



The Humor Tonic: An Educator Survival Kit

Mary Kay Morrison

Description of Workshop

Educators are facing new accountability requirements, an increasing focus on standards, and new societal pressures that impact the learning process. Stress negatively impacts the learning process in our educational systems. This session will offer the most current information and practical applications in the use of humor, laughter and play across a broad range of educational work environments. The psychology and physiology of this natural remedy will be examined along with play as an effective intervention for learning.

Side effects may include incontinence, bellyaches and exhaustion from constant laughter. **Warning:** This tonic is highly contagious. If your laughter lasts for longer than 4 hours, share it with your health care provider. Do not miss this opportunity to see if humor and laughter are right for you!

Competencies/ Objectives

- Participants will be able to describe the impact of stress on the brains of adults and students.
- Participants will be able to share the research-based benefits of laughter, happiness and humor.
- Participants will explore the value of play as it relates to child trauma and mental illness.
- Participants will be able to identify the benefits of laughter as a therapeutic intervention in the classroom.
- Participants will be able to work together to identify ways to create a positive school culture.
- Participants will learn and practice several ways to cope with stress.

*Mary Kay Morrison is the founder and director of [Humor Quest](#). She has been providing staff development on the health benefits of humor, play and laughter for over 40 years. Her books are the foundation for numerous university humor studies classes. Mary Kay is past-president of AATH (The Association for Applied and Therapeutic Humor) and founder and director of the AATH Humor Academy graduate program and CHP (Certified Humor Professional) course. She is the recipient of the 2016 AATH Lifetime Achievement Award. Her mission is to share the health benefits of humor play and laughter and is reflected in her new book: *Legacy of Laughter*.*