



ALL AGES
DURATION: 30 to 45 minutes

LAUGH- A-THON

Transport your campers into an imaginary world of laughter and discover a new way to re-energize your group one laugh at a time!



MATERIALS

- Your smile and a little imagination
- A quiet and comfortable place to carry out the activity

■ Example of the laughter fair (see the following pages)

STEPS

1 Preparation

- Get familiar with the activity and the appendix entitled *Example of a laughter fair*. Change the theme and laughs, as needed.
- Choose a quiet and comfortable space where the campers can sit down and stretch out, like a grassy space in the shade!

CHANGE THE ACTIVITY TO SUIT THE THEME OF THE WEEK!

Is your camp holding a theme week on magic? Invent laughs whereby your campers visit the imaginary world of Harry Potter like the levitation and laughter charm, for example. Ask your campers to make imaginary objects levitate using their magic wands, and to burst out laughing when they succeed.

There's no limit to the laughs you can create with your campers: The laughter of light sabres, Smurfs, drops of water, a bell, the zoo, etc. There is no such thing as a "good" or "bad" laugh.

STEPS (CONTINUED)

2 Prepare your group

- Separate your campers in the space so that each has their own place to start. Now's the time to gauge your campers' energy level and provide background.

Background

You are setting out on an adventure into the imaginary world of laughter. There, you will discover various kinds of laughs, and today it all starts with the laughter fair (or another theme of your choice)! Warming up is the key to being properly prepared for the adventure.

***Psst!** Take the opportunity to ask them questions on the chosen theme (e.g., Do you know what a fair is? Have you ever been to one?)*

- **Warm up** with your group to prepare them for the Laugh-A-Thon!
 - Have them perform some stretches to prepare their bodies (rotate the wrists, shoulders, neck, etc.).
 - Have them make a few exaggerated faces and smiles to properly prepare their laughing muscles (stick out your tongue, rub your cheeks, smile an exaggerated smile, etc.).
 - Sing the Ho-Ho, Ha-Ha-Ha song! It's a signal for your campers to enter the world of laughter. Clapping your hands, loudly say Ho-Ho! The campers respond by clapping their hands and shouting Ha-Ha-Ha! Then vary the position of your hands (to the right then the left, upwards, downwards) and ask the campers to follow suit.

***Psst!** Don't hesitate to walk among the campers and look them in the eyes while smiling to instill a sense of trust and a connection with each camper.*

3 Start the Laugh-A-Thon based on your theme

- Transport your campers into a world of laughter by performing the following steps. Perform each **laugh** three or four times before moving on to the next.

***Psst!** Always start the Laugh-A-Thon with an individual exercise so that each camper can connect to themselves before they connect with the rest of the group.*

A • Laugh from the heart *(to connect to oneself)*

B • Greeting laugh *(to connect to others)*

C • **Imaginary** laughs based on the theme

a- Laugh 1

b- Laugh 2

c- Laugh 3

d- Laugh 4

D • Laugh of the orchestra conductor *(to prepare for the meditation on laughter)*

E • Meditation on laughter *(5 minutes)*

Please view the appendix entitled *Example of a laughter fair* for a turnkey Laugh-A-Thon with descriptions of each laugh!

4 Invite your campers to express themselves

- At the end, recap the activity with your campers.
 - Ask your campers to tell you what their favourite laughs are.
 - Ask them to tell you about a time when they got the giggles or to share a funny story.
 - Invite your campers to tell you how they feel after the activity (I feel ... happy, confident, excited, etc.).

LAUGH-A-THON

EXAMPLE OF A LAUGHTER FAIR



A

START WITH THE LAUGH FROM THE HEART WHERE EACH CAMPER FOCUSES ON THEMSELVES. DON'T LOOK AT THE OTHERS!



Today, we visit the laughter fair! We're so happy that we bend forward and stand up again, lifting our arms into the air as we laugh. Concentrate on yourself, and don't look at the others.



B

PERFORM THE GREETING LAUGH OR THE "ARRIVING AT THE FAIR" LAUGH




We're giddy with joy to have finally arrived at the fair! We look around and see that there are lots of people smiling! We greet the others with excitement and a big smile, and we laugh with joy.

***Psst!** Have fun with your campers by saying hello in various ways (nodding, shaking hands, elbow to elbow, foot to foot, knee to knee, etc.).*



LAUGH-A-THON

EXAMPLE OF A LAUGHTER FAIR



C PERFORM **FOUR IMAGINARY LAUGHS** IN CONNECTION WITH A THEME. ALTERNATE BETWEEN LAUGHS DURING WHICH THE CAMPERS MOVE AROUND THE SPACE, AND LAUGHS DURING WHICH THEY REMAIN IN PLACE. ALWAYS EXPLAIN THE LAUGH BEFORE INITIATING THE ACTION WITH THE CAMPERS.



1 BUMPER CARS LAUGH

We skip two by two through the space. Each time we meet another group, we burst out laughing and pretend to knock their “car.”

PLEASE NOTE! WE DON’T WANT ANY REAL COLLISIONS.

2 POPCORN LAUGH

We transform ourselves into popcorn grains that gradually pop. The first “pop” with a small laugh, where only the hands move. With each “pop” we laugh a little harder and move a little more: “pop”, “Pop”, “POP” until the final explosion where all the campers jump up while laughing!

3 ROLLER COASTER LAUGH

We climb aboard a large roller coaster. We line up and move about the space. When we look forward, it’s scary and we cry out in terror. When we look to the side, we’re no longer afraid and we laugh! We look forward, to one side, then to the other ...



4 TUNNEL OF MIRRORS LAUGH

We arrive at an attraction full of mirrors. We form two lines, face to face (one line of mirrors and one line of laughers). The people in the mirror line must perform the same movements as the people in front of them. **Each movement is accompanied by a laugh.**

PLEASE NOTE! WE DON’T WANT TO IMITATE THE LAUGHTER OF OTHERS HERE, ONLY THEIR MOVEMENTS.




LAUGH-A-THON

EXAMPLE OF A LAUGHTER FAIR



D

PERFORM THE ORCHESTRA CONDUCTOR'S LAUGH OR THE LAUGH OF THE LAST AMUSEMENT RIDE




Our day at the fair is drawing to an end! We decide to climb aboard the last ride, which goes up and down. We place both our hands in front of us. When I place my hands low, we laugh softly. When I place my hands in the middle, we laugh normally, as though we were among friends. And when I hold my hands high, we let loose with a full-throated laugh. Hands held high, low, high, in the middle ...

Psst! Always end the orchestra conductor's laugh with your hands held low.

E

PERFORM THE MEDITATION ON LAUGHTER



This is the most important part of the Laugh-A-Thon, and its aim is to get the campers to laugh **naturally**.

Ask your campers to sit down or stretch out on the ground. Tell them that they must remain still and avoid speaking and looking at others for five minutes. All they can do is laugh, but it must be a **REAL** laugh.

Psst! Remind your campers that we all have a different sense of humour and that some people naturally laugh more easily than others. If laughter does not come, it's no big deal! The meditation then becomes a moment of relaxation.

