

WHAT A RELIEF!

Use humor to remedy fear

Materials: Worksheet copies, timer

Directions: Read the worksheet, complete the activity and discuss as a group.

We all have fears.

But fear doesn't have to stop us in our tracks.

We can relieve the stress of fear through humor, laughter and smiling.

Today, we're going to practice using humor to defuse our anxiety.

ACTIVITY INSTRUCTIONS

- 1 Divide into teams of no more than four. Each team will choose one of the situations below to role-play:
 - You didn't submit a project on its due date.
 - You're experiencing problems with a teacher.
 - You're unable to make new friends.
 - It's lightning and thundering outside and you can't sleep.
- 2 When your team has chosen a situation, decide how to use humor to solve the problem. Practice role-playing the solution for 6 minutes.
(Set the timer for 6 minutes.)
- 3 When the timer sounds, each team will act out their solution for the group. Afterwards, we'll share ways in which humor can improve each situation.
- 4 Next time you're nervous or scared, try using what you've learned to relieve your anxiety.

