

# Humour



Empathy  
Kindness  
Wisdom  
Humour



"I'm always impressed by confidence, kindness and a sense of humour."

Tamara Mellon



"A well-developed sense of humour is the pole that adds balance to your steps as you walk the tightrope of life."

William Arthur Ward

## Activity 1

When is it appropriate?

### Aim(s)

- To think about when or where it is appropriate to use humour.

### Resources

- When is it Appropriate?* Power Point.

## Delivery Guide

### Part I



This can be done as a group discussion or 1-2-1.

You could start by showing a video of someone making a joke, telling a joke yourself, or trying to make the group laugh in another way.

Ask the group why they think we make jokes or try to make people laugh. Things that come up might include:

- To be popular and make people like us
- To make friends
- To make people feel silly
- It gives us pleasure to laugh
- It makes the day more fun and exciting
- We like people who make things funny
- To release tension – when things are really tense sometimes we make a joke to make everyone feel a bit more relaxed.

Being funny and laughing together helps us bond and become closer to people.

As a group, see if you can come up with some examples of funny things that have happened or funny jokes people have told in the last couple of days. Think about which people are funny in the group. Who is the funniest person you know?



Facilitators can join in this discussion, sharing their own thoughts.

## Part II

Look at the different scenarios on the *When is it appropriate?* Power Point. Go through them and check for understanding. Then discuss the following questions:

- Would it be funny?
- Does it make a difference if it happens at home or in public?
- Does it matter who it happens to or who is telling the joke?
- What about if it was about you?

One of the things to pull out from this discussion is that jokes can be cruel and can hurt other people. If we are being funny in a group or with our friends, we need to temper our humour with kindness and empathy. This may already come up if you have completed the *Introduction to Humour* activities.

On the *When is it appropriate?* Power Point there are some things you can think about that might help you decide when and how to be funny.

1. **Object:** Who or what is the target or object of the humour? Are they less powerful (popular or happy) than me? Am I going to hurt them?
2. **Strength/Amount:** Do I know the group well enough to be making these jokes? Are we trying to concentrate on something else? Are the jokes being disruptive?
3. **People:** Who is my audience – could I offend or upset someone with this comment/joke? If your close friend makes a joke to you about your hair, that is probably going to be more acceptable than if a complete stranger does it.
4. **Timing:** Is this really the right time for this sort of joke/comment? If your friend is confiding in you about something serious, it might not be the right time.

Take one of the videos from the previous activity or find some jokes/funny experiences from Part 1 of this activity or from *Introduction to Humour*, and see if the group can think about them using the criteria above. Which ones work? Which ones don't?

## Points to highlight

- Sometimes things can be funny because they are 'taboo' and say the unsayable - but we still need to practice kindness when telling jokes.
- There is a right time and place for different types of humour.



## Links to Other Areas of the Curriculum

### PSHE:

Exploring the appropriateness of humour can be linked into PSHE lessons and anti-bullying strategies.

