

Daily Task 11.5.20

Monday Mindfulness

All I would like you to do is **LAUGH!**

Do this with your mum, dad, brothers and sisters or maybe try doing it on Zoom/FaceTime with your family or friends. All you need to do is start laughing! As soon as you start to laugh, everyone else will want to join in!

Did you know endorphins (feel good hormones) are released in to our bodies almost immediately after we start laughing!

Did you know laughter helps to create a positive mental state and gives feelings of hope and optimism!

When you have finished your mindful laughter session, take a minute to reflect on how it makes you feel.

Then I would like you to think of a joke that you would like to share with the rest of the class to help make everyone laugh, email me a joke and I will share them all on our blog!

Have a lovely, laughter-filled day!