

Comedy & Improvisation

One of the most important ways we communicate is by making each other laugh.

Humour feels good; it can distract us from our problems and promote a lighter perspective.

Keeping a sense of humour also sustains resilience.

Benefits

Laughter releases endorphins, giving us the 'feel good factor'

Acts as aerobic exercise and is like 'internal jogging'

Unleashes inhibitions, breaks down barriers

Great team building tool encourages better communication

Helps boost our immune system which helps us resist disease

Tones muscles, improves respiration and circulation

Encourages positive thinking and creativity

Relaxes the whole body by reducing stress and tension

- Define your sense of humour. Find your 'comedy voice' – your distinctive way at looking at the world.
- Why might it be important to have a sense of humour?
- Why does humour differ – some people find one thing funny, others don't?
- Is laughing really infectious? Why might that be?
- What might some of the benefits of laughing be?
- How might humour help you challenge negative thinking?

Glossary

Call-back	A call-back is when a comic refers back to an earlier joke to get a second or even third laugh from the same joke.
Caricature	This is a character that uses a distorted or exaggerated version of a person's features or personality to create a comic effect.
Deadpan	A type of comic delivery with all the usual emotion taken out. Usually, a deadpan comic will also keep their facial expressions to a minimum.
Misdirection	This is when you lead an audience to expect one thing, and surprise them with an unexpected ending.
Repetition	This is when you use the same word or phrase over again to make what people say sound funnier.
Sarcasm	This is when you say something that isn't true, and everyone listening knows that you don't think it's true.
Satire	A type of comedy that pokes fun at a serious issue or tries to undermine people in authority, like the government.
Slapstick	This is when you use physical humour – falling over, dropping something, bumping into someone – rather than dialogue to get a laugh.

Improvise your life means being able to embrace whatever life throws at you.

- **Rule #1:** Say “Yes, And ” – accept what shows up in your life.
- **Rule #2:** Act / React – confront fears.
- **Rule #3:** You can look good if you make other people look good – be more likeable.
- **Rule #4:** Be truthful, be vulnerable – don’t hide behind a mask.
- **Rule #5:** There are no mistakes – give life go.

Definition

An off-
balance
moment

The moment when, in
full, sensory attention,
you don't think you act!

The gateway to
your intuition

A free moment of
self-expression

A moment of
explosion

**Laughing is,
and will always
be, the best
form of therapy.**

**Laughter is the shortest distance
between two people.**

~ Victor Borges



fb/glen weimer

WHEN SOMETHING
GOES WRONG IN YOUR
LIFE, JUST YELL
"PLOT TWIST!"
AND MOVE ON.

**Everybody improvises without noticing it.
Life is about improvising. You can't
control what happens in your life, I mean,
you don't know what can happen in your
life today. So you somehow improvise.**

Hiromi