

Name _____ Date _____

Worksheet 36

Benefits of a Sense of Humor

Question: What would you do if you just discovered that you had been walking around for two hours at the mall with a white sock (straight out of the dryer) stuck on the back of your black shirt?

- Take the sock off quietly and throw it away.
- Be embarrassed and ask a friend if anybody saw it.
- Laugh and say, "Hey, where's the other one?"



If you picked (c), chances are you may have a good sense of humor. Having a good sense of humor means that you are able to see or find the lighter side of a situation.

A person with a good sense of humor might create humor in situations by being playful, saying funny comments that make others laugh, and not being afraid to laugh at himself or herself. A person with a good sense of humor might see a person with a broken leg and say: "Well! Some people will do anything to get out of gym." This might make the person with the broken leg feel better.

A person with a good sense of humor can laugh at himself or herself and even poke fun at his or her situation. The sock on the back of a shirt is seen as not a big deal—it's funny! The person might be embarrassed, but won't let others know or be embarrassed for him or her.

People with a good sense of humor are fun to be around. They might be the class clown, causing others to laugh. Of course, even the class clown has to know when it is the right time to laugh and when to be quiet. Parties are more fun with these people around. Even if you aren't one of the people who makes others laugh, if you are one who joins in the fun and laughter, you will show that you have a good sense of humor too.

- A person with a good sense of humor is able to see or find the _____ side of a situation.
- A person with a good sense of humor can _____ at himself or herself.
- People with a good sense of humor are _____ to be around.

Worksheet 37

Creating Humor Appropriately

What could be humorous about the following situations? Make a cartoon, role-play with others, or talk about how something could be funny without being rude or hurtful.

1. School lunches _____
2. Shopping with parents _____
3. Getting a haircut _____
4. Excuses for not having homework done _____
5. Odd relatives _____
6. Being late _____
7. Going to the dentist _____
8. Exercising _____
9. Being in a waiting _____
10. Walking the r' _____

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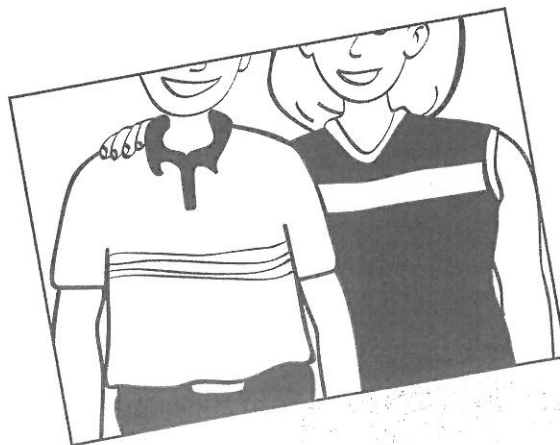
Name _____ Date _____

Worksheet 38

Easing Tension with Humor

How could having a good sense of humor ease the tension in these situations? How could it help someone feel less embarrassed or feel included in a group?

1. You are late for your friend's surprise birthday party. When you walk in, everyone is glaring at you because you might just spoil the surprise!
2. You thought it was dress-up day at school and wore your Sunday best—while everyone else is in jeans and T-shirts.
3. Your two best friends are angry at each other and put you in the middle. Both show up at the hamburger place expecting to eat with you.
4. Your dog ran in the muddy yard and sneaked into the house—all over your mother's clean kitchen floor. To make matters worse, your company (mother's boss) is coming up the driveway now!
5. You lent some jeans to your friend and he/she accidentally got red paint all over them. He/she feels terrible! You do too, but it's not worth getting all upset about it.
6. Your cousin is visiting and wants you to take some photos of everyone in the group. You are in charge of the camera, even though most of the time you find out when the film is developed that you have cut people's heads off.
7. What a klutz! You are walking through the cafeteria, past the table where the popular people sit, and trip!!! Your lunch is all over the floor!!!
8. Your science study group worked long and hard on the science fair project—only to have someone's little sister knock it over and break into pieces. No one is laughing . . .



Worksheet 39

Laughing WITH, not Laughing AT

Which of the cartoons show characters who are laughing WITH others in a situation? Which show characters who are laughing AT others? Circle either With or At.

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1.



2.



3.



4.



Worksheet 40

Using Humor to Include Others

Here are some examples of ways that others can be included by using humor. Can you think of other ways? Draw or write your own.

