



# A Scientific Case For Laughter

*Humor and creativity work in similar ways, says humor guru William Fry, M.D., of Stanford University—by creating relationships between two disconnected items, you engage the whole brain.*

For years we were all about being the most fun a school ever had on a field trip or at an assembly. Then in recent years, thanks to feedback from teachers and parents, we realized we offered so much more inspiring and teaching creativity, community and leadership. But now science tells us that perhaps our greatest gift to the students is the laughter!

What can laughter do?: Here are just some benefits for mental, physical and social health

- Lower blood pressure
- Increase vascular blood flow and oxygenation of the blood
- Give a workout to the diaphragm and abdominal, respiratory, facial, leg, and back muscles
- Reduce certain stress hormones such as cortisol and adrenaline
- Increase the response of tumor- and disease-killing cells such as Gamma-interferon and T-cells
- Defend against respiratory infections—reducing the frequency of colds—by immunoglobulin in saliva.
- **Increase memory and learning; in a study at Johns Hopkins University Medical School, humor during instruction led to increased test scores**
- Improve alertness, creativity, and memory

FROM <http://www.laughteryogaamerica.com/services/laughter-education-733.php>

*In children social play is critical to the development of social skills and emotional intelligence. Restricted play results in deficient social skills which can lead to life-long physical, mental, emotional and social problems. Laughter promotes childlike playful behavior. New research shows that playful adults continue to learn social skills and improve their emotional intelligence. Learning requires that one lower what linguists call the “affective barrier.” You can’t be uptight and learn much. You have to ease up and laugh to create.*

**For More Research on Benefits of Laughter Click These Links**

<http://www.webmd.com/balance/features/give-your-body-boost-with-laughter>

<http://www.sciencedaily.com/releases/2008/04/080407114617.htm>

<http://www.psychologytoday.com/articles/200304/the-benefits-laughter>

<http://stress.about.com/od/stresshealth/a/laughter.htm>

<http://www.everydayhealth.com/womens-health/health-benefits-of-laughter.aspx>

<http://ririanproject.com/2007/10/26/10-benefits-of-laughter-and-how-to-use-it/>

Our program always begins with a show demonstrating the art of Improv Comedy, getting the entire student body and staff laughing together. Workshops and Master Classes teach the basics of Creativity, Community and Leadership.

Residencies develop future leaders while preparing for a public performance with in depth discovery into creative writing and thinking, public speaking, self-confidence and more. [CLICK HERE FOR MORE INFO](#)

Check out PRESS from ABC, CBS, NY POST, Time Out NY [www.eightimprov.biz/Press](http://www.eightimprov.biz/Press)

Call / email SGF PRODUCTIONS anytime to discuss rates and dates! 212-568-6560 / info@fpny.org

*EIGHT IS NEVER ENOUGH presents 400-500 K-12 shows every year. In 2009, 8Improv Artistic Director, Walt Frasier, became Director of Instruction for Comedy Hall of Fame. Last year 1000s participated in workshops and master classes, while 300+ participated in progressive classes and residencies (Many receiving DOE Graduation Credit).*

[www.8improv.com](http://www.8improv.com)   [www.fpny.org](http://www.fpny.org)   [www.improv4kids.com](http://www.improv4kids.com) (k-8)