

Before you watch

A Who or what makes you laugh? Make a list.

People who make me laugh	Things that make me laugh
1	
2	
3	
4	
5	
6	

B PAIR WORK Share your lists. Ask and answer questions for more information.

- A Mike Myers always makes me laugh. I love his movies!
- B Really? I don't think he's very funny. I think he's silly. Which movie of his is your favorite?
- A Well, it's hard to pick only one, but I'd say . . .

C CLASS ACTIVITY Ask your classmates if the people or things on your list make them laugh, too. How many people agree or disagree with you? Which people or things are the most popular?

While you watch

A Read the sentences about Emi. Write T (true) or F (false).

- 1 Emi's busy and often stressed out. _____
- 2 She's competitive. _____
- 3 She's good at managing stress. _____
- 4 She wishes she could relax. _____
- 5 She wishes she were busier. _____



B Check (✓) the correct answers. (More than one answer is possible.)

1 What do the people in the video say about laughing?

- ☐ It's a good form of exercise.
- ☐ It can help protect your heart from disease.
- ☐ It's a way to relieve stress.
- ☐ It can help you think more clearly.
- ☐ It can reduce pain.
- ☐ It's helpful even when the laughter isn't real.

2 What do they do in the laugh club?

- ☐ They just laugh.
- ☐ They look at funny pictures.
- ☐ They tell jokes.
- ☐ They watch funny movies.



C Circle the correct answers.

1 Emi is doing a video about _____.

- a humor b clubs at the college c laugh therapy

2 The members of the laugh club _____.

- a welcome her to the meeting
b ask her a lot of questions before letting her join the group
c don't want to be in the video

3 At first, Emi _____.

- a is excited about meeting new people
b is uncertain about laughing at nothing
c thinks laugh clubs don't help anyone

4 In the end, Emi _____.

- a promises to come to the next meeting
b feels tired from all that laughing
c feels great



After you watch

B **GROUP WORK** Discuss the questions.

- Do you think Emi will go back to the laugh club? Why or why not
- Would you ever go to a laugh club? Why or why not
- What are some things you do when you're stressed out