



Name: _____

Class: _____ Date: _____

Laughter is the Best Medicine

An extension of "Meet the doctors who became comedians"

Read "**Meet the doctors who became comedians**" (page 17, *What's Up* June 2017). The ability to make people laugh is a great talent. When you make people laugh, you make them happy for a little while at least. They tend to forget their worries and relax. Try this exercise to experience what it feels like to make your whole class laugh.

Three tips from stand-up comedians

Stand-up comics make comedy look easy but they put in a lot of effort to make people laugh. Here are some tips they give on how they do it.

1. Write down the key points of jokes, mimicry or whatever else you plan to say or do on stage. Leave some time to make up stuff on the spot.
2. Try to memorise the key points. Except for punchlines, don't memorise whole sentences. Punchlines are important to remember accurately because the joke may not be funny at all without them. You can take your written points with you when you perform. However, it is better not to look at your written points unless you really have to.
3. Rehearse telling jokes in front of a mirror. When you rehearse, focus on looking calm and relaxed.

Stand-up comedy in your class

1. Divide your class into five groups.
2. In your groups, discuss familiar jokes, funny stories, humorous twists to serious situations, or some famous personality you can mimic. Gather enough material to entertain for about three minutes.
3. Select one member from each group to be your group's stand-up comic.
4. The stand-up comics follow the tips given above and practice before their groups for 10 minutes. Groups provide feedback to help their comics improve their acts.
5. Finally, the whole class gathers for the comedy show. The stand-up comics take three minutes each to present their acts. No act should exceed four minutes.
6. This is not a contest – so relax and have fun! When the whole class enjoys the performances, everyone wins.