

Lighten Up Class 4: That's Entertainment!

Trigger #1: Your collection.

Look through your book, DVD or VHS collection and see what jumps out at you. Are there many humorous titles? If so, do they have anything in common? Do you like a particular type of humor, such as slapstick or jokes? Or is your humor more highbrow? Scrap about what type of humor you enjoy, with some examples and personal anecdotes.

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Trigger #2: Reminisce.

Think back to grade school...high school...college...life before kids. What made you laugh then in TV or movies? What books did you read just because they were funny? How have your tastes changed, or have they changed at all? Scrap about then versus now...past versus present. Or, if nothing has changed, write about that.

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