

# Lesson Plan: Chapter 2 - The Giggle Challenge™

## Learning Objectives:

- Students will explore the theme of laughter as a tool for empowerment.
- Students will discuss the power of sharing funny stories and vulnerabilities.
- Students will engage in activities that promote a positive and laughter-filled environment.



## Activities:

### Laughter as Empowerment:

- Discuss how Jenny turns a potentially embarrassing situation into a positive experience through the "Giggle Challenge." How does laughter empower her?
- Explore the idea of laughter as a powerful tool for conquering embarrassment and fostering connection.

### Sharing Vulnerabilities:

- Talk about the power of sharing funny stories and vulnerabilities. How does this bring people together, as seen in the story?
- Encourage students to share their own funny stories or moments where laughter turned a challenging situation into a positive one.

### Your Giggle Challenge:

- Organize a fun activity where students can share their own giggle-worthy stories.
- Discuss how creating a positive and laughter-filled environment can enhance the learning experience.