

SOLIDARITY TRACKS



[www.tamonopatia.org](http://www.tamonopatia.org)



Erasmus+



ACARBO ONLUS

Ha ha ha...for health, learning and well being

TRAINING COURSE FOR YOUTH WORKERS AND YOUTH LEADERS

HA HA HA

HA HA HA



HA HA HA

24th - 31 March 2017  
MAIORI (AMALFI COAST), ITALY



! ACQUIRE COMPETENCIES & SKILLS ABOUT THE PEDAGOGICAL ASPECTS OF LAUGHTER

! DEVELOP NEW SKILLS & INNOVATIVE METHODS ABOUT LW/OR

! CREATE E-LEARNINGS ON LW/OR

with



PIERRE FAYET

# LAUGHTER WITHOUT REASON



RELEASE STRESS

## THE BASICS

WHAT IS IT?

A PRACTICE, A TECHNIQUE, AN EXERCISE INVOLVING PROLONGED LAUGHTER THAT PROVIDES PHYSIOLOGICAL & PSYCHOLOGICAL BENEFITS

UNIVERSAL!

IT IS

HUMOUR: NOT UNIVERSAL

WHY ARE WE HERE?

we are happy, well, satisfied

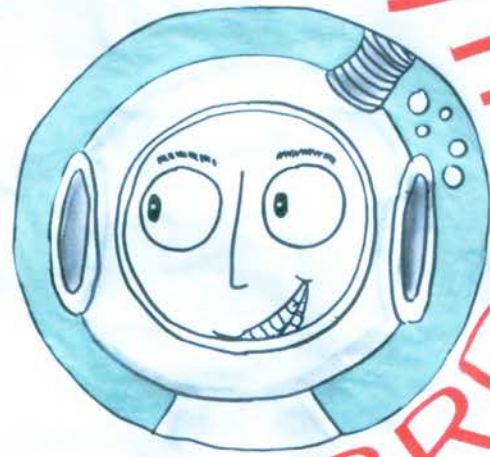
WHEN?

WE LAUGH we hear something FUNNY JOKE

We love to laugh!



LET THIS ER  
LAUGHTER  
ROLL!



BREATH!  
R  
E  
L  
A  
X  
M  
U  
P  
YOUR  
MUSCLES



LAUGH  
LIKE...

Grass-  
cutter



lion



monkey



bunnies

# LAUGHTER w/o REASON

objective

to produce  
happiness  
hormones

SEROTONIN

DOPAMINE

endorphins

through imitating natural laughter

impedes natural  
laughter

(PHYSICAL)  
PAIN

age  
needs

ADAPTING  
IT TO THE  
GROUP

## CHALLENGES

especially

WORKING  
WITH  
TEENS

- IDENTITY CONFLICT  
DOUBTS ABOUT THE SELF
- SHOWING CONFIDENCE TO  
THE OUTSIDE ;  
FEAR FROM BEING  
RIDICULOUS



# General benefits



## HEALTH

To STAY HEALTHY!

! INCREASES BLOOD CIRCULATION

+ LOWERS BLOOD PRESSURE

! RELEASES STRESS

! RELAXES MUSCLES & BODY

! OXIGEN BOOST

! EMOTION BALANCING

TO POSITIVELY AFFECT HEALING PROCESSES



## PERSONAL LIFE

## PROFESSIONAL LIFE

OXIGEN = BETTER PERFORMANCE



CONNECT WITH PEOPLE

FIGHT DEPRESSION

BOOSTS TEAM WORK

ENHANCING MOTIVATION

of Lw/OR



## FACING CHALLENGES

! HELPS HANDLING DIFFICULT SITUATIONS

! POSITIVE MENTAL ATTITUDE

! HELPS TO KEEP CALM

# TECHNIQUES USED

L

W  
/

R



CLAPS

warm-up  
= synchronizing  
movements  
energy level increase

EVERYDAY  
SITUATIONS/THINGS  
EASY understanding  
"Naturalization" of the  
laughter  
Building L w/o R into the  
"normal life"

@ LAUGHTER

@

EMOTIONS

TURNING "-" INTO "+"  
PRACTICE LAUGHTER  
CONFRONT FEARS



DEEP BREATHING  
= RELEASE BIG LAUGHS  
= EXPANDING & CONTRACTING  
THE DIAPHRAGM  
RELAXING EFFECT

PLAYFULNESS

LOOSENING UP  
GAIN COURAGE  
HELP LAUGHTER  
FEEL NATURAL

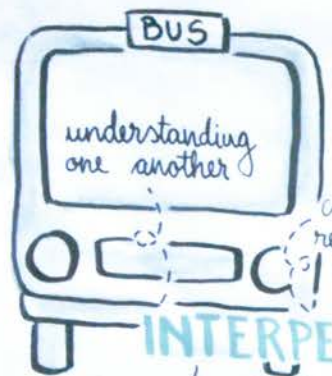
PHYSICAL  
CONTACT

enhances trust  
(ex. warm up with handshake)  
spreads laughter fast  
improves communication



# LAUGHTER & HUMOR

## SOFT SKILLS



INTERPERSONAL SKILLS

understanding one another  
conflict resolution skills  
cooperation skills



DECISION MAKING SKILLS

courage  
creativity  
autonomy  
problem solving

CONNECTING WITH PEOPLE



team work  
benefit  
tolerance

COMMUNICATION SKILLS



positive attitude  
respect  
open mindedness

ALL THE BENEFITS Lw/OR CAN GENERATE ARE CLOSELY RELATED TO THE IMPROVEMENT OF SOFT SKILLS, OR THEY COINCIDE WITH SOME SKILLS

POSITIVE MENTAL ATTITUDE



LIFELONG LEARNING SKILLS

reflection & self-evaluation skills



openness to use innovative techniques

self-confidence



AWARE OF THE  
NEEDS OF THE **TARGET**  
GROUP



# FACILITATOR'S PROFILE

## PROFESSIONAL & WELL-PREPARED

FLEXIBLE = ABLE TO  
**INTRODUCE CHANCES**  
DURING SESSION, IF NEEDED

PRESENTS THE  
METHOD IN A **SIMPLE**  
& **UNDERSTANDABLE**  
WAY

USES  
**ADEQUATE**  
LANGUAGE

**SPEAKS**  
CLEARLY

## EFFECTIVE COMMUNICATOR

SELF **CONFIDENT**

GIVES  
**FEEDBACK**

## HAS/TRANSMITS

## CORRECT ATTITUDE

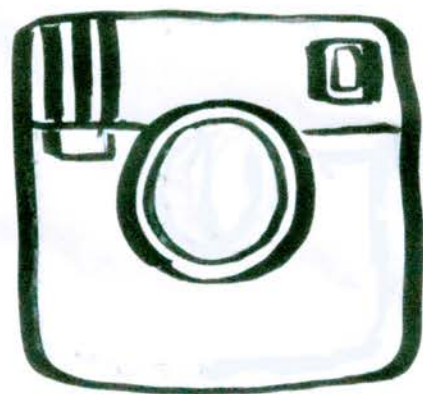
EFFECTIVELY  
**LEADS**  
THE **SESSION**

ESTABLISHES  
**TRUST** with  
THE PARTICIPANT

**ENERGETIC &**  
PASSIONATE

**OPEN**  
MINDED

**SHOWS**  
EMPATY



acarbio

acarbio

ACARBIO



ACARBIO ONLUS

SOLIDARITY TRACKS



[www.tamonopatia.org](http://www.tamonopatia.org)

COSTIERA AMALFITANA



Erasmus+

# HAHHAHA

POST! SHARE! FOLLOW!