

# CHUCKLE TIME

## LAUGHTER & PLAY



### **DESCRIPTION:**

Chuckle Time is a simple, playful way to engage deep breathing, vocal engagement in a variety of 'voices', and some silly play to get people out of their heads, and into a create, playful space. We use simple prompts to get our singers laughing in all sorts of different 'characters'. Lead the way out the front by demonstrating the different laughs, but also give them permission to make up laughs for the 'characters' they don't know. Encourage deep, diaphragm breaths in between each laugh.

### **PDF LINK:**



Laughter Prompts

### **WHY:**

Laughter taps into some pretty deep human processes. Even pretending to laugh will create feel-good hormones, and before you know it, the laughter becomes more and more real. (Anyone who has tried a laughter circle would know this – as hard as you try and resist, the laughter is eventually contagious!)

When we laugh, particularly in different characters, we engage our diaphragms fully, our breath deeply, and we access our full vocal range and a variety of timbres.

### **PROMPT IDEAS**

- Kookaburra
- Witch's Cackle
- Santa Claus
- Woody Woodpecker
- Mr Ed (Horse)
- Mutley (Aspirate laugh)
- Nanny Fine (The Nanny)
- The Count (Sesame Street)

### **EXTENSIONS / IDEAS:**

The QR code above links to a slideshow you can use as prompts on the projector, but you can do it just as simply without visual prompts. Get your members to suggest different characters and demonstrate a laugh everyone else can repeat.