

A Chuckle a Day Keeps the Doctor Away

True or False

Copy the pages and laminate them for durability, if you wish. Cut out the True and False Cards and place them face up on the table. Students take turns selecting a card, reading it aloud, and stating whether it is true or false based on the story. Correct answers receive one point. The player with the most points wins. The cards are self-checking.



True or False:

This story tells of a new club in India where members laugh for 30 minutes each week.



True or False:

There are over one thousand Laughter Clubs in India.



True or False:

Laughter really is the best medicine at times.



True or False:

Laughter makes our heart beat faster.



True or False:

Laughter puts less oxygen into our blood.



True or False:

Watching funny shows can help make us healthier.

True

True

True

True

True

False

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True or False



True or False:

When we laugh, our body makes more T-cells.



True or False:

T-cells fight germs.



True or False:

When you laugh, you are using your face and stomach muscles.



True or False:

Laughing raises your blood pressure.



True or False:

One minute of deep laughter equals ten minutes on a rowing machine.



True or False:

Laughter can lessen a person's pain.

True

True

False

True

True

True

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True or False



True or False:

The ancient Greeks used laughter to feel better.



True or False:

In this story, the Germans used laughter to cure disease.



True or False:

A humor cart contains books, food and magazines.



True or False:

Laughter is great medicine because it can be taken often and costs nothing.

False

True

True

False