

# Books can Tickle Your Funnybone

You can incorporate the information and suggestions below into your classroom curriculum in order to continue this week's Reading is Fundamental theme.



## “It takes more muscles to frown than to smile.”

While searching the internet to see if it was true, MANY links were found disputing this popular saying! According to zidbits.com, “It actually takes more muscles to smile than to frown. While it's difficult to determine exactly how many muscles are involved in smiling or frowning — not everyone smiles the same way and uses different types of smiles depending on context — the bare minimum required for a smile is 10 muscles. For a minimal frown, only six muscles are used.”

### Bonus Fact:

Humans are born with the ability to smile, it is not something that we learn. For instance, even blind babies are able to smile.



## Laughter Really is the Best Medicine

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

### Ask your students how laughing might help your body?

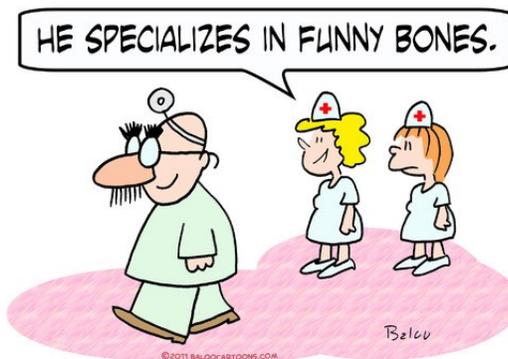
Helps your immune system, Prevents heart disease

### How can laughing help your mind?

Stress reliever, Changes bad mood to good!

### How can it help you and your friends?

Fun to laugh together-bonding (taken from Helpguide.org)



**Knock knock!**

**Who's there?**

**Little old lady.**

**Little old lady who?**

**Wow! I didn't know you could yodel!**

The knock-knock joke has been a staple of American humor since the early 20th century. With its repetitive set-up and wordplay punchline, the form has been invoked — and understood — by people of all ages and sensibilities.

Challenge your students to bring or make up a knock-knock joke to share with the class and vote on the best one. Extend the challenge across the grade or involve the entire school. The winner can tell their joke on the announcements or post it on a bulletin board by the front office or library.

## BookSpring's Recommended Reads

More books to make you chuckle...



### Dragons Love Tacos

by Adam Rubin

Chester & Scaredy Squirrel books by Melanie Watt

Captain Underpants books by Dav Pilkey

Super Fudge by Judy Blume

Fly Guy books by Tedd Arnold

Fox in Socks by Dr. Seuss

**Tech Connection: So many jokes online! <http://www.bestfamilyadvice.com/kids-jokes.html>**

**Texas Essential Knowledge and Skills: K(21 A&B); 1st (27A&B); 2nd (28A&B); 3rd (110.14 29A); 4th (110.6 b1A,C &b3A); 5th (110.7 b1A &b3A &b8A,B,C)**



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