

UNIT 5
LISTENING

1. You are going to listen to a radio show about laughter clubs. Write 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. _____

2. Listen again and complete the blanks

(P = Presenter; A = Avril)

P: We all know the expression "laughter is the _____." But a recent _____ shows that adults _____ laugh _____. The study shows that young children laugh up to _____ times a _____, while adults only laugh _____ times a day. According to medical _____, fifteen to twenty minutes of laughter a day really does keep the _____ away. Well, now you can _____ one of the laughter clubs to get your regular _____ minutes of laughter. It _____ funny, and it even looks a little funny, but this is a laughter club. Avril is the teacher here.

Avril, _____ did the laughter clubs _____?

A: They _____ in _____ eleven years _____. Dr. Kataria started a club in Mumbai, and _____ there are hundreds of laughter clubs all over the world. In India, people are very _____ about the _____ of laughter.

P: And _____ are the _____ of laughter?

A: When you _____, you _____ happy _____ — _____. This can _____ the effects of _____ and you _____ more _____. Laughter boosts the immune _____ and relaxes the _____. Also, laughing is good for the _____ and good for the _____.

P: What _____ in a laughter club? What _____ do you _____?

A: We _____ laugh.

P: _____ you _____ to funny _____?

A: Oh, _____. We _____ need _____ to _____ us laugh. We do exercises, and when you start laughing, you can't _____.

P: _____ kind of _____?

A: Well, we start the class with a _____ exercise called Ho Ho Ha Ha Ha. After that, we do _____ kinds of laughing. There's "social laughter"... "silent laughter"... and the "loud, explosive laugh"... which exercises the lungs.