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| <b>Name (in Romaji):</b>   | → |
| <b>Student Number:</b>     | → |
| <b>Class Day + Period:</b> | → |

## Jokes and Humor Warmup

To begin with, let's take a brief look at humor and what is required to find something funny. According to Brooks (2021), a sense of humor is made up of six basic variables:

1. the cognitive ability to create or understand jokes
2. an appreciation and enjoyment of jokes
3. behavior patterns of joking and laughing
4. cheerful or humorous temperament
5. a bemused attitude about life, and
6. a strategy of using humor in the face of adversity.

To sum up, a sense of humor can mean either being funny or enjoying funny things.

The research on the subject is pretty clear: the latter is better than the former for happiness (see Edwards & Martin, 2010). Being funny is fine, but laughing at funny stuff brings joy and relieves suffering. One study (Tse et al., 2010) gave one group of senior citizens “humor therapy” — daily jokes, laughter exercises, funny stories, and the like — for eight weeks. A control group did not receive this therapy. At the end of the experiment, the people in the first group reported feeling 42 percent happier than they had at the beginning. They were 35 percent happier than the second group, and experienced decreases in both pain and loneliness.

### References

Brooks, A. C. (2021). How to build a life: The link between happiness and a sense of humor. *The Atlantic*. August 12.



Edwards, K. R., & Martin, R. A. (2010). Humor creation ability and mental health: Are funny people more psychologically healthy? *Europe's Journal of Psychology*, 6(3), 196–212.  
<https://doi.org/10.5964/ejop.v6i3.213>

Tse, P., Lee, A., Yeung, H. P. Y., & Chan, T. C. M. (2010). Humor Therapy: Relieving Chronic Pain and Enhancing Happiness for Older Adults. *Journal of Aging Research*, 2010, Article ID 269784. <https://doi.org/10.1155/2010/269784>

Do you think you have a good sense of humor? \_\_\_\_\_

Do you laugh a lot? \_\_\_\_\_

Do you like telling jokes? \_\_\_\_\_

Do you joke around a lot with your friends? \_\_\_\_\_

Do you like to make fun of your friends? \_\_\_\_\_

Who is the funniest person you know? Why are they funny? \_\_\_\_\_

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Who's your favorite comedian? \_\_\_\_\_

What's your favorite comedy movie? \_\_\_\_\_

Do you ever engage in self-deprecating humor? \_\_\_\_\_

Do you appreciate black humor? \_\_\_\_\_

What is a particularly funny joke that you know? \_\_\_\_\_

