

LISTENING & SPEAKING

1 You are going to listen to a radio show about laughter clubs. Do you think the statements (a-e) are true or false?

- a Young children laugh much more than adults.
- b Laughter clubs started in the USA.
- c Laughter releases happy chemicals called endorphins.
- d Laughing is good for the heart.
- e In laughter clubs, people laugh at funny stories.

▶ 1.50 Listen and check your answers.



- | | |
|---------|-------|
| a) TRUE | FALSE |
| b) TRUE | FALSE |
| c) TRUE | FALSE |
| d) TRUE | FALSE |
| e) TRUE | FALSE |

1. Young children laugh up to _____ times a day.
2. Adults only laugh _____ times a day.
3. 15 to 20 minutes of laughter a day really does _____ the doctor _____.
4. How did the laughter club start?
 - They started in _____.
 - _____ years ago.
 - In India, people are very _____ about the benefits of laughter.
5. What are the benefits of laughter?
 - When you laugh, you release _____ chemicals.
 - This can reduce the effects of _____.
 - Laughing is good for the _____ and good for the _____.
 - We do different kinds of laughing: _____ laughter, _____ laughter, _____ laugh.