



# LAUGHTER

## “A Sunbean of the soul”

Smiling and laughing is an important bearing that everyone should bring along with them. It is the accessory that people should not forget to take. Laughter brings people closer and helps in building teamwork and engagement. To promote this great idea and motivate our kids to adopt it, here at K.R.Mangalam world school Paschim Vihar, 'World Laughter Day' was commemorated on 4<sup>th</sup> May 2018 with fervour and gaiety.

The significance of this day was well elaborated by the teachers through an effective conversation in the classrooms and the children were encouraged to exercise laughing. Teachers elucidated the facts that laughter is a natural pain reliever and boosts the immune system. It decreases stress and improves our resistance to disease. Words like smile, grin and guff are were introduced and explained with lots of activities.

To inculcate the true sense of being happy and gay, a kitchenette activity 'Chef's Special' was conducted where our little cooks prepared 'Cheesy Smiley Sandwiches' with the required ingredients. Seeing little hands at cooking was an amazing sight. Every sandwich was a masterpiece and was relished by the kids. Teachers motivated them to eat healthy food with a good smile on their faces.

A Day Without Laughter Is A Day Wasted'. To make the event more efficacious our little artists prepared paper smilies with their creativity and imagination. These smilies proved an inspiration for them to smile always and be positive in life.

The message 'BE HAPPY' behind these activities was successfully delivered to all pupils and the day ended with lots of laughter.

