



# LAUGHTER



## Bingo

LOL with a friend	CHUCKLE to yourself in the mirror for 30 sec.	Laugh til your belly hurts & then just a little bit more!	Inhale gratitude, exhale JOY & laughter Repeat 3x	Giggle softly - Let it build to Belly Laughs!
Do 3 rounds of LAUGHTER BREATHS	Do 'Very Good, Very Good, YAY!' as you complete a task!	Clap for a full minute while LAUGHING	Do 10 SMILE-UPS	Tell 3 Jokes by # to a friend
LAUGH for a full minute	Shower yourself with LAUGHTER	 Your choice... Surprise me!	Teach someone else Gentle Finger Laughter	Ask a stranger "Have you LAUGHED today?" Laugh together for 1 min.
Think of 5 friends as you do Gratitude Laughter Then call them to let them know you appreciate them!	Laugh like 3 different animals	Do silent laughter for as long as you can - then let it all out & LOL!!	Imagine everytime you laugh, giggles pour out of your mouth. Fill the room with giggles!	Hide chuckles in 3 places and then go back to find them!
Plant a Giggle Garden!	Look for peals of laughter & laugh with at least 3 varieties	Laugh as you answer the phone and explain what you're doing	Congrats! Pretend you just won! Do celebratory laughter with at least 2 friends!	Invite a friend to join you for a MONDAY LAUGHTER CALL Be sure to let me know you've both called in!

**PLAYERS:** Submit your photos or videos to [Sarah@LaughHealthy.com](mailto:Sarah@LaughHealthy.com)  
**SUCCESSFUL BINGO options:** send photo or video for each day

- Complete all 25 days
- Complete any 6 of the same color squares + Free square
- Extra points for: creativity | posting and tagging on social media

