

Action Plan for Incorporating Laughter

What are my plans for incorporating more humor and enjoyment into my life?		
Recommendations	Presently Doing	Strive to Do
Smile more than I frown.		
Practice laughter yoga.		
Surround myself with funny visuals.		
Practice laughing.		
Share laughter with others.		
Watch visuals that engender laughter.		
SMILE (show me I'm loved every day) with students.		
Integrate humorous cartoons, jokes, and riddles into my lessons.		
Avoid sarcasm at all costs.		
Appoint class clowns to share jokes and riddles with the class.		
Use Smile on a Stick props with students or have them create their own.		
Goals and Notes:		