



THIS MONTH'S VALUE IS...

March 2019



Humour

- Humour lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert.
- Laughter makes you feel good. This positive feeling remains with you even after the laughter has stopped.
- A good sense of humour helps give children the strength they need to get through the ups and downs of school, as well as other times of their life.

Things you can try...

- If you make a mistake, try laughing about it rather than being upset with yourself.
- Smile more! Smiling is the beginning of laughter, and like laughter, it's contagious. When you look at someone or see something even mildly pleasing, practice smiling then notice the effect on others.
- When you hear laughter, move toward it. People are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humour you find in it. When you hear laughter, seek it out!
- Spend time with fun, playful people.
- Bring humour into conversations. Ask people, "What's the funniest thing that happened to you today? This week? In your life?"
- Watch a funny movie.
- Share a good joke or a funny story.
- Do something silly.
- Make time for fun activities.

We would love to hear about how your family has been showing the value of Humour! Make sure you let your teacher know by the end of March, so we can all be proud of you. You can ask a grown up to fill in the 'Wow Value' slip below and hand it in!



Name _____

Class _____

Values WOW for Humour



Some people believe...

- ✓ Laughter is good for your health
- ✓ Laughter relaxes the whole body. A good, hearty laugh can relieve physical tension and stress.
- ✓ Laughter can trigger the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being.
- ✓ Laughter burns calories.
- ✓ Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations.

<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm/>

When was the last time you laughed? A few poems to make you smile.

Today The Teacher Farted

Emma Briody

Today the teacher farted.

It was an awful smell.

It was just like a rotting egg,

Straight from the depths of hell!

She tried to keep it secret

By sitting in a group.

But it was really obvious,

When she said, "Who did that poop?"

She screwed her bright, red face up

And blamed it all on Claire.

But later when I needed help,

The stench was round her chair!

She avoided my eye contact

And ticked my work in green.

But she knew that her body smells

Were foul and quite obscene.

I asked her what that smell was.

She said she'd not a clue.

I really hope that eggy smell

Was fart and not a poo!

Today the teacher farted.

My word, what had she ate?

I'll always remember what she did,

And now I'm thirty eight!

Be Glad Your Nose Is on Your Face

Jack Prelutsky, 1940

Be glad your nose is on your face,
not pasted on some other place,
for if it were where it is not,
you might dislike your nose a lot.

Imagine if your precious nose
were sandwiched in between your toes,
that clearly would not be a treat,
for you'd be forced to smell your feet.

Your nose would be a source of dread
were it attached atop your head,
it soon would drive you to despair,
forever tickled by your hair.

Within your ear, your nose would be
an absolute catastrophe,
for when you were obliged to sneeze,
your brain would rattle from the breeze.

Your nose, instead, through thick and thin,
remains between your eyes and chin,
not pasted on some other place--
be glad your nose is on your face!



values WOW!