

CASE STUDY

BEFORE LAUNCHING, WE WORKED WITH THE WONDERFUL STAFF AND CHILDREN AT LLANGYNIDR SCHOOL TO TRIAL OUR BRAND & IDEAS.



OUR VIDEOS HAD A SIGNIFICANT POSITIVE INFLUENCE ON THE WELLBEING OF THE CHILDREN. THE SCHOOL HAVE EVEN RECEIVED MEDIA COVERAGE.

LAUGHTERCISE[®]
— The Joy Of Laughter —

MEET THE TEACHERS FROM LLANGYNIDR AND WHAT THEY HAVE TO SAY!



Mrs Shepherdson, Head Teacher

"Laughtercise have had the biggest impact on the wellbeing of our children that this school has ever seen. The videos are perfect for us to focus on the 'Health and Wellbeing' area of learning and ensure the mental, emotional, social and physical welfare are part of the everyday ethos in school. I've never seen the children more engaged with their physical and mental health."

"I use the videos to help the children be more active and it's great to see them smiling, giggling and interacting with their friends. It's really improved their confidence. The style of the videos show children it's ok to be happy. After watching the videos there is a lot of positivity, a relief and pick me up for the children."



Mrs Bufton, Foundation Phase Teacher



Mrs Rees-Thomas, Key Stage 2 Teacher

"I utilise the videos to support the children's concentration. They are a perfect length to put on, have a short burst and then get back to the lesson. We just do them at our desks. It's very effective. It's like Aaron & Harriet are in the room with us. We've seen improved confidence, calmness and creativeness."

WE ASKED THE CHILDREN WHAT THEY THINK OF OUR VIDEOS AND TO DRAW HOW DOING A LAUGHTERCISE VIDEO MAKES THEM FEEL:

"I love having fun with my friends"



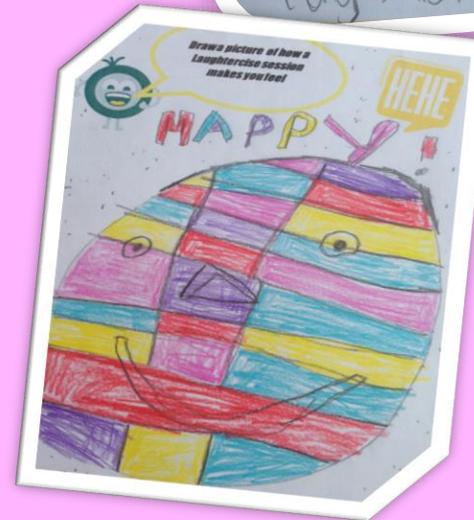
"It feels like I'm exploding with fun!"



"It helps me calm down from the stress of work"



"It makes me feel happy and helps me forget all the worries and calms me down"



THE SCHOOL ALSO RECEIVED MEDIA COVERAGE FOR THE IMPACT OUR SESSIONS HAD ON THEIR CHILDREN



[CLICK HERE](#) TO SEE A VIDEO ON YOUTUBE OF THE CHILDREN FOLLOWING ALONG TO THE FIRST VIDEO WE SENT. IT WILL MAKE YOU SMILE 😊