



April 15, 2024

Dear Families,

This week our school community will be focusing on the character strength of ***Humor***. Humor means you like to laugh and bring smiles to other people.

Humor is a sense of playfulness and lightness. It is a way of looking at and describing the world that brings laughter to people. A person with the strength of humor is skilled at seeing the funny side of things, bringing smiles and laughter to others, and identifying and communicating the absurdities in life. People with this strength don't specifically need to be joke tellers, although many are.

Humor plays an important role in helping groups of people rise above difficult circumstances and boost morale. It removes us from our present difficulties by easing tension and making life more fun. This is why athletic teams often need a jokester to help them get through tough losses and early morning fitness sessions. On a larger societal level, humor often helps downtrodden groups to find cohesion and strength. This is why Simon Wiesenthal said, "Humor is the weapon of unarmed people: it helps people who are oppressed smile at the situation that pains them."

To practice and encourage the character strength of humor with your child, please visit the Positivity Project's [P2 for Families](#) (password: **P2**) where together you will watch a video, read a quote and talk about the answers to three questions.

Have a wonderful week!

Jessica Smatko

Jessica Smatko
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HUMOR

VIA Survey calls this strength Humor

Virtue: Transcendence. These strengths allow people to rise above their troubles and find meaning in the larger universe. Strengths of transcendence are appreciation of beauty and excellence, purpose, gratitude, optimism, and humor.



WHAT DOES HUMOR MEAN?

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Humor can have a dark side, depending on how it's used. Some humor is mean spirited and bullying. The type of humor that the character strength focuses on is that which raises the spirits of other people.

WHY DOES IT MATTER?

For individuals, humor has important health benefits, both mental and physical. Humor stretches the mind to look at things from different perspectives, keeping people mentally agile and alert. Making people laugh also produces positive emotions and happiness for the initiator. And, when people are on the receiving end of humor, they also receive many benefits. Scientists have shown that laughter reduces stress, promotes connection with other people, and can even improve focus. Laughter is contagious and bonds us to other people.

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Individuals with this strength might be described as:

- Funny
- Amusing
- Hilarious
- Witty
- Lighthearted
- Playful

Individuals with this strength are likely to think, feel, or behave in the following ways:

- It makes me feel good to make people laugh and smile.
- People like to spend time with me because I'm fun to be with.
- Even in trying situations, I can still find the humor.
- It's especially important to be able to laugh in difficult circumstances.
- In every situation, I always try to add a sense of humor.
- I have a unique way of looking at the world. When I describe it to people, they laugh.

QUOTES ON HUMOR

"Humor is laughing at what you haven't got when you ought to have it."

-LANGSTON HUGHES

"I love people who make me laugh. I honestly think it's the thing I like most, to laugh. It cures a multitude of ills."

-AUDREY HEPBURN

"Humor is one of the best ingredients of survival."

-AUNG SAN SUU KYI

"Comedy can be a cathartic way to deal with personal trauma."

-ROBIN WILLIAMS

"Humor is mankind's greatest blessing."

-MARK TWAIN