



Worksheet 1. Reading 1: *Laughing is Good for You and Your Child*

Read the article about laughter from the U.S. Department of Health and Human Services. Then review the glossary and complete the exercises that follow it.

- 1 Laughter is good for you and your child's mental and physical well-being. Some
2 mental health professionals say humor is one of the best ways to relieve stress, and
3 research proves that laughter plays a key role in human life.
- 4 A good laugh loosens muscles, lowers blood pressure, and may lower levels of
5 hormones that create stress and weaken immunity. When you laugh, your body
6 moves blood to your heart and lungs, boosting your energy level and making you feel
7 better instantly. It also aids communication and creates a sense of closeness between
8 you and the people you're laughing with.
- 9 Until recently, researchers knew that laughing was good for us, but they didn't really
10 understand how. New evidence points to changes in the brain—not the imaginary
11 funny bone—as the source for laughter. Researchers found that when people laugh, a
12 part of the brain's reward system is triggered. In this reward system, a person feels
13 pleasure and wants to have the same pleasant feelings over and over again. Laughing
14 and fun go hand-in-hand. Laughing together as a family will bring you closer together,
15 and improve your mental and physical health. Look for laughs to stay healthy.

Glossary

Line 5 *hormone* — a chemical substance produced by your body that influences its growth, development, and condition

Line 11 *funny bone* — an expression that refers to a person's sense of humor

Line 12 *reward system* — a consistent way of giving positive feedback

Line 14 *hand-in-hand* — in close partnership; together

Comprehension practice

Circle the numbers of the statements that are true, according to the reading.

1. Laughter is good for your physical and mental health.
2. When you laugh, your blood pressure goes up.
3. When you laugh, your heart and lungs receive more oxygen.
4. Laughter causes physical changes in the brain.
5. Laughter helps in socializing with people.