Name: _____ Class: _____ Number: _____



Laughter is Good for You!



Some people say that laughter is the best medicine. Scientists are beginning to agree with this. They are studying laughter seriously and are finding that it is really good for us.

So what happens when we laugh? We use 15 different muscles in our face, and laughing is good for every organ in our body. When we laugh, we breathe quickly and exercise the face, shoulders, and chest. Our blood pressure goes down, and our circulation gets better. Our heartbeat is lower, and our brain makes natural painkiller called a beta-endorphin.

Every minute we laugh is the same as 45 minutes of relaxation. Many doctors around the world believe that laughter helps us get better when we are sick.

Today, there are laughter clubs around the world. They try to improve people's health with laughter. The laughter clubs started in India. Now they are in many different countries. There are more than 450 laughter clubs just in India. All kinds of people join a laughter club. They go once a day for 20 minutes and start to laugh. There are no jokes. People laugh as a kind of exercise, and everyone feels better afterwards. Some people pay a lot of money to join a laughter club and just laugh.

Of course, there are many kinds of laughter. We may laugh in different ways when we are in different situations. But we all have a laugh that is special to us.



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ภาษาอังกฤษในชีวิตประจำวัน



Part 1: VOCABULARY

Match the words with their meanings.

Words	Meanings
1. medicine	a. a part of the body that works for a specific job
2. muscle	b. a chemical that reduces pain
3. organ	c. make or become better
4. circulation	d. a substance used to treat an illness
5. painkiller	e. the movement of blood through the body
6. relaxation	f. a part of the body such as the heart or lungs
7. improve	g. a physical activity to keep your body healthy
8. exercise	h. a state of being calm and free from stress



Part 2: COMPLETE THE SENTENCE

Complete the sentences with the correct word from the box.

muscles relax improve clubs painkiller

1. Laughing uses 15 different _____ in our face.
2. Scientists say laughter helps our body _____.
3. Our brain makes a natural _____ when we laugh.
4. People join laughter _____ to improve their health.
5. Laughter helps us _____ when we are sick.



Part 3: TRUE OR FALSE

Write True (T) or False (F).

1. Scientists do not believe laughter is good for us. ☐
2. Laughing uses 15 different muscles in our face. ☐
3. Laughter makes our blood pressure go up. ☐
4. Every minute of laughter is the same as 45 minutes of relaxation. ☐
5. Laughter clubs started in England. ☐
6. People go to laughter clubs once a week. ☐
7. People laugh as a kind of exercise in the clubs.
8. We all have a laugh that is special to us.



Part 4: WRITING (QUESTION AND ANSWER)

Read the questions and write your answers.

1. What happens in our body when we laugh?
2. How does laughter help our health?
3. Where did laughter clubs start? How often do people go?
4. Do you think laughter is good for our lives? Why or why not?
5. What kind of situations make you laugh? Give an example.



Part 5: MAIN IDEA AND SUPPORTING DETAILS

Write the main idea and three supporting details from the passage.

Main Idea

_____

_____

Supporting Details

1. _____
2. _____
3. _____



Laugh More, Live Better!

LIVEWORKSHEETS