



## Ideas for exploring



### Activity: Humour – Whakakata

#### Objectives:

- 1) Increase familiarity with *Whakatipu*
- 2) Identify the value for whānau of humour and laughter in raising tamariki
- 3) Promote and encourage the use of humour for building positive relationships and dealing with stressful times or difficult behaviour in a positive way.

#### Process – Set the Scene

‘Like baking powder laughter lightens the mix’. **Share** some funny stories about children and families to open session.

Three activities for releasing endorphins (natural ‘feel good’ hormones) in the brain – Physical activity, **laughing** and singing.\* Laughter has been associated with many social/emotional benefits.

**Brainstorm** a group list adding in any not mentioned:

- ☺ Discharges embarrassment
- ☺ Uplifting
- ☺ Healthy
- ☺ Builds friendships
- ☺ Infectious
- ☺ Don’t always need others to have one
- ☺ Being real
- ☺ Heals pain
- ☺ Calming
- ☺ Connects people
- ☺ Breaks down barriers
- ☺ Enhances relationships
- ☺ Bonding
- ☺ Releases tension
- ☺ Lightens the mood
- ☺ Anyone can do it
- ☺ Relieves stress
- ☺ Lessens impact of serious message
- ☺ Ice breaker
- ☺ Brings us together
- ☺ International language
- ☺ Common across humanity
- ☺ Cheap and natural ‘high’
- ☺ Relaxing and fun
- ☺ Associated with happy memories
- ☺ Open and genuine
- ☺ Alters an environment
- ☺ Helps coping with grief or pain
- ☺ Energising
- ☺ Confidence building
- ☺ Improves outlook
- ☺ Unites a group

Although laughter is a natural human behaviour what we find funny is culturally determined.

**In pairs talk** about examples/experiences of cross cultural ‘clashes’ around humour.

**Highlight** the intentional inclusion of cartoons and light humour in *Whakatipu*. Parenting can be stressful and demanding at times so seeing the funny side of tricky situations or challenging behaviours can be helpful for parents.

Ask participants to scan through cartoons in the booklets and find

- One they especially liked/didn’t and why?
- What is the message being shared in the cartoon?
- Feedback to group

**Extensions** – Being able to ‘not sweat the small stuff’ might take some practice for some whānau. Help parents see past the upsetting or challenging behaviour by pausing to ask ‘Will it matter in a week/month/years time?’

**Discuss** – What are some of the most common behaviours that cause stress for mātua? What are the links to the developmental stages pēpi and tamariki are at?

**List ‘top six’** and come up with strategies to ‘lessen the stress.’

**\*Write** a waiata. Use the top six stressors to write each verse. Use a familiar tune and include actions. Share as a large group.

**Options:** Group size will determine activity and process.

**Resources used:** Set of *Whakatipu* booklets, jokes, chart paper/whiteboard for feedback.