



Name _____

Team _____

Wellness Challenge 2010 Laughter Quiz

1. Name a movie that made you laugh, a lot.
2. What is the Dewey decimal number for comic books?
3. Ask your teammates or a friend -What Olympic sport do you find outrageously funny and why?
4. Ask your teammates or a friend -Name two of the classic comedy storylines? (go to tvtropes.com for help)
5. Sunlight is high in what vitamin?
6. Winter in Wyoming is like:
 - a. A visit to the dentist ...anticipation is the worst part
 - b. A long dark tunnel with a small light at the end.
 - c. Cleaning house...it never ends
 - d. A three ring circus... there is always something fun happening
 - e. A hang-over...you always remember how bad it was.
7. How do you laugh? (select all that apply)
 - a. Chuckle
 - b. Snort
 - c. Cackle
 - d. Giggle
 - e. Guffaw
 - f. Squeak
8. Which is funnier and why?
 - a. Toilet paper stuck on the bottom of someone's shoe
 - b. Slipping on a banana peel
 - c. Slurping a long spaghetti noodle
 - d. Watching a dog try to pee while running
9. In front of a teammate or friend-Say the following tongue twister five times fast:
Eleven benevolent elegant elephants
10. Make the following sounds in front of a friend or a teammate:
 - a. Cow
 - b. Rooster
 - c. Turkey
 - d. Pig
 - e. Cat
 - f. Dog
 - g. Duck
 - h. Elephant
 - i. Seal
 - j. Whale
11. With a teammate or a friend -Make an origami (paper) fortune teller.
12. Tell and share with a team or a friend about a time that you laughed inappropriately.
13. Tell us about the funniest thing you've done in the last month.

How to Make a Fortune Teller

The fortune teller has been enjoyed by kids all over the world. Though this game can go by different names in various countries, it is still played by the same rules and kids enjoy it, no matter what you call it.

Materials:

- 8-1/2 x 11 in. sheet of paper (copy paper works best)
- Scissors
- Pencil
- Ruler

Directions:

1. Fold an 8-1/2 x 11 in. sheet of paper to make a perfect square. See **Figure 1** below. Cut off the bottom of the paper at the dotted line.
2. Open up the square. You will have a 12 in. fold down the center of the square. Measure 6 in. down and place a small dot on the fold. Now fold each of the 4 corners so that the point lands on the 6 in. dot that you just drew. See **Figure 2** below.
3. Turn the square over, and you will see a 6 in. fold down the center of the square. Fold each of the 4 corners along that 6 in. line, whereas you are forming 4 triangles. See **Figure 3** below.
4. Now fold up the bottom triangle to align with the top triangle (folding in the center). You will now have 4 flaps. Place your thumbs and index fingers forcing a fold and creating 4 points. See **Figure 4** below.

Setting Up the Game - Traditional

1. On the 4 flaps, write out a color (Blue, Green, etc.). There should be one color name to a flap.
2. Turn over the flaps, so they are lying face down. You should see 4 large triangle and 8 smaller triangles. Write random numbers on each of the 8 smaller triangles.
3. Open up the 4 larger triangles, and you will see that there are 8 smaller triangles divided by fold lines. Write a fortune that corresponds with the 8 numbers that you just wrote.

Playing the Game - Traditional

1. Place your thumbs and index fingers into the 4 flaps. Have a friend choose one of the colors that you have written on the 4 flaps. Spell out that color while moving your thumbs and index fingers back and forth in alternating directions.
2. Have your friend choose one of the numbers that they see. Count out that number while moving your thumbs and index fingers back and forth in alternating directions.
3. Have your friend choose another number that they see. Open the large triangle and read the fortune that corresponds to the number that they chose.

Variations:

- Place animal names on the 4 flaps, and when you open up the flap to read the fortune, have animal facts written instead of a fortune.
- Place Bible character names on the 4 flaps, and when you open the flap to read the fortune, tell a Bible fact instead of a fortune.
- Place numbers (in words) on the 4 flaps, when you open the flap to read the fortune, have a mathematical problem instead of a fortune.
- The possibilities are endless!