laughing
4	Dr Evil escapes. A mad car pursuit ensues	Swing your wheel while laughing
5	James Bond takes a shortcut and goes flying over a bridge	Sing eehhhhh progressively louder as you approach an imaginary bridge, stay silent and on your toes while your imaginary car goes flying in the air, then laugh as you land down
6	Dr Evil has escaped. Back to base	Shower & cleaning up laughter
7	Meeting cannonball Russian female spy agent who only speaks Russian	Try to seduce someone in Russian gibberish
8	James Bond does his best to impress her and offers her flowers	Breathe in imaginary smell of beautiful fragrant flowers
9	A new assignment just arrives	Read telegram and burst out laughing
10	Russian female spy agent refuses to let go of her new love	Argument laughter
11	James Bond knows how to persuade her	Apology / making up laughter
12	James Bond takes off in his miniature personal airplane	Fly around laughing
13	James Bond observes soldiers in secret training camp	Sergeant Marshall shouts ho ho ha ha ha while walking in cadence
14	Unfortunately, he gets discovered. What are you doing here? "I don't know" he says	Shrug shoulders laughing: "I don't know"
15	He then gets tied up with a rope and ants somehow get into his shirt	Jump around with imaginary ants crawling up and down your back
16	Dr Evil tries to torture him with laughter serum, mouth covered with tape. When pain will be too great, surely he will speak.	Burst into an uncontrollable Laughter crisis, mouth closed, making faces and holding your abdomen because it is so painful to laugh so much
17	James Bond manages to escape and steal the secret plans	Run in silence and tuck/hide laughing maliciously in silence. Repeat a few times
18	James Bond drives away into the sunset but car won't start	Start your car in 3 laughs

Extract From The Book "From Zero To Laughter In 0.5 Seconds". Get Your Own Copy!
 Created By Sebastien Gendry – <http://www.laughangeles.com>

