

DE stress for Success Workshop

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(Introduction: how stress affects learning, the stress of our students, how laughter relieves stress)

Using Just for Laughs Gags on youtube

- Why? Canadian, Funny, No speaking, Short, Everyday topics, versatile.
- How?
 - Write the dialogue
 - Introduce a topic
 - Role Play
 - Jigsaw: watch, retell, answer questions
 - Predict the ending
 - Ask information questions
 - Practise idioms, vocabulary, verb tenses
 - (Endless possibilities)

Classroom Activities Involving Laughter

1. What Did You See???

Materials: a bag/box/basket/tray and something to cover it.

Items related to your topic, ie: first aid, personal care items, supermarket items , utensils, camping items, sports items, clothing and accessories, home repair items, canadiana, tools, car care,

One large sheet of paper per group

Markers

Bell, buzzer, or other noise maker.

Method: Divide the students into groups. Distribute paper and markers. When you give the signal with your bell, one student from each group comes to the front. They have a quick peak at the items, then go back to their group and try to tell what they saw. Students list and/or draw the items together. Another signal from you indicates it is time for other group members to come have a peak. Repeat to give all group members a turn.

The group with the longest correct list is the winner

DO: beach items or gardening items but you guys have to DRAW them

3. Exercise Instructions

Students do this with a partner. I have a sample sheet of exercises attached.

They take turns reading and following the instructions.

4. Headbanz YOU GO FIRST

Ask questions or give clues.

5. Which group has the most? Group competition

- | | |
|----------------------|-----------------------------|
| : years in Canada | : vowels in first names |
| : e's in first names | : letters in first names |
| : birthdays in July | : people from Asia |
| : children | : people from South America |
| : grandchildren | : black shoes |
| : brothers | : rings |
| : sisters | : people wearing glasses? |

2.11 Aerobics

Directions: *Work with a partner.* Take turns following and giving the directions below. Then take turns giving the same directions to your partner and another pair of students. Make sure that all three students are standing so that they cannot see one another. See if everyone follows the directions in exactly the same way.

1. Arm Lift (front and side)

Place your arms at your sides.
Raise your arms shoulder high.
Return them to your sides.

Raise your arms overhead until your hands touch.

Return your arms to your sides.
Raise your arms overhead, clap your hands.

Return your arms to your sides.
Repeat.

Raise your arms shoulder high.
Swing them forward until your hands touch.

Swing your arms back.
Swing your arms forward and clap your hands.

Swing your arms back.
Lower your arms to your sides.

2. Leg Lift

Stand with your feet together, arms at your sides.

Bend your left knee and raise your foot a few inches off the floor.

Lower your foot to the floor.
Repeat four times, gradually lifting your foot to waist height.

Stamp your left foot on the floor.
Repeat everything using your right foot.

3. Waist Bend

Bend from the waist, twice to the left.
Bend from the waist, twice to the right.
Bend forward and back twice each.
Turn all the way around, once to the left and once to the right.

4. Step Slide

Step slide to the left.
Step slide to the right.
Do two short knee bends.
Turn all the way around.
Step slide forward and step slide back.
Do two short knee bends.
Turn all the way around.
Repeat everything.

5. Head Bounce

Bounce your head forward four times.
Bounce your head right four times.
Bounce your head back four times.
Bounce your head forward, right, back, and left twice, slowly.
Reverse the direction and repeat everything.