



New Perspective...New Growth

ADVANTAGES TO USING HUMOR IN THE CLASSROOM

1. Reduces tension and anxiety. Decreases blood pressure, increases oxygen to the brain, releases endorphins in the system, which fights the stress hormone Cortisol.
2. Students who enjoy class are more likely to be motivated and engaged.
3. Helps build trust between students and teacher.
4. Helps link old and new information in student's brain.
5. Humorous atmosphere significantly increases student's creativity.
6. Helps diffuse potentially escalating situation.
7. Builds positive relationships between peers and teacher.
8. Helps buffer mistakes in the learning process.
9. Convinces students that the teacher is human.
10. Builds community and sense of belonging.

**"Laughter is the shortest distance between two people."
Victor Borge**

**"Remember, men need laughter sometimes more than food."
Anna Fellows Johnston**

**"Laughter is a powerful way to tap positive emotions."
Norman Cousins**

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Helping schools build stronger connections with every student.