

## A Youngster Can Show You How To Laugh

Have you at all watched kids at have fun? If you are lucky, you will have seen them chuckle eagerly and it was really simple for them to do so. Studies suggest that adults are amused nearly 15 times in a day, though kids chuckle approximately 300-400 times a day.

If we were to take in a refugee camp-site we could have perhaps seen sad and desperate expressions on the faces of most the teenage children. As the urgently-requested aid was passed out, the kids were the fastest to start to chuckle and have fun. Maybe we 'more experienced' people take ourselves too seriously.

Perhaps we don't require to chuckle 400 times a day, but the majority of us would do much more than we do, if we did. A lot of us have seen young kids thrill and delight each other with the most basic of toys. Have you watched them remove a present out of a box and have fun with the box instead of the new toy?

The key to a good laugh is having different people near us. We need to collaborate with others to fetch out our best chuckling. When they spoke on the telephone they had lots to chuckle about and it showed in their phone conversations.

When we are on our own, nearly all of our group stimulation is removed, if we do not look at the TV, listen to the music, go to the movies, and delight in reading a Best Selling Author, laughter nearly always disappears. Even if we are ecstatic, we rarely ever chuckle if we are by ourself.

Young kids are no exception; they indicate to us by this research that all ages be required to indulge in 'group' laughter. Other laughter research was undertaken by hundreds of kids to establish what makes kids giggle. Research results was used on kids who were undergoing painful procedures or who were suffering from anxiety brought on by Pain Expectation.

They were split into 2 groups and ask to dip their hands in freezing cold water as long a time as they could. The result of the laughing overshadowed the shock of the cold; isn't the result astonishing? The clear-cut result from this research was that laughing allows a person to "blank out" the aches and pains and actually see pain as less extreme.

There have been studies performed to guage the power of the mind on our capacity to decrease the feelings of pain. If we can think of comical images, and picture the resultant fun, we are less liable to experience discomfort.

How a great many adults can or may use their minds eye to cut down on some pain. We can gather a lot from kids. Have you watched young kids playing in the field or garden? No matter what they are about you are almost guaranteed heaps of giggles and laughs. It is absolutely staggering to observe the gleeful little faces when you play bubble-blowing and they try to grab them. Who would refrain from laughing whilst listening to them chuckle and hoot?

Then there is the swing set and the slide. These create additional chuckling and by just listening you could imagine it was the greatest fun they had ever had. Did you ever played the games, "which hand is the penny in" with wee ones? If you have you must have experienced all the tiny squeals or giggling when they picked the correct hand.

It does not need money or high-priced toys for a kid to chuckle and have fun. They can hunt a spider and chuckle dozens of times or they can make believe and laugh heartily. By watching kids or even interacting with them adults would uncover the art of laughter. The age old slogan "immaturity of a child" lets them delight in being youthful and worry-free sharing their chuckling with everyone and anyone who would share their time near them. There is nothing better than the laughing of a child. It can draw out the child in all of us if we decide to let it.

There are innumerable lessons to be learned from our kids. As we see our kids chuckling and playing it is as if they don't see a end to their enjoyment in the future. We may actually discover a worthwhile lesson here. So, the very next time your child wants you to have fun with them create a few minutes out of your otherwise busy day. You may get so much out of the time with the children.

Whatever you were about to do, will always be there, bear in mind our kids grow up at an amazing speed. Let's delight in them while we can.

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