

18 - Laughter

Laughter is a great way to release stress, bond with friends & family, and just have fun. It's also why some people end up accidentally WETTING themselves! On this episode of WHO SMARTED?, we'll visit a disastrous rehearsal of Romeo & Juliet -- where the problem isn't that Juliet forgot her lines -- it's that she has a bad case of the giggles and cannot stop LAUGHING.

Your kids will learn how laughing can be a way to shield yourself from troubling emotions which is why people sometimes laugh at bad news, or when someone trips and falls. Of course, sometimes someone falling is just plain funny.

They'll also learn why laughing can sometimes make you lose control of your bodily functions! Because laughing causes a very fast contraction and release of abdominal muscles, it can actually confuse your bladder - making you pee!

And they'll learn that people are more likely to laugh in a group than alone - furthering the theory that laughing evolved partially as a way to bond people together -- just like the Cavemen in today's episode!

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Oh and about that horrible wheezing laugh your friend has.

It's not their fault. Laughter causes spontaneous contraction of the diaphragm, the body part that helps bring in new air and breathe out the old. These contractions are what make it hard to catch your breath when you're really 'losing it'. They're also responsible for the way in which you laugh - whether that's 'Ha,' 'Ho,' Snort or Wheeze - which is totally out of your control!

Keep the learning going:

Talk about a time you and your kids had a GREAT laugh. What was funny? What did it feel like to all laugh together? And how do they feel remembering the memory?

Writing jokes is scientifically proven to sharpen your brain. See if your kid can write their own joke. Even something as simple as an original 'Knock Knock Joke' can really help fire up the synapses.

This episode may be all about LAUGHING - but the need for good, quality free educational content for Kids is no joking matter. So please, help us out by telling a friend or two, or a teacher about our show!¹

¹ This activity guide is for the Who Smarted? podcast www.WhoSmarted.com