

8 Ways to Bring Humor Into the Everyday



- 1. Make up silly rhymes.** This not only brings a laugh but supports phonological awareness, the ability to hear and differentiate sounds in words. Laughter increases memories.
- 2. Be absurd.** Answer children's questions with crazy responses... "What is for lunch?" "The cook is making school bus soup today!"
- 3. Model humor in the pretend center.** Put on pretend eyeglasses upside down, order a pizza with chocolate pudding on top... encourage silliness and laughter in play!
- 4. Make silly faces.** Bring a few handheld mirrors and have children make a face and look at themselves. Ask them to describe their silly faces.
- 5. Involve your whole body.** Children think it's funny when grownups dance, jump, sing and use their whole bodies. Walk silly, create a little dance, make up motions to silly songs – these ideas work great for transitions.
- 6. Read funny books.** There are lots of humorous books out there. Look for *Rhyming Dust Bunnies* by Jan Thomas, *Chicka Chicka Boom Boom* by Bill Martin and *Don't Let the Pigeon Drive the Bus* by Mo Willems, just to name a few.
- 7. Play hide-and-seek.** Or peek-a-boo with infants and toddlers. What is it about not seeing you then seeing you that is so funny? I dunno, but it makes everybody laugh!
- 8. Laugh at yourself.** When you make a mistake, laugh! When you spill your drink, laugh! When you lose something, laugh! The average preschooler laughs 400 times a day; the average grownup only 15. It's time to catch up and have some fun doing it!

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