

Laughter Yoga Activities

Hearty Laughter

Raise both arms toward the ceiling, tilt head back and laugh.

Introduction Laughter

Introduce yourself and laugh. Say something else about yourself and laugh.

Milkshake Laughter

Mix your shakes up and then 1) drink them 2) then toss them on everyone.

Greeting Laughter

Shake using right hand, introduce yourself and laugh. Next without letting go, shake with the left hand, and the other person introduces themselves and laughs. Then shake with both hands and laugh.

Visa Bill

Laugh at your bill and show them to others so they can have a laugh too.

Silent Laughter

Laugh silently with your hand in front of your mouth and your mouth slightly open.

Blackberry/Cell phone

Laugh at what's on your blackberry or what person is saying on cell and share.

Argument Laughter

Gentle bump into another and start arguing through laughter.

Appreciation Laughter

Do thumbs up, laugh or high five. Show your appreciation to others.

Swinging Laughter

Everyone moves to center of circle raising their arms and laughing.

Lottery Laughter

Pretend you are checking your lottery ticket and say aee with each correct number. When you realize you've won, jump up and down and laugh.

Swinging Laughter

Everyone moves to the center of circle raising their arms and laughing.