Laughter helps you learn?
Laughter increases catecholamine levels, which increases mental functioning (Fry, 1984)
Increases function of both hemispheres (Derks, Bogart, & Gillikin, 1991; Goldstein, 1976; Svebak, 1982) ... direct impact on learning
Inducing laughter prior to and during a topic - primes students' brains so they increase alertness and memory ... greater interpersonal responsiveness in Q&A and cooperative learning activities

What about humour?
Humour builds teacher-student connection (e.g., Berk, 1998)
- connection is essential for learning, satisfaction, and retention
Engages students in the learning process
Humour can improve problem-solving, performance on right-hemisphere tasks (e.g., spatial-temporal reasoning; recognition...)
Lowman (1995) = 2 most important ingredients
* from (e.g., Opplinger, 2003; Schmidt, 2002; Zillman, 1989):
With humour, students learn better and remember more. People absorb information more quickly
Many kinds of information are retained longer
There is a reduction in anxiety about subjects like math and science
There are fewer classroom management problems
Students are more motivated to learn and retain information if they are happy and amused

Humour for Your Classroom
Read aloud something funny or start class with an amusing overhead;
Humorous quotations (on the class topic) ... have a box where students can bring in;
Share personal humorous anecdotes ... encourage students to do the same;
Humour on course outlines; Humor on exams; Using games (e.g., based on TV shows); Faces, gestures, and movements (?); Using costumes/décor/props
Forms of Humor in Teaching
In-class delivery: Opening Jokes, Quotations and Questions, Top 10 lists, Cartoons, Skits/Drama, Spontaneous, Examples, Problems, Exercises

Other Resources:

For BrainDance: http://www.creativedance.org/about/braindance.cfm
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