Laugho´s diary 7 ☺

Hello and good morning everybody ( pupils, parents, coaches, teachers,….) out there in your homes or working places – wonderful sunny weather outside and the forecast for the coming Easter holiday week is bright and warm too. So you students can be happy because today is the last homeschooling day before your Easter holiday starts.

I´m quite sure that the beginning of this new, difficult, unusual way of schooling was not easy for all of us. Most pupils were very busy doing all the tasks given in the net or before and a few of course just thought that they were on holiday – depends on their self-responsibility – but big respect and gratulation to all of you, who did such a good job. You really deserve relaxing, chilly holidays.

The same I want to say to all parents and coaches – thanks so much for giving your kids a daily homeschool structure, for supporting and helping them ( and that´s not always easy – we teachers know ) and just for being there, whatever they need. Hats off and big respect and thanks to all of you.

Today I want to put the focus on HUMOUR ( British writing ) – HUMOR ( American writing) and LAUGHING. Think about – How often do I laugh a day ? Little kids laugh about more than hundreds of times – and grown ups only far under one hundred. But laughing is so important for us

* Laughing always gives us a positive feeling
* We activate more than one hundred of our muscles
* It´s a real sports training for us if we laugh for a longer time ( sometimes you can feel real muscle ache )
* You get messenger substances and neurotransmitters in your body which can even stop pain and aches ( that´s done in hospitals – think of the CINI-CLOWNS )
* The smile that you send out mostly comes back – that is a very wise way to go through life

Most people very often say – there is nothing to laugh – and in this virus situation it´s true – but it doesn´t help if we don´t laugh. Not to lose your humour in threatening times – that´s humour. How can you get to laughing?

* Look in the mirror and do some grimaces, that can help
* Try to bring another person to laugh
* Watch funny video clips or films ( I love `Dick and Doof`- they are hilarious – try it out )
* You can simulate laughing and after some time you really have to laugh – especially if you do it with a partner
* Do laughing yoga – walk around and say haha – hihi – again and again – and mostly you start laughing ( more exercises in the net – if you are interested ) – I tried it out and it really works
* Read funny jokes
* Patient: Oh, doctor- I´m just so nervous. This is my first operation.

Doctor: Don´t worry –mine too.

Doctor: Hello, did you come to see me with an eye problem?

Patient: Wow, yes – how can you tell?

Doctor: Because you came in through the window instead of the door

Please everbody – no matter how old – try not to lose your laughing and practice daily to laugh more often. If you can´t just try to smile.

Well then okay – enough of reading for today

At the end – an Easter poem I send

Bunnies are brown – bunnies are white

Bunnies are always an Easter delight .

Bunnies are cuddly – large as well as small

But I like the chocolate ones – the sweetest of them all.

Hurray, there is nothing more to say – just have a wonderful Easter Holiday

Yours Lacho ☺

PS: I´ll be back on Wednesday after our holiday ☺