



Overview

Humor is a creative resource that offers a pathway for social connection. Humor can also be a health practice. In this lesson sequence we begin with simple routines for laughing together. Then we explore, normalize and transform our relationship with our inner critics.

Teacher Priming Activities

It is important to acknowledge the tender edges of human experience you will be navigating when you invite your students to “play” with their inner critics. Choosing to bring this experience to your students means taking risks and modeling vulnerability. To prepare, you will explore what makes you laugh and play with your own inner critic.

Discussion Topics

Why Humor? - This mp4 can be used to prepare you, the teacher, for an initial classroom discussion about humor as a health practice and creative resource. If it feels age-appropriate for your students, parts or all of it can be used in the classroom to support that conversation.

Humor & Harm - Consider how to play with humor without causing harm to ourselves or others. This can include exploration of self-deprecating humor as an entry point for our inner critic.

Creative Routines

Who makes you laugh? - handout for listing the people you know who tickle your funny bone.

What makes you laugh? - interactive slide deck designed to orient students to humor, share their unique sense of humor with each other, and support classroom community-building.

Daft Dictionary - an interactive ideation game that invites students to improvise definitions for nonsensical word pairings. *What is a raisin sock?* You'll have to play to find out.

Creative Challenge

Inner Critic - students make models that represent their critical inner voice, then reflect on how to transform that part of them into an ally.

Deepening



Exploring Virtues (lesson extension) this can be an extension of the inner critic or a routine for another day. The focus on students' virtues balances the critic, and can even transform the critic into an ally.

Grammatot or the art of making yourself understood in unknown languages (article)

Mining for sculpture materials (handout)

Resources on humor (links)

Finding humor across cultures (PDF)