NEWS BREAK

Article: Hardy Har-Hars

Section: PACIFIC NW, 4

Sunday's News Break selects an article from Sunday, January 31, 2021 of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some teachers might use this as a take-home assignment and others might read and answer the questions in a small group or larger, class discussion.

*Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for your students.

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will discuss how laughter impacts the human mind and body. They will learn about laughter yoga and how it benefits those that practice. Students will define what having an "open mind" means and how it would benefit them when trying something new. Students will try laughing aloud alone, and then will invite a family member to join them-did it feel different? Was laughter contagious with others?
**Pre-Reading Discussion:**

- What do you think the article will be about, using only these pictures?
- Are there clues?
- What can you infer?

**Vocabulary Building:**

Read this sentence, what do you think the highlighted words mean using context clues? A **context clue** is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

“During a laughter yoga session (formerly in person, now held online), Plaut Warwick leads participants in a series of activities designed to relax everyone and **evoke** laughter.”

**Evoke Guess:**

**Evoke Definition:**
**Comprehension Questions:**

1. Participants in a pre-pandemic laughter yoga session find that laughter is __________.
2. What is “laughter yoga” based on?
3. Founded in India by a doctor, __________________, laughter yoga is based on the idea that no matter why you’re doing it, laughter is good for you.
4. Laughter brings more __________ into the blood and reduces stress.
5. Now, “laughter clubs” meet all over the world. They are typically ________, except for small donations to cover costs.
6. What typically happened during a laughter yoga session? What does it end with?
7. But laughter yoga does share a crucial characteristic with other forms of yoga: focus on the _________ — in this case, the deep belly breaths that come with forceful, open-mouthed laughter.
8. The “____________________________” is a crucial aspect of laughter yoga.

**Discussion Questions (small/large groups), Journal Prompts or Essay Questions:**

- What surprised (or stood out to) you in the article?
- At first I thought ______________, but now I think ___________?
- What things did you already know from prior experience?
- Have you ever tried breathing exercises or a yoga class? How did that experience make you feel?
- How do you think laughter impacts both your body and mind?

“Every time I go, I always feel better afterward.”

- Is there something you do, or have done that makes you feel this way? What is it? Why do you think you feel better afterward?

I was a bit tentative about attending a session, because I’m not usually a laugh-out-loud kind of person. And laughing on demand did feel weird, at first, but it’s also true that laughter is contagious. And if the whole point of something is to let yourself be loose and goofy, you’re going to feel more awkward not going along. I did feel more relaxed afterward; some of the usual stress had lifted from my shoulders.

- The article said participants should come to class with an open mind. What does that mean? How would that help your overall experience?
- Try laughing out-loud for no reason, right now. Was it difficult? Did you feel silly and goofy?
• Now try with a family member at home. Was it easier? Harder? Was it contagious? What was your experience?
• Did you feel any stress melt away?

News Break is posted to the Web on Monday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please register on-line or call 206/652-6290 or toll-free 1-888/775-2655.
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