



Charlotte Coutts - Sacristan Prefect

Today at the bank an old lady asked me to check her balance, so I pushed her over. Have you seen Stevie Wonder's new piano, don't worry neither has he. I couldn't figure out why the basketball kept getting larger. Then it hit me.

Right now you're probably cringing away or you're laughing, I'm hoping for laughing but

I gotta say they were very average jokes, so thanks to google for that one. Laughter, it's something we do without thinking about, without controlling. It happens at the most random of times, an

image, a friend an embarrassment or a situation can set it off. Sometimes a laugh may be hard to control and come at the most inappropriate of times, like in the middle of class when the teacher has already shot the eyes at you multiple times but you just can't seem to get it under control. It may seem like a thing that isn't important but without laughter, life would be no fun. You've probably all experienced the extreme sore stomach and tears during a laughing fit, the fact that you're probably thinking of multiple experiences right now proves how important laughter really is. Interestingly enough the amount we laugh decreases as we age, at the 5 we laugh about 300 times a day, while adults only between 15-20 times per day. Why is this, we know that laughter has many benefits including lowering our blood pressure, reducing our stress hormones, burning of calories, apparently 10 minutes of laughter can burn 50 calories so I mean look you're pretty much getting abs while laughing, and it generally just improves our mental state and happiness levels. As we get older maybe what we find funny changes or maybe we lack confidence to laugh, but I think in our busy and stressful lives we need time where we can just have a good chuckle. So I challenge you when you leave assembly to go find something funny, tell a bad joke to a friend or google try not to laugh videos on YouTube and go back to laughing 300 times a day just like a 5 year old, because imagine how much more joy and happiness we would feel because they say laughter really is the best medicine! So to end it, what did the left eye say to the right eye? Something between you and me smells.