

MAKE THEM LAUGH




GET INVOLVED


10 MINUTES


READY TO GO

GETTING INTO THE ACTIVITY

Ever heard the saying ‘Laughter is the best medicine’? Laughter is proven to make people feel better and brighten up their day. Spread some cheer and laughter to your family by trying to make them laugh with some cheesy jokes.

Spend some time searching joke books or the internet for cheesy jokes. Write down your favourites and then tell them to your family. Can you make them laugh? You could also ring up other family members and friends and tell some of the jokes over the phone.

Example Joke: How many tickles does it take to make an octopus laugh? Ten Tickers.

Don't Laugh Challenge: Gather your family together and each take turns at telling jokes. However, the challenge is to try and not laugh. The first person to laugh should get a forfeit.

Share your jokes with your BB group or post on social media using #BBatHOME.

WHAT YOU'LL NEED

- Jokes

NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Internet use should be supervised. An adult should initiate contact with the BB group on social media.