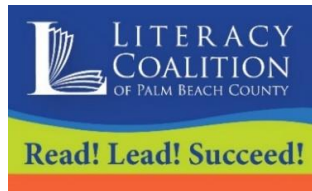


READ and THINK before you ACT.



Leading through Reading

Humor Helps (3-5)

READ



Giggling, laughing and chuckling are good for you. It can relieve some of your stress and help your muscles to relax. Laughing can also help you to fight diseases and relieve pain. It really is good medicine! It even improves your mood. This is the perfect time to laugh! Look for ways to keep laughing. Read joke books and hilarious stories. Watch funny videos, movies, and shows. But, never laugh at things when it would hurt another person.



Watch [Dan Gutman](#), author of the *Weird School Series*, [read-aloud](#) portions of his books. This bestselling author has also written the *Genius Flies Series* and the *Baseball Card Adventure Series*. He has won nineteen state book awards.

Check out some of his entertaining [videos](#)!

THINK

Has reading a funny book, being silly with a friend, or watching a funny movie or tv show ever made you feel happy? How do you think these things could help you if you are feeling stressed, sad or overwhelmed?

ACT

Try some things that could help bring humor into your life.

Do a Giggle Hunt—Look for a few simple items that make you chuckle. Then, put them close to you for when you need a boost. It could be a funny photo, a silly meme or a comedy video. Find things that make you laugh.

Laugh at Life—Find a way to laugh about your own situations and your stress will begin to fade. It may be difficult at first, but practice will help.

Share a Laugh—Make a phone call or sit down with a family member who will accept the challenge of sharing a funny story or joke. Even if at first you do a fake laugh, keep at it. True laughter will come.

Know What is NOT Funny—Do not laugh at the expense of others. Doing that just ends up making you feel worse. Good jokes are not hurtful ones.

BONUS: Bring some of these [PUNS](#) to the family dinner table!

Help Create an Uplifting Social Media post!

Draw an illustrated joke for our Facebook page

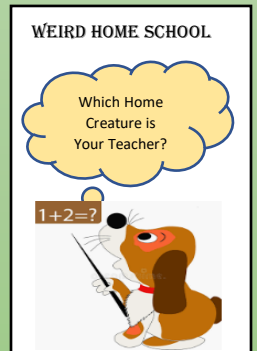
OR

Help us laugh at the recent change to learning by creating a book title and cover about school at your house.

Be sure to put your name, age and city on your drawing.

Send your illustrations to nbirardi@LiteracyPBC.org

Submit by 8/1/2020



This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to nbirardi@literacypbc.org