

Laughing gives you a major workout! You might feel very tired or worn out after laughing a lot. This is because you exercise the muscles in your stomach, face, legs, and back.

Someone who has had a bad day might feel better after having a laugh. Laughter can be a good way to get rid of emotions like sadness and anger. People like to laugh with others because it helps them feel close to each other.

Laughter keeps people healthy both physically and mentally. It is easy to do and it's fun. It is no wonder we love to laugh!

PAR 1. Explain in your own words how laughing keeps people healthy.

Answers will vary.

CC 2. How are laughing and exercising similar? How are they different?

Answers will vary.

D 3. How would you feel after laughing a lot?

a. sad

b. *tired or worn out*

c. angry

LeBron James was born December 30, 1984. LeBron is a basketball star. His career started in high school. He was one of the only high school basketball players to be featured on the cover of *Sports Illustrated*.

Lebron was the first overall pick of the 2003 NBA Draft. He was chosen by the Cleveland Cavaliers. At the time, he was only the second high school player to be picked at this spot. He has a number of “youngest player” records and honors. He has been compared to some of the greatest players of the game.

- D 1. What magazine was Lebron featured on?
- Time*
 - Sports Illustrated*
 - People*
- SEQ 2. What did LeBron do after high school?
- He played for the Cleveland Cavaliers.**
 - He became a major league baseball player.
 - He went to college.
- MI 3. What is the main idea of this passage?
- Lebron went to a good high school.
 - Lebron was young when he started playing basketball.
 - Lebron has had many great basketball accomplishments.**

Did you hear the one about the M&M inspector? He got fired for throwing out all the Ws. BA-DA-BOOM! Did you laugh at this one-liner? If you did, what did you consider funny about it? One-liners are meant to catch you off guard quickly because they ask a legitimate question and then answer with something totally ridiculous.

How about this one? What's a converted cannibal? It's a cannibal who only eats fishermen. What's so funny about that? It's a joke that parodies meat-eaters becoming vegetarians. The next time you have the harebrained idea of telling a joke, think about the ease of telling a one-liner. You may be considered childish, but you'll be highly acclaimed as a multitalented jokester.

- PRE 1. Do you think that most people understand one-liners right away?
Explain your answer.
Answers will vary.
- PAR 2. Explain in your own words why the joke about the M&Ms was funny.
Answers will vary.
- D 3. What are one-liners meant to do?
a. tease people
b. catch you off guard and be funny
c. give very important information