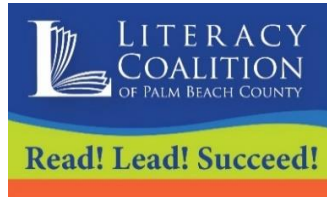


READ and THINK before you ACT.



Leading through Reading

Humor Helps (6-8)

READ

Having a good laugh can be good for you mentally and physically. Laughter enhances your intake of oxygen and stimulates your heart, lungs and muscles. It increases the endorphins that are released by your brain and can relieve some of your stress responses. Laughing helps your muscles relax.

Over time, laughter has been shown to:



- Improve your immune system
- Relieve pain
- Increase personal satisfaction
- Improve mood

This is the perfect time to laugh!

Read More: [Mayo Clinic *Stress Relief from Laughter is No Joke!*](#)

THINK

Has reading a funny book, being silly with a friend or watching a funny movie or tv show ever made you feel happy?

Why do you think these things could help you if you are feeling stressed, sad or overwhelmed?

In the book, *Death by Toilet Paper*, Ben realizes how important something like toilet paper can be.

With the pandemic, what are some things that you may have realized that you have taken for granted?

What are some things that you have learned to appreciate more?

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.

READ: Books with humor!

Although the novels for middle schoolers written by [Donna Gephart](#) cover real life topics, they have plenty of humor and characters you want to root for.

In [Death by Toilet Paper](#), Benjamin is about to lose a whole lot more than soft toilet paper (TP). He is selling candy bars and creating slogans for advertising contests to make money to pay for the rent on his home!



What could be more perfect right now than a novel with funny facts about TP in every chapter?

[See more books by Donna Gephart at PBC Libraries](#)

Help Create an Uplifting Social Media post!

Draw an illustrated joke for our Facebook page

OR

Help us laugh at the recent TP shortage by creating a new label, slogan, poster or video commercial for an endless roll of toilet paper! Send your entries to nbirardi@LiteracyPBC.org

Donna Gephart, the author of *Death by Toilet Paper* will send a **FREE BOOK** to the best submission!



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