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Action KA210-ADU - Small-scale partnerships in adult education

THRIVE 50+



Project title:
**Total Health Resources for
Improving Vitality and Endurance
50+ ("THRIVE50+")**

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Set of materials for the workshop

**Workshop Title: Laughter and
self-care – strategies for
managing stress**





Facilitator guide

BASIC INFORMATION

This workshop blends the uplifting power of laughter and humor with the grounding, nurturing practices of self-care. It is designed to create an unforgettable experience where participants not only learn but feel deeply rejuvenated and joyful.

TARGET GROUP NEEDS

Seniors and those facing life transitions, often need strategies that promote joy and self-care. This workshop offers tools to infuse daily life with laughter and create sustainable self-care practices.

DURATION

A 2-3 hours duration - the workshop is designed to offer a comprehensive experience, balancing interactive activities, discussions, and reflection. This timeframe ensures participants can fully engage in both laughter and self-care sections without feeling rushed.

NUMBER OF PARTICIPANTS

The ideal range of participants is 2-15 to fosters a supportive, interactive atmosphere, allowing for meaningful group activities and individual attention. This ensures all participants are engaged and feel included in the experience.

EDUCATIONAL OBJECTIVES

- Learn the psychological and physical benefits of laughter and humor.
- Engage in fun, interactive activities that uplift and entertain.
- Understand and build personalized self-care routines.
- Learn activities to incorporate joy and self-care into daily life.

TECHNICAL AND EQUIPMENT REQUIREMENTS

- A computer or laptop with Internet access
- A projector and screen
- Notepads (notebooks, pens, post-it).
- Background music and audio clips of laughter.





MATERIALS

- A guide for the facilitator with a curriculum and description of exercises.
- A multimedia presentation about laughter and self-care.
- Props: Balloons
- Self-care kits: Small items like stress balls, scented sachets, antistress toys for participants.(optional)

METHODS AND TECHNIQUES

- Group laughter exercises: Highly interactive and playful games.
- Creative self-care activities: Incorporate mindfulness, art, and personal reflection.
- Psychological insights: Easy-to-understand explanations of laughter and self-care benefits.
- Group Discussions: Group sharing that fosters connection and curiosity.
- Feedback Forms: To gather participants' insights and improve future workshops.

Curriculum

1) Welcome and Introduction (15 minutes)

Objective: Establish a welcoming and supportive atmosphere to set the tone for the workshop.

Activities:

1. **Slide 1:** Workshop Title Slide

Facilitator Notes: Begin with a humorous story or joke that sets the mood.

2. **Slide 2:** Workshop objectives

2) The science behind laughter (20 minutes)

Objective: Teach how laughter impacts the brain and body in an engaging way.

Activities:

1. **Slide 4:** The science of laughter

Facilitator Notes: Use simple language to explain how laughter affects the brain and body.

2. **Slide 5:** Why humor heals?

Facilitator Notes: Watch a funny, short video clip together and discuss how it makes participants feel.





3) Group laughter exercises (30 minutes)

Objective: Get participants to engage in fun, liberating laughter activities.

Activities:

1. **Slide 6:** Balloon laughter
Facilitator Notes: Pass a balloon around while laughing. Whoever drops it has to share a silly joke. Keep the energy high and encourage participants to be uninhibited.
2. **Slide 7:** Laughter Yoga
Facilitator Notes: Lead participants through a series of 'Ha-Ha-Ho-Ho' claps and laughter exercises. Show examples of laughter yoga techniques and encourage playful participation.
3. **Slide 8:** Reflections on fun
Facilitator Notes: Briefly discuss the joy and relaxation felt during group laughter.
4. **Slide 9:** Daily laughter tips
Facilitator Notes: Suggest simple changes to foster a lighter, more joyful daily life.

4) Understanding the importance of self-care (20 minutes)

Objective: Explain the importance of self-care for mind and body.

Activities:

1. **Slide 11:** What is self-care?
Facilitator Notes: Ask participants what self-care means to them and dispel myths about it being selfish.
2. **Slide 13:** Why self-care matters?
Facilitator Notes: Relate self-care to the idea that you can't pour from an empty cup.



5) Crafting your self-care toolkit (30 minutes)

Objective: Guide participants through creating personalized self-care routines.

Activities:

1. **Slide 14:** Your personal self-care map
Facilitator Notes: Have participants write down 2-3 activities they enjoy under each category. Guide them through choosing activities that are easy to integrate into daily life.
2. **Slide 15:** Quick self-care exercise
Facilitator Notes: Lead a quick visualization exercise to reinforce the power of self-care. Close your eyes, take deep breaths, and visualize a happy moment. Encourage participants to reflect on how they feel afterward.

6) Group activity and interactive practice (20 minutes)

Objective: Integrate laughter and self-care into one fun group activity.

Activities:

1. **Slide 16:** Laughter Meets Self-Care – “Joy Jar” Exercise
Facilitator Notes: Provide colorful paper and markers. Create a “Joy Jar” where participants write down funny memories or jokes and pull one out a random one. Encourage participants to share their entries if they wish.

7) Final reflection and Q&A (15 minutes)

Objective: End with reflection, discussion, and takeaways.

Activities:

1. **Slide 17:** Which activity or idea inspired you most today?
Facilitator Notes: Open the floor for participant insights and questions.