

Lighten Up #2: Laughing At Others!

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You cannot be mad at somebody who makes you laugh, it's as simple as that.

-Jay Leno

INTRODUCTION

Now, you know that when I say "laugh at others," I mean it in a kind way. RIGHT? Right. But let's be honest - other people, and even animals, provide us with lots to laugh at. (I know MY family does, at least!)

I'll get to kids in a later lesson - there is enough material there for an entire chapter. This lesson will be devoted to non-kid-specific topics: spouse/partner, friends, pets and family as a whole. So here's your chance: laugh at someone you love without feeling bad about it!



APPROACHES TO LAUGHING AT OTHERS ON YOUR SCRAPBOOK PAGES

1. Document something about your spouse/significant other that cracks you up.

I wouldn't be with my husband if he didn't make me laugh on occasion. It's part of his personality and his charm (boy, I hope he reads this!). Though there are times that some of his quirks veer towards the irritating, he's pretty much a funny guy in general, and we've developed our own little comedy routine in certain situations.

"Shoot" is a layout that talks about how we decide who gets to do the fun things like change diapers, take out the trash, or other mundane chores that just aren't much fun. I really enjoy this method of negotiation, mostly because I almost always win.

Journaling for "Shoot:"
Some people take turns doing chores. Others argue about it. My husband's solution is to play Rock, Paper, Scissors, which works out really well for me because I almost always win.



How I scrapbooked my silliness with my spouse in "Shoot:"

- ◇ Photos. I thought that close-up shots of my husband's hand doing the rock, paper and scissors would be the best way of conveying the tone of the layout. Simple black and white shots set the stage for the point of the page.
- ◇ Journaling. I broke up my sentences on purpose, both to fit on the right side of the page and to also make it sound light-hearted. I sometimes choose to type all lower-case journaling on my pages for mood. If you are comfortable with this, try it out on a page with a similar subject.
- ◇ Title. The words "Rock, paper, scissors" are part of the title, but I chose to place them over the photos to clarify what the photos were about. I used two colors on the word "shoot" to set it apart, and I angled it for visual interest.
- ◇ Design. This layout is all about the three photos, which are set to the left with everything else offsetting it to the right. I chose a complementary color scheme (which adds energy to the page) of orange and green, then used gray and ivory to tie it all together.

2. Scrapbook about your friends and how they add laughter to your life.

Your friends: these could be the best stories of all. From your escapades in high school or college, to present day girls' nights out, your friends provide you with tons of inspiration for humorous scrapbook pages. Dig deep into your stories and pull out a few to share in your scrapbook.

"Good Times" is the title of this layout, which is about two of my scrapping friends (who will no doubt be thrilled to see this photo used in this class!). I have had more fits of laughter, with tears coming out my eyes, being around these two women, so it's only fitting they are my example for this portion of the lesson.

Journaling for "Good Times:" I have never laughed so hard in my life as I have with these two ladies. At CHA Summer 2007, I roomed with Kimber and Sherry, and we were all a bit tired and punchy one night. Kimber was racing to get some last-minute projects finished, and she couldn't get an "R" sticker to lay right. Suddenly, every word that had an "R" in it was magnified, and Kimber became KimbERRRRRRR for the rest of the weekend. It seems completely dumb right now, but I'll never forget how my stomach literally hurt from laughing at KimbERRRRRRRRR. July '07



How I documented my funny friends in "Good Times:"

- Photos. Remember the whole "make kissy faces for the camera" trend that was going on a year or two ago? This photo was totally mocking that trend, and to me it adds to the humor of the story about my friends. Pull out those photos of your friends being strange, and don't be afraid to use them!
- Title. I took a shortcut on my title that is perfectly acceptable. I used a pre-made cardstock sticker as my title. If you're stumped for a title, or if you're like me and running low on matching letter stickers, go for it. Not every title has to be painstakingly applied!
- Design. As with most of my layouts, this is very simple. The visual triangle is still present—from embellishment to journaling block and title, but there is not much else to the layout, leaving the viewer to concentrate on the photo and the journaling.

3. Scrapbook about your silly pets.

Pets. Anyone who has ever owned a pet will tell you that they are a source of humor--sometimes not right at the moment, as you walk into the bathroom with shredded toilet paper all over it, but afterward. Not so funny when cleaning up, but funny afterward.

Our dog Lucy was the epitome of a goofy Labrador retriever: happy, tail wagging, eager to please, not too intelligent. That was Lucy. This layout "Upside Down" talks about how she would always take her naps on her back.

Journaling for "Upside Down:"

Why are dogs so strange?

My dog in particular? Lucy, our yellow Lab, never slept in "normal" doggie sleeping position. She would always, and I mean ALWAYS, sleep on her back with her mouth open. She looked ferocious since her teeth were all showing, but it was just an act...she would be snoozing away. We used to laugh ourselves silly watching her, because when she would wake up she would literally FLIP onto her feet. It was just bizarre. Typical Lucy.

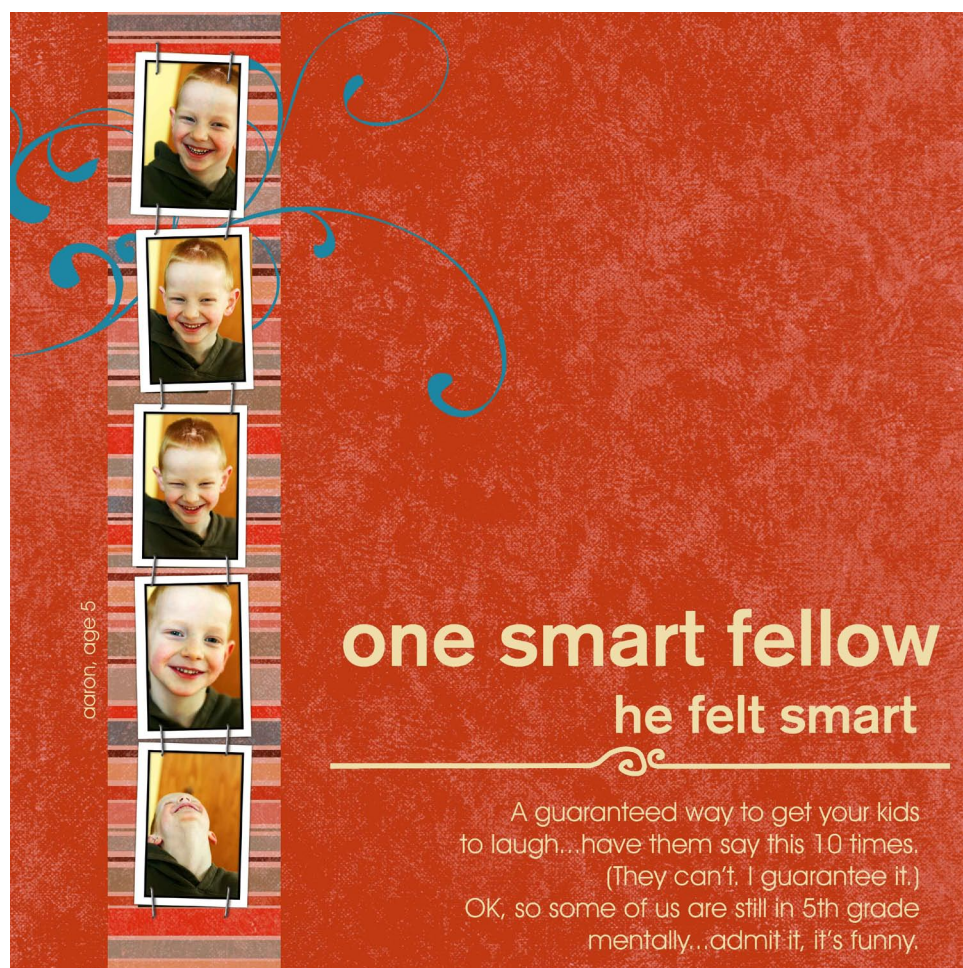


How I talked about my crazy dog in "Upside Down:"

- ◇ Title. The title is "upside down" AND upside down. Aren't I clever? Ha ha. My point here is that you can get clever with your title if it ties into the theme of your page. Plus, it's fun to do a play on words!
- ◇ Journaling. I decided to break up the journaling into two columns, divided by a thick line. It is easier to read and more visually appealing than a large paragraph.
- ◇ Embellishments. I normally avoid "cutesy" like the plague, but this little dog sticker was too good to pass up. The sticker and some color coordinated buttons were enough to set off the photos and journaling and add the little touches to make the page interesting.

4. Document things your family does that are unique and amusing.

Does your family have little private jokes--things that you do or say that seem very strange to others, but have special meaning in your family? I know we do. We don't use Chapstick - we use LIP BLAM. This came from my daughter in her early days of reading - she thought the tube would explode when we used it.! Another family phrase is "the Po tower." This also comes from my daughter, who had an obsession with the TV show "Teletubbies" in her toddlerhood. Her favorite Teletubby was Po, who was red, and for a long time anything that was red would be called PO. The Rosemont, Illinois water tower is painted to resemble a red rose, and every time we would drive by it, Abby would yell out, "PO TOWER! PO TOWER!" To this day it is the Po Tower.



This layout, "One Smart Fellow," documents another fun thing from my family. My kids, especially my youngest son, love to say this tongue twister, with the inevitable results. (Say it a few times and you'll see what I mean.)

Journaling for "One Smart Fellow:" A guaranteed way to get your kids to laugh... have them say this 10 times. (They can't. I guarantee it.) OK, some of us are still in 5th grade mentally...admit it, it's funny.

How I documented family quirks with "One Smart Fellow:"

- ◇ Photos. I used a sequence of photos of my son laughing as he would try to say this tongue twister. The photos are tied together along the left edge of the page and show the merriment that generally ensues in this situation.
- ◇ Title. I killed two birds with one stone here and used the subject of the layout as the title. I didn't make it fancy - just larger type.
- ◇ Design. I utilized a lot of white space in this layout. The strip of photos at the left is balanced by the strong title and journaling, and is enough to support the white (well, orange) space on the right side of the page.

TRIGGERS for laughing at others

Trigger #1: Visit the past.

If you're like me, you have a box of stuff from the past. This may include yearbooks, old photos, journals, and even notes you passed during school. Going through these papers and photos can trigger a flood of memories--and hopefully a large percentage of those will be funny stories you might have forgotten. Make notes and scan those photos and papers.

This can go beyond scrapbooking. I actually did this about a week ago, and in the course of digging through my school stuff I found some photos from an old band trip. I decided to look up a couple of the people in the photos, and lo and behold, I am now friends with them on Facebook and catching up on life!

Baby books and journals can also be helpful in remembering funny family stories.

Trigger #2: Talk.

Talk to your friends, past and present. Talk to your family. Talk to your spouse or significant other. Find out if THEY think YOU are funny. If so, why? Are there specific instances, or are you funny in general? Turn the conversation around - tell them why YOU think THEY are funny. This can spark not only some good scrapbook pages, but some great conversations and new memories on their own.