



List of Some Laughs

Appreciation laugh - gesture to one another that you appreciate them

Aloha - greet each other with ALO - ha ha ha.

Argument - wagging finger

Balloon - hold balloon, pump balloon, release the balloon into sky

Clam - fold arms horizontally to hide face, open arms to one another

Cup of Tea – pretend you have a cup of tea laughing politely

Dirty Hands - greet each other by physical contact, but without using hands

Forgiveness - walk around seeking forgiveness

Greeting - hands in Namaste position, greeting each other making eye contact

Ha ha language – converse with one another using ha ha, ho ho and he he.

Handshake - shake hands and laugh.

Handshake with electric shock - imagine having a hidden electric buzzer in hand

Humming - humming and chuckling with mouth closed

High Five – one hand, two hands, hit me high, hit me low

I'm So Good - Pat yourself, act like you love yourself, are superior

Kookaburra - A general sound, then females 'Koo Koo' males 'Ka Ka'

Laugh at your Self - point finger at self and laugh - counterpoint to above

Lion - tongue out, hands by ears, roar - a classic laugh

Mad professor - rubbing hands proclaiming laughter will take over the world

Mobile phone - listening to a hilarious friend on the mobile

Monkey grooming - monkey pretends to groom another, without touching or tickling

Naughty Boy/Girl - imagine knowing something about the other person, waving finger

No money/won \$10 million - picture with empty pockets, imagine winning \$10 million

Orchestral – someone is conductor, points at cluster of people, and so on

Secret whisper - whisper an imaginary secret into one another's ear

Silent Laughter – pretend you're at back of classroom, not allowed to make a noise

Tarzan - tapping chest

Tattslotto – counting off six numbers, winning, highly excited

Tonal laugh - laugh up and down the body with and high tones

Unbuttoning Cardigan – pretend to unbutton five buttons, big laugh at end

Washing machine - vibrate and spin like a washing machine

Witch - wicked laughter, breathe out first to get higher pitch

Closing Technique: I am the happiest person in this World Y.....E.....S

I am the healthiest person in this World Y.....E.....S

World Peace: End option, stand with closed eyes, arms spread upwards hoping for world peace.

Contact: Lynette Mitchell

Mobile: 0425 799 258

Email: lynette@laughterforliving.com.au

Website: www.laughterforliving.com.au