

STRATEGY GROUP: Affective
STRATEGY SET: Lowering your anxiety
STRATEGY: Using laughter

Language learners can benefit from laughter's anxiety-reducing powers. Laughter brings pleasure to the classroom and can be stimulated by many kinds of classroom activities, such as role-plays, games, and active exercises in which learners are allowed to play as they learn.

As an example, Marguerita reads comic books in French for relief, relaxation, and language practice. Ingmar tells jokes and laughs with his friends, so that he can unwind and study more effectively. Grace enjoys doing comical role-plays in class.
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