

## **Learning Can Be Funny, the Helen Doron Way**

Helen Doron Early English classes are fun, so laughter is frequently heard in all of the 315 internationally-located learning centres. No matter which of the 23 countries you find yourself in, just stand outside the door of any of these learning centres and within minutes you are sure to hear the contagious resonance of children laughing. A lovely sound, but what function does laughter have besides demonstrating that a child finds something funny?

When a child understands a joke in English, she begins to feel like she is in the world of the new language and can therefore comprehend it better. The Helen Doron development team knows this and the materials are created with a child's sense of humor in mind.

According to WebMD,\* laughter is instinctual. Laughing is a social behavior and we laugh 30 times as much when we're with other people than we do when we're alone. The purpose of a laugh could be to trigger positive feelings in *other* people. When you laugh, the people around you might start laughing in response. Soon, the whole group is cheerful and relaxed. Laughter can ease tension and foster a sense of group unity.

Laughter has many health benefits as well, as laughing has a positive effect on one's attitude and health overall. Our immune system appears to benefit from mirth and in general, laughter improves the physical, mental, emotional, and spiritual health of individuals. People who have developed a strong sense of humor generally have a better sense of well-being and control in their lives.

Humor and laughter can cause a domino effect of joy and amusement, as well as set off a number of positive physical effects. A good hearty laugh can help: reduce stress, lower blood pressure, elevate mood, boost the immune system, improve brain functioning, protect the heart, connect you to others, foster instant relaxation and just make you feel good!

As John Cleese said, "He who laughs most, learns best," and countless studies have proven this true. Kids learn better and remember more when lessons are presented with humor. After all, the brain is designed to scan for new experiences. By creating a happy, interesting, stimulating, and laughing learning environment that keeps students on their toes, Helen Doron Early English is promoting more effective learning.

\*<http://www.webmd.com/content/article/120/113762.htm>