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How to Integrate Laughter Yoga into Schools

5 Level One Intro Exercises for Educators & Students

1. Start each day with *VERY GOOD, VERY GOOD, YAAY!* OR just “YAAY!” as you look at each other, SMILE and LAUGH. Repeat with each person you greet individually and in the group.

2. Stretch out both arms in front of you (palms up). Breathe IN and SMILE as you raise your hands toward your chest. Then, SMILE and breathe OUT with an audible HAAAAAAA sound as you extend your arms back into the original outstretched position. Repeat 3 times.

Tip: WHEN STRESS IS INCREASING DURING THE DAY, SMILE, Take a deep breath IN then exhale that breath OUT with a SMILE and AHHHHHHH!!! Repeat 3 times.

3. **CROSS KNEE SLAP:** Alternately, slap your LEFT knee with your RIGHT hand, and then slap your RIGHT knee with your LEFT hand, as you SMILE and say: HO-HO-HA-HA! Repeat 10-50 times.

4. Take a **LAUGHTER PILL:** look at each other, SMILE and BELLY LAUGH for 1 full minute.

5. When you have pent-up energies (stress, tension, anger, frustration, sadness, etc.), this **2 YEAR OLD TANTRUM** exercise can restore peace and joy to adults and students!

Sit or stand. Place both arms in the air, with fists clenched. Anchor both feet on the floor. Count backwards 3-2-1 ... then scream as loudly as you can, stomping your feet and flailing your arms – like a 2 year old. Continue for at least 10 seconds (or longer). Then, take a deep breath and LAUGH for 10-20 seconds. Next, take a deep breath and smile! Doesn’t that feel good?

*****Always say GOODBYE with a SMILE as you say: YAAAY!!!*****

*Please remember that 15 minutes of Laughter Yoga per day for 6 to 8 weeks will renew your entire Immune System!