

Open Your Class With This Tomorrow ***The As If Principle***

Introduce the ideas of how acting “as if” you are happy can actually generate positive thoughts as a way to explain the James Lange theory of emotion and the facial or behavior feedback hypothesis by conducting a mini laughter club in your classroom. The idea of laughter clubs began as the brainchild of physician Mada Kataria in Mumbai, India and involved organized groups that meet regularly to voluntarily engage in the act of laughing or to participate in activities that generate spontaneous laughter. The idea is that voluntary or forced laughter will in groups turn into genuine and contagious laughing and that both result in the same physical and psychological benefits. The book provides several examples of activities used by laughter clubs to generate positive moods. Videos of laughter clubs can be found on the Internet and are featured in the BBC documentary the Human Face.

<https://www.youtube.com/watch?v=yXEfjVnYkqM>