

# Laughter Yoga Exercises

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- [Laughter Yoga America](#)

These exercises will [shift your mood](#) state if you give them a chance for at least 10 minutes.

## 5 Classic Laughter Yoga Exercises

- Cell Phone Laughter: Hold an imaginary cell phone to your ear and laugh.
- Gradient Laughter: Fake a smile; giggle, then laugh slowly and gradually increase in tempo and volume.
- Greeting Laughter: Greet everybody the way you normally greet (e.g. shake hands) and replace words with laughter.
- Hearty Laughter: Spread your arms up, look up and laugh heartily as you direct your laughter to come straight from your heart.
- Think of a socially awkward situation and laugh at it (e.g. shoe laces untied, shaving cream behind your ears...)

## 5 Laughter Yoga Exercises To Release Stress

- Argument Laughter: Voice your discontent in laughter sounds only, or in pig-latin. You can be as passionate as you'd like and point fingers if you want, just don't hit (or even threaten to hit) anything or anybody.
- Credit Card Bill Laughter: Open an imaginary credit card bill (or any other letter that represents a bad news to you) and burst out laughing the second you look at what's inside.
- Electric Shock Laughter: Imagine that everything and everybody you touch gives you a shock of static electricity. Jump backward and laugh each time it happens (make it happen a lot).
- I Don't Know Why I Am Laughing: Laugh (fake is perfectly fine) and shrug your shoulders and make a big smile as you look at yourself in a mirror or anybody else who might be there and try to convey the message with your eyes and body language "I absolutely don't know why I am laughing".
- No Money Laughter: Laugh as turn your pockets inside out looking for money that isn't there.

## 5 Laughter Yoga Exercises For Children

- Baby Laughter: One person must demonstrate how a baby laughs (take turns!). Everybody else must then do the same things.
- Favorite Animal Laughter: Laugh and behave the way your favorite animal or pet would behave if it was very happy to see you.
- Chicken Laughter: Imagine you are a chicken. First lay 3 eggs in 3 laughs, then laugh with lots of excitement in your voice as you go tell the world about it.

- Jumping Frog: Squat down, hands on the floor between your knees. Jump once saying "ha", then a second time saying "ha ha", a third time saying "ha ha ha", then jump in fast succession laughing a lot.
- Laughter Vowels: Let's learn the laughter vowels! Let's start with "A" as in "hat": Aaaaa ha ha ha ha ha". Next is "E" as in "hen": Eeeee he he he he he. Next is "I" as in "hiccup": Iiiii hi hi hi hi hi. Next is "O" as in "Otto": Ooooo ho ho ho ho ho. Last is "U" as in "soup": Uuuuu hu hu hu hu hu.