**Laughter: The Best Medicine for You and Me**

SCAN TO WATCH

LINK: https://go.pearson.com.hk/s/7E8WE

Watch the video *Laughter: The Best Medicine for You and Me*and answer the following questions.

*Write your answers in the spaces provided. For the multiple-choice questions, choose the best answer and blacken one circle only.*

**1** How is laughter beneficial to our bodies? Complete the sentences below using **ONE** word only in each blank.

|  |
| --- |
| Laughter (a) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the (b) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in our face, neck, arms, legs and abdomen. When we laugh, we feel that we have much more (c) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |

**2** According to the video, laughter and vitamin C can both \_\_\_\_\_.

 **A** give us an energy boost

 **B** help to reduce stress

|  |  |  |  |
| --- | --- | --- | --- |
| **A** | **B** | **C** | **D** |
| ⭘ | ⭘ | ⭘ | ⭘ |

 **C** improve our mood

 **D** strengthen our immune system

**3** Laughter benefits us in many ways. Which of these benefits are mentioned in the video? Put a tick (✓) in the correct boxes.

|  |  |
| --- | --- |
| **a)** It helps reduce pain in your body.  |  |
|  |  |
| **b)** It gets rid of bad hormones in your body. |  |
|  |  |
| **c)** It allows you to sleep better. |  |
|  |  |
| **d)** It regulates your sleep cycles. |  |

**4** Why is Bob Hope mentioned in the video?

 **A** because he lived a long life

 **B** because he said laughter was a magic pill

|  |  |  |  |
| --- | --- | --- | --- |
| **A** | **B** | **C** | **D** |
| ⭘ | ⭘ | ⭘ | ⭘ |

 **C** because he was a comedian

 **D** because he was often sad

**5** What form of exercise is introduced in the video?

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6** **Vocabulary question**

 What adjective in the video means the same as ‘quickly affects others’?

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7** **Discussion question**

 Do you agree that laughter is the best medicine? Explain why or why not?

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**Answer key**

**1** **a)** relaxes

 **b)** muscles

 **c)** energy

**2** D

|  |  |  |
| --- | --- | --- |
| **3** |  **a)** | **✓** |
|  |  |
|  **b)** |  |
|  |  |
|  **c)**  | **✓** |
|  |  |
| **d)** | **✓** |
|  |  |

**4**A

**5** laughter yoga

**6** contagious