

TEACHER WORKSHOP [LEVEL 1]

We're Laughtercise and we're world-famous for the most tittering of team building sessions for teachers.

We help teachers to feel re-charged and re-vitalized.

If you're looking for normal or serious, then you're in the wrong place pal.

Our sessions are full of fun, smiles and giggles!

HO HO

WHAT TO PREPARE FOR THE SESSION:

- Get ready for your brain cells to be challenged!
- Get ready for a great dose of feel-good
- Bring your best smile
- Bring your best chuckle
- Bring a refreshing drink

HEHE

DURING THE SESSION YOU WILL:

- Do interactive & social games that are so fun (and challenging) that they naturally produce smiles and giggles
- Have your brain cells challenged by our unique 'Brain Buzz' games
- Learn skills and activities to engage young minds with

HAHAHA

AFTER THIS SESSION YOU WILL FEEL:

- Re-charged and re-energized
- More connected to your colleagues
- Inspired to try our fun activities with your children!
- Full of beans (but without the gassiness)
- Ready to smile and laugh yourself through the chaos of the world!

You will be doing level 1 of our Teacher

Workshops (there are 2).

You will need to prove your worth to move on to level 2. There is no end of level boss, but we expect a good performance. Will you prove yourself to be a clever sausage or a dull doughnut?

We look forward to seeing you soon! Do this 'Brain Buzz' to get yourself warmed up 😊

Step
01



With one hand, do a thumbs up >>

Step
02



With the other hand, point with your index finger to the thumbs up you're making >>

Step
03



Now, here's the difficult part. Switch hands! >>

Step
04



Keep switching as fast as you can! Keep going & keep practicing

CHECK US OUT AT
WWW.LAUGHTERCISE.CO.UK