

**LAUGHTER AND PLAY
FOR STRESS AND FOR HEALING
WORKSHOP OUTLINE**

- I. Introductions
 - A. Workshop
 - B. Participants
- II. Warm-up Exercises
- III. “Head Stuff” – The serious side of laughter and play
- IV. Effect of Words
- V. Perspective
- VI. Focus
- VII. Humor
- VIII. Play and Fun
- IX. Contracts
- X. Conclusion