



# The art of creating a Happy school

**Stephanie Davies**

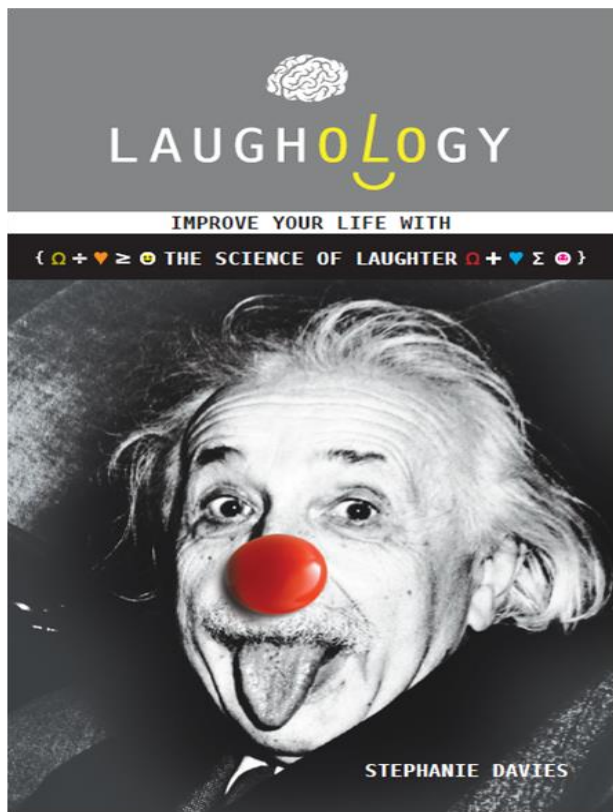
Behavioral strategist and Director Laughology



**Introductions:**

# The power of humour and laughter?

## Introductions:



# Why Laughology?



## Feelings & motivation

*“I’ve learned that people will forget what you said, people will forget what you did but they will not forget how you made them feel.”*

**Maya Angelou, author, activist, campaigner**



## Laughter and humour

# What is Laughter?

# What is humour?

# Laughter & humour



*A communication tool  
to express how we feel  
and strengthen social  
interactions*

**The outward  
energy of humour**

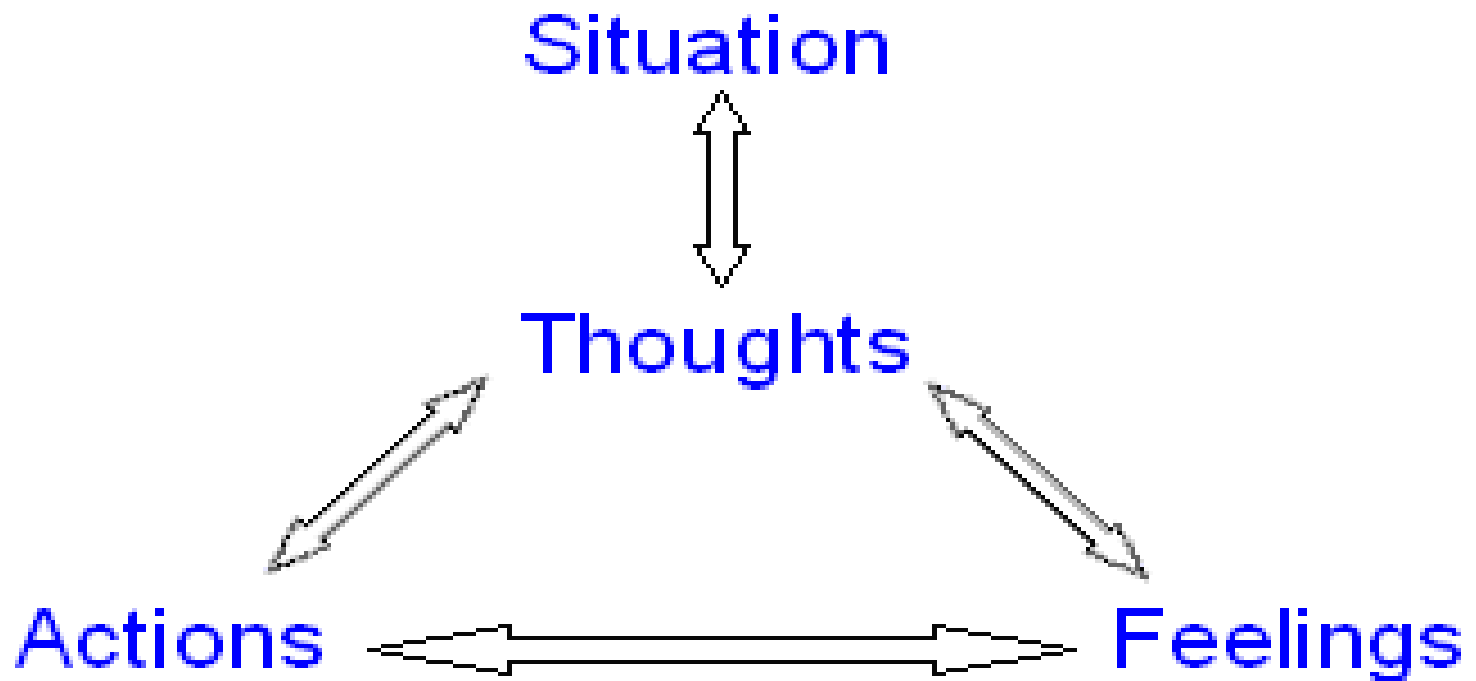


*An aspect of the human  
mind, a system for  
processing information*

**A way to look at life**

## Laughter, Humour & Happiness

# How we look at life?



## Humour triggers

Write down as many  
**things/words/situations**  
that make you **laugh**



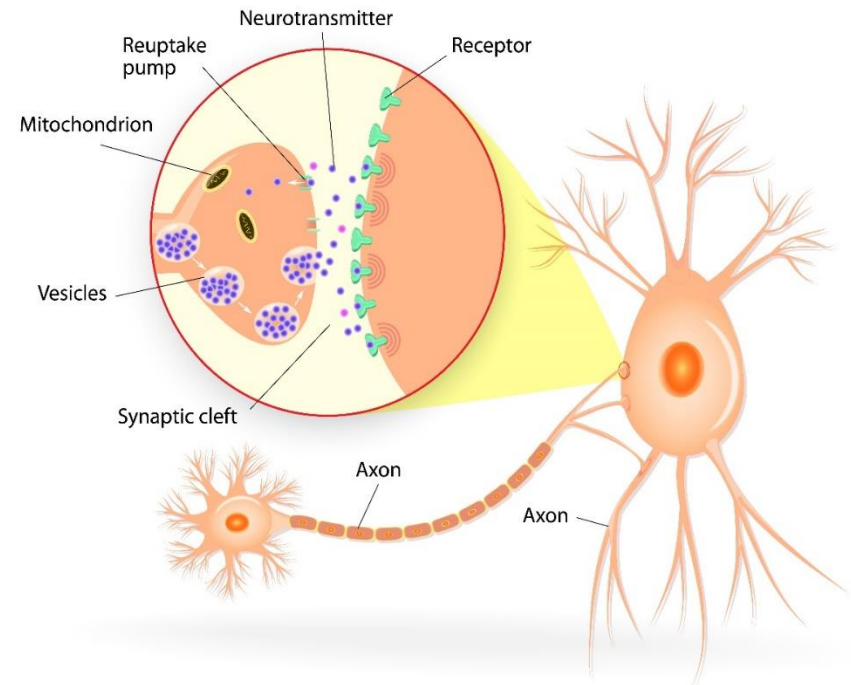
# 1 -2-3 Exercise

# The Brain, connections and behaviours



Neurotransmitters  
Dopamine  
Serotonin

Oxytocin  
Endorphins

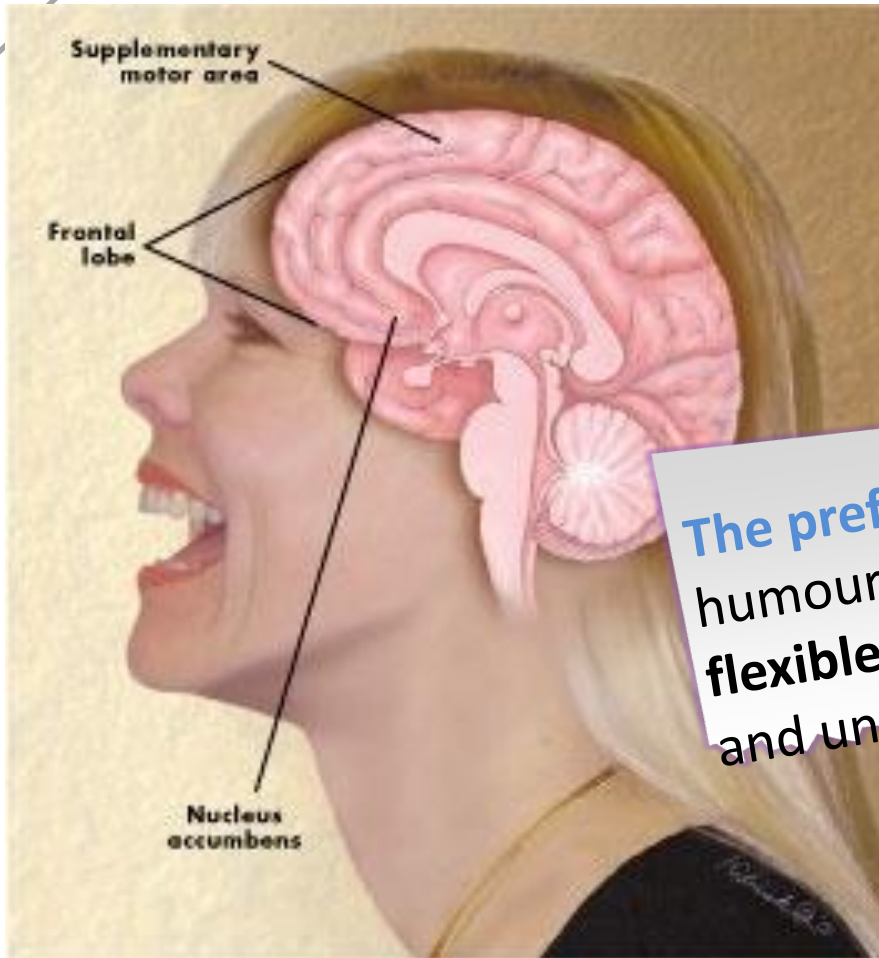


# Humour thinking – brain training



“Humour is learnt. A person can develop a better sense of humour that would affect one's own nature in a remarkable way and could be more conducive to physical and mental health and wellbeing”.

# The brain and humour



**The prefrontal cortex** holds our ability for humour. This area of our brain is used for **flexible thinking**, to untangle an abstract idea and understand its amusing message.

*Society for Neuroscience*

# Happiness and thinking differently

Humour and laughter breaks negative thought pattern....



....when think about a situation in a positive light...



...we make better decisions, which impacts on behaviour

# Laughology's humour toolkit

**F**ocus  
**L**anguage  
**I**magination  
**P**attern breaking

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

*Winston Churchill*

## Your 'good humour' ingredients

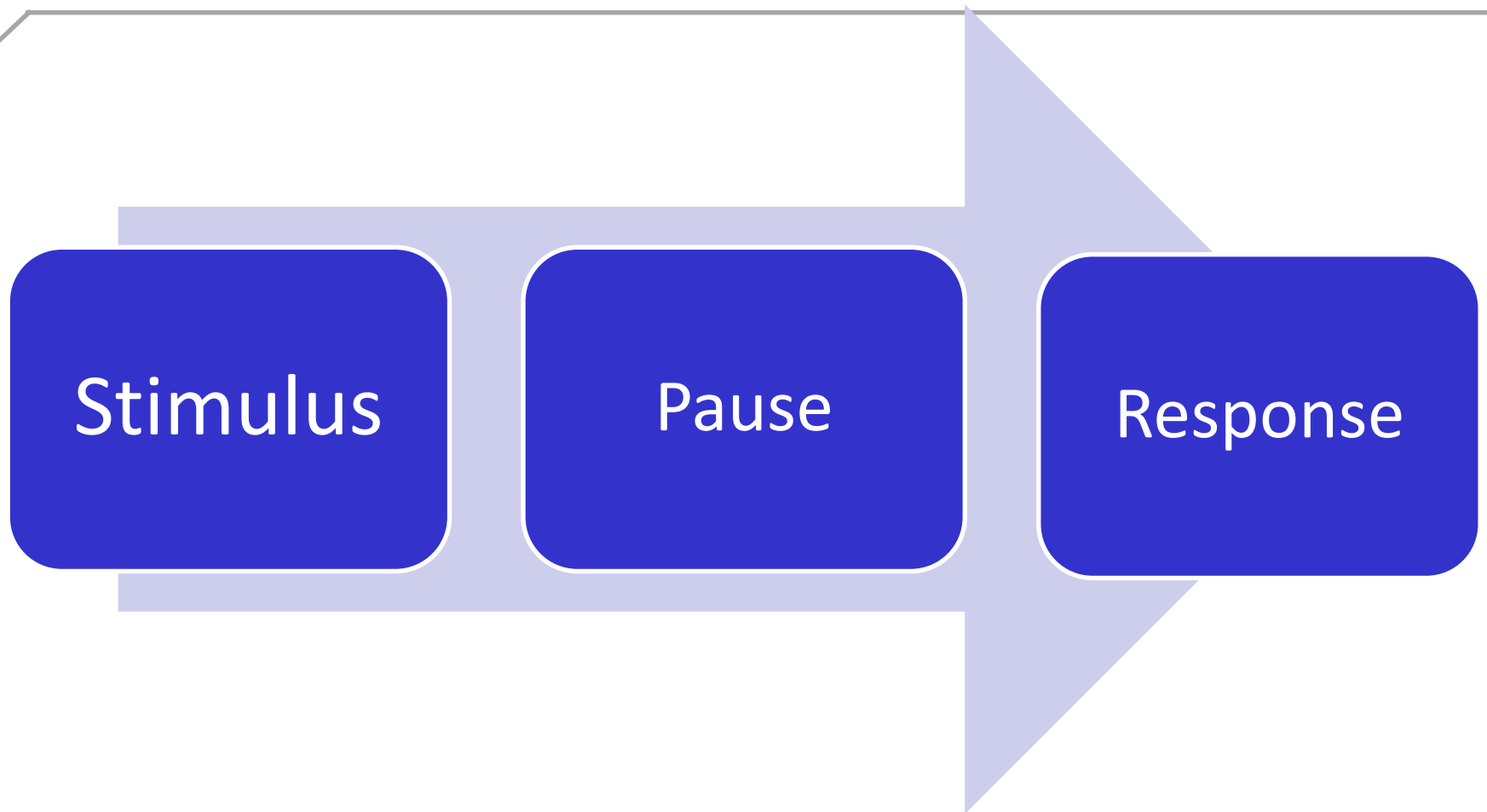
Facial  
expressions

Body  
language

Voice,  
tone &  
pitch

Types of  
words

**Choose your response!**





# Your humour toolkit

**L**anguage

# Effective communication

**Solution focused &  
directive language**



## Your humour toolkit

I  
magination

# Neotenous



*"I sometimes ask myself . . . how did it come that I was the one to develop the theory of relativity? The reason, I think, is that a normal adult never stops to think about problems of space and time. These are things which he thought of as a child. But my intellectual development was retarded, as a result of which I began to wonder about space and time only when I had already grown up."*

# System thinking

## Thinking

**Fast**

+

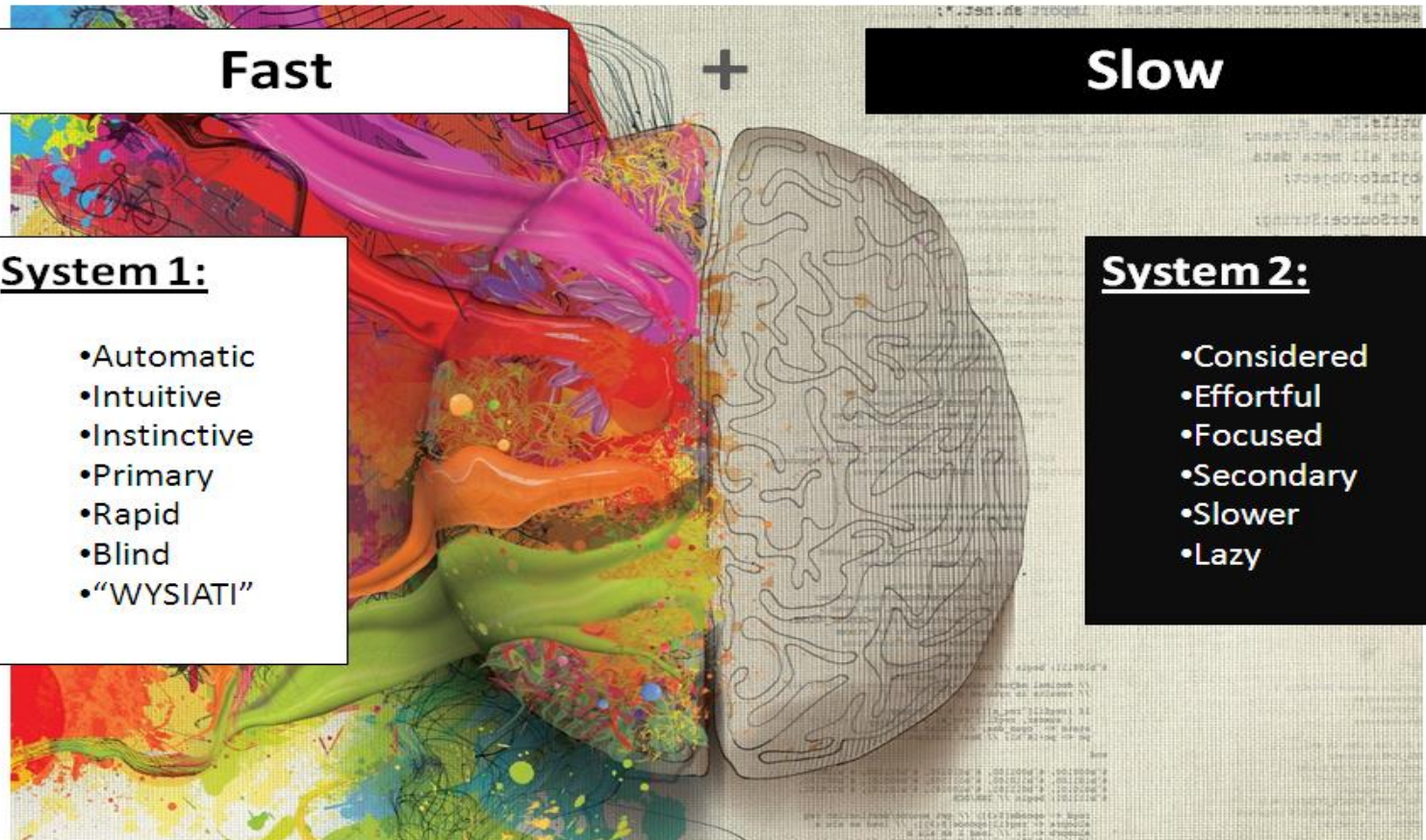
**Slow**

### System 1:

- Automatic
- Intuitive
- Instinctive
- Primary
- Rapid
- Blind
- “WYSIATI”

### System 2:

- Considered
- Effortful
- Focused
- Secondary
- Slower
- Lazy



# Belief systems impact on everything we do

"WHETHER YOU THINK YOU CAN  
OR YOU CAN'T  
EITHER WAY YOU ARE RIGHT."

*-Henry Ford*  
1863-1947



# Laughology's humour toolkit

**F**ocus

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# Perception and Judgements



“To effectively communicate, we must realise that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.”

Tony Robbins



What is happiness?

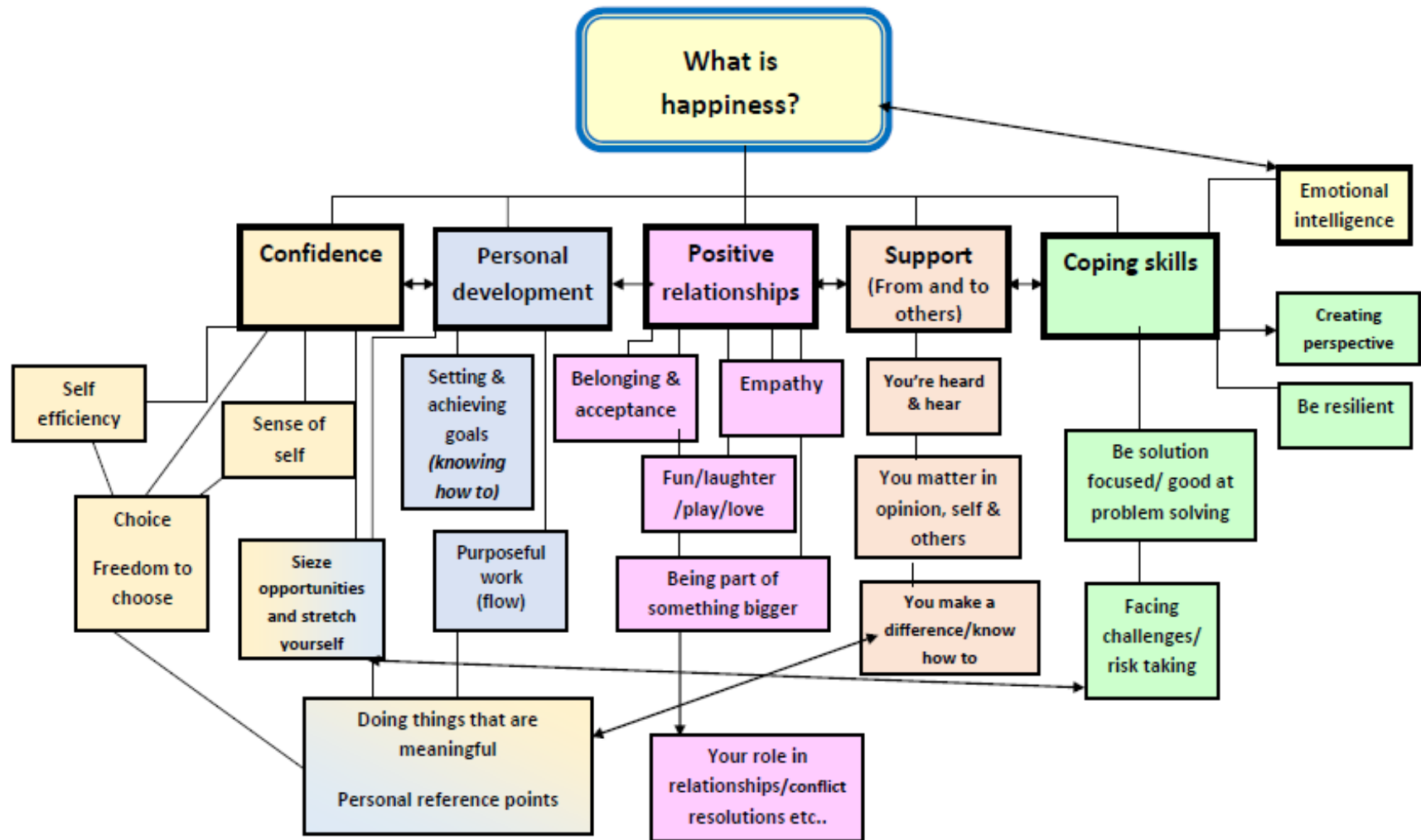
# What is happiness?



It pays to look on the bright side..

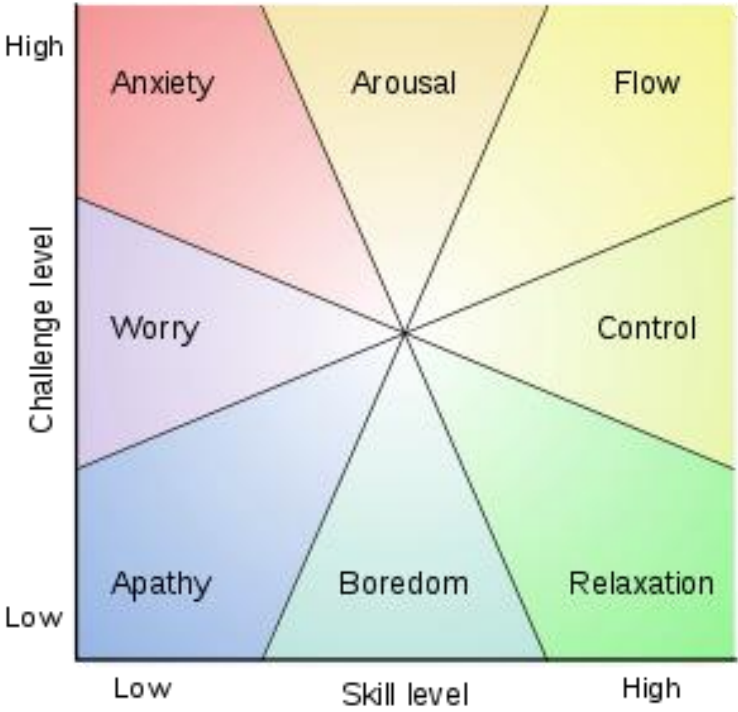
**A study found that children with a sunny disposition go on to earn more as adults, even if their parents were not educated or high earners.**

*A study examined the happiness levels of 90,000 children and young adults in the U.S.A and compared the data to their levels of income as adults over 15 years.*



Undoubtedly things like being active, safety and security impact on happiness. These are not included on the above chart as the chart is designed to help understand where and how skills can be taught to increase happiness and what can improve happiness on a cognitive, relationship and organisational level.

# Laughology for flow, engagement & happiness



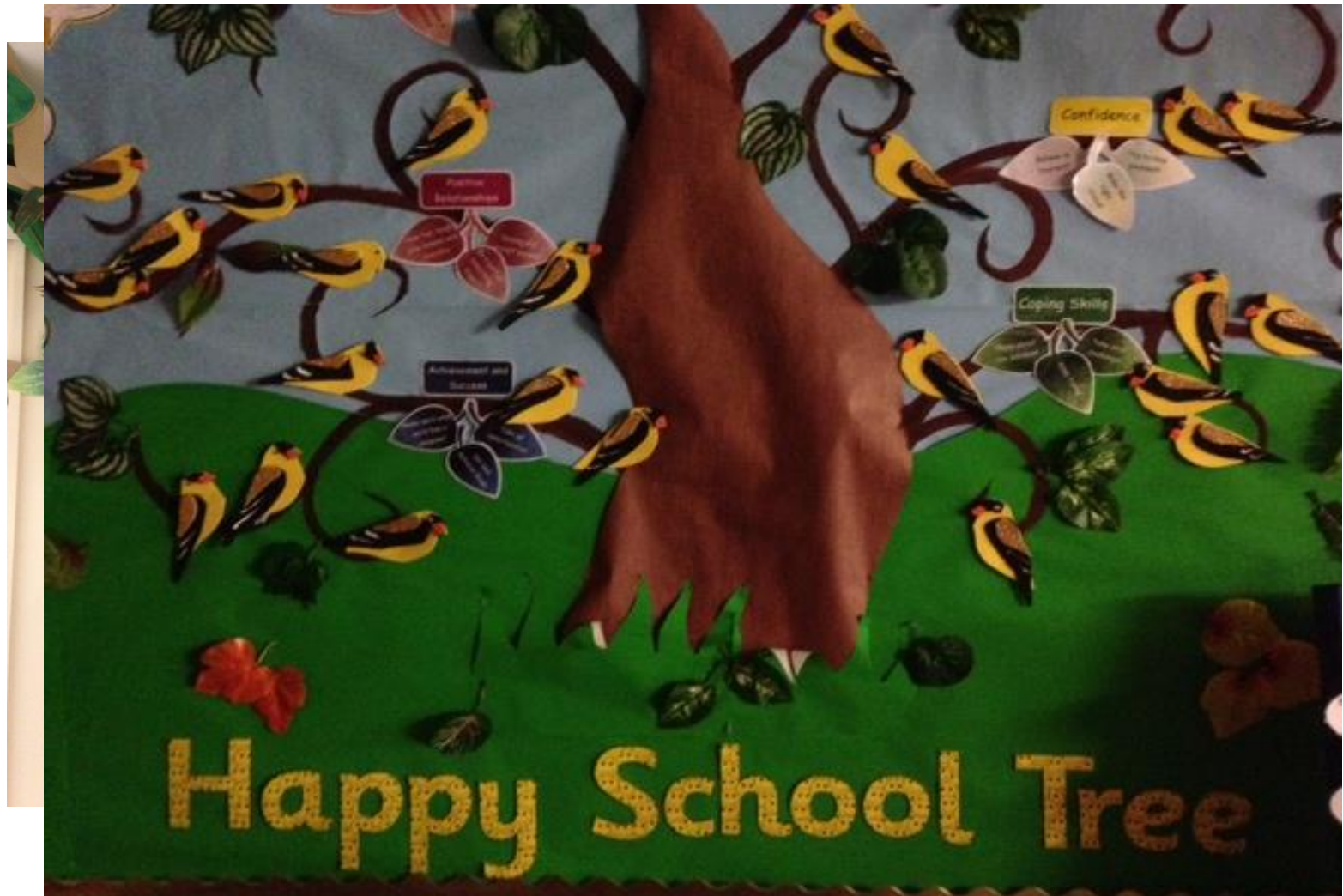
| Seligman Well-Being Theory | Laughology Happiness Factors |  |                        |                  |             |               |                 |             |                              |  |  | organisation Well-Being Factors |                     |       |                |           |
|----------------------------|------------------------------|--|------------------------|------------------|-------------|---------------|-----------------|-------------|------------------------------|--|--|---------------------------------|---------------------|-------|----------------|-----------|
| Positive Emotions          | Confident                    | Fun                                      | Laughter               | Play             | Love        | Optimism      | Happy           | Self-belief | Positive self-image or worth |  |  |                                 |                     |       |                |           |
| Engagement                 | Flow                         | Completion of tasks                      | Attention to task      |                  |             |               |                 |             |                              |  |  | Attendance                      |                     |       |                |           |
| Meaning                    | Purposeful work              | Being part of something bigger than self | Make a difference      |                  |             |               |                 |             |                              |  |  |                                 |                     |       |                |           |
| Positive Relationships     | Belonging                    | Acceptance                               | Support                | Empathy          |             |               |                 |             |                              |  |  | Cared for                       | Staff Student voice | Heard | Hearing others | Behaviour |
| Accomplishment             | Self-efficacy                | Goals                                    | Problem solving        | Solution focused | Risk taking | Opportunities | Face challenges | Choice      |                              |  |  | Academic Results                |                     |       |                |           |
| Coping strategies          | Resilient                    | Persistence                              | Emotional Intelligence |                  |             |               |                 |             |                              |  |  | Access to care services         |                     |       |                |           |

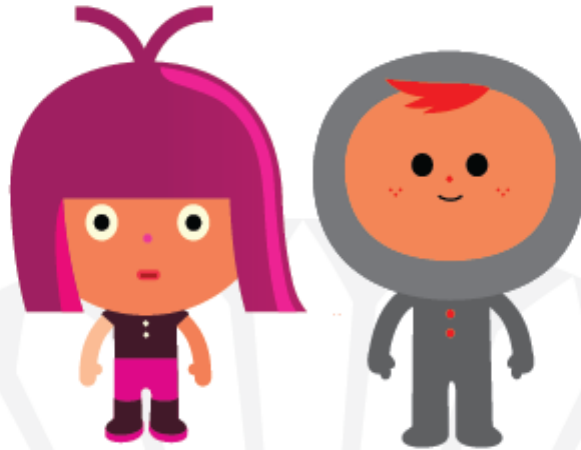
## Creating a happy Culture





# Building a positive culture & learning power with happiness





# A HAPPY-CENTRED SCHOOL



## Case studies



Both our English and Maths results were up by an amazing 20% on last year, at 71% reaching the expected level. The school has never achieved results like this in its recent to mid history. You guys contributed hugely to the children's and staff positive attitude, by teaching them that the power to achieve is all in their mind, they can learn to channel it, it's not the preserve of a 'clever' few...they can all make it work for them and succeed. Which indeed they have!



# Attitude is contagious, is yours worth catching?

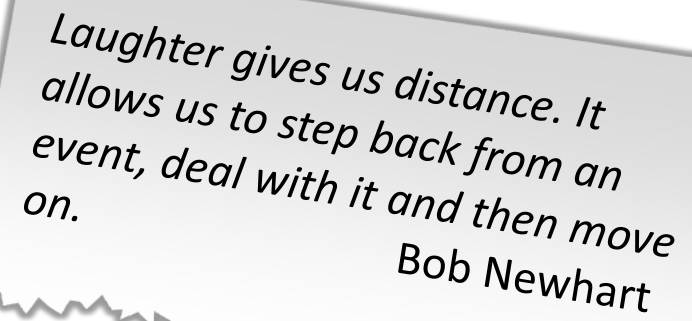
**S**mile

**M**oment of magic

**I**mpulse

**L**aughter

**E**mpower



*Laughter gives us distance. It allows us to step back from an event, deal with it and then move on.*  
Bob Newhart

## Happiness wins and triggers

- Turn on your people before you turn on your computers
- Focus on small goals
- Collective ideas that include all and hear all
- Encourage 'what's right' thinking rather than 'what's wrong' thinking
- Make contact to congratulate
- Awards of the week
- Make time for fun and enjoyment
- What's on your environmental check list
- Notice and know everyone
- Happy hour
- Make it simple to get the job done (quick fixes)



# Get in touch:

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