

#AreYouKiddingMe?

“Laughter has healing powers for a child’s mental health.”

-Zero to Three



Laughter and smiles are universal signs of happiness, but did you know that **laughter is also a natural stress reliever?**

Children experience all sorts of emotions each day, from excitement and joy to frustration and sadness. They might find themselves unable to process their feelings.



Laughter prompts the brain to release endorphins, those feel-good chemicals. **This simple act can help children diffuse tension or stress and feel more positive and cheerful.**

Especially at this time of year, if you or your child are feeling out of sorts and need a quick pick-me-up, remember that **laughter is the best medicine!**

The
**Children’s
Movement**
of Florida



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CHANGING THE CURRENT. 