Laughter Is Good Medicine
Participant Evaluation

HE 4-972

1. Using the scale below, choose a number that best describes your knowledge about laughter and humor **before** the lesson and **after** the lesson (for each statement).

Scale: 5 = a great amount
4 = a good deal
3 = a moderate amount
2 = a little
1 = nothing at all

a. Health benefits of laughter	before _____	after _____
b. Use of humor in difficult times and/or situations	before _____	after _____
c. Laughter as a communication tool	before _____	after _____
d. Ways to use humor and laughter to reduce stress	before _____	after _____

2. Today I laughed and enjoyed good humor. Yes _____ No _____

3. What are some things you plan on doing for yourself as a result of this lesson?

4. What do you plan on sharing with someone else as a result of this lesson?

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