

How to Lead a Laughter Exercise

The 3-D Technique

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All laughter exercise sessions begin with the advice that students can participate at whatever energy level they wish. They are welcome to modify any practice to suit their personal comfort level, or refrain from performing any activity which they think might cause them discomfort.

The Three “D’s” - Declare, Demonstrate, and “Cue to Do”

Step 1: **Declare** (Denote/De-name). Give the name of the exercise. Example:
“The next exercise is called ‘Penguin Laughter.’”

Step 2: **Demonstrate**. Show physically how to perform the exercise, while simultaneously verbalizing the instruction. Example:

“Start with your feet turned out [*place your feet in this position*], arms straight down by your sides, hands flexed, palms facing the floor. Walk around like a penguin [*do a stiff-legged walk, upward-flexed hands swinging into and then away from the legs*]. Play with or follow behind the other penguins, laughing all the while [*make eye contact with other participants, lean towards them in greeting*].”

Step 3: **Do**. (Give the “Cue to Do”) First: stop the demonstration. Then: give a clear command to start (or “Cue to Do”). This is done with a sense of building up tension such that everyone will release into laughing together, all at the same time, the moment you give them the cue to do so. Example:

“Okay, got your feet turned out? Ready – set: **Go!**” (immediately burst into laughter). Or: “Penguins, are you ready? **Take off!**” Or: “Here we go: One, two, three, **Waddle!**”

Allow the exercise run for *at least* 15 seconds (30 to 45 seconds is preferred). Some enthusiastic groups may continue for an entire minute or longer. Tune in to your team; allow for space wherein participants can go beyond their initial effort to explore nuances and get creative.

Conclude the exercise by calling out words of praise (example: “Great job, everyone!” or “That was fantastic!”) or doing the “Ho, ho, ha-ha-ha” or “Very good, very good, Yay!” practice (see *Doctor Kataria’s Foundation Exercises*).

There are dozens of examples of laughter exercises (being led and performed) available for viewing for free on YouTube. Please visit our account under “JoyfulGent” or search under “laughter exercise briar.”