



Disguises and costumes are powerful tools for creating a playful atmosphere conducive to laughter during laughter therapy sessions. They allow participants to slip into a character's skin, explore different facets of their personality, and give free rein to their creativity and spontaneity.

Wearing a disguise is like taking on a new role and giving oneself permission to act differently, more exuberantly, more expressively, funnier. It helps to overcome inhibitions and to free oneself from usual social constraints. With a costume, one feels more at ease to pull faces, take comic poses, interact in an offbeat way with others. The disguise acts as a disinhibitor and a catalyst for laughter.

Costumes also bring a strong visual dimension that stimulates the imagination and good mood. Seeing someone disguised as a clown, a superhero, or a ludicrous character immediately brings a smile and a desire to laugh. Brightly colored costumes, with amusing accessories like wigs, hats, or red noses, create a festive and joyful atmosphere that contaminates the whole group.

In laughter therapy sessions, disguises can be used in many ways. Participants can be asked to come disguised according to a theme, for example funny professions, absurd animals, or comic heroes. This immediately creates a particular atmosphere and opportunities for amusing interactions. Disguises can also be used in role-playing games or improvisations, by inviting participants to impersonate ludicrous characters and invent humorous sketches. The costumes stimulate creativity and bodily expression, two key elements of laughter.

The choice of disguises must be adapted to the profile and desires of the participants. It is important to respect the comfort and limits of each person. Some people may be

uncomfortable with the idea of dressing up, and it is necessary to know how to offer without imposing. A variety of costumes and accessories can be planned, some more discreet, others more conspicuous, so that everyone can find something they like. The main thing is for the disguise to be a support for play and pleasure, not a constraint.

The laughter therapist himself may use disguises to set the tone and encourage participation. By showing up in a funny costume, he immediately creates a complicity with the group and shows that everything is allowed in this play and laughter space. He can also use puppets or disguised stuffed animals to interact in an offbeat way and elicit hilarity. His role is to drive a joyful and uninhibited dynamic where everyone feels free to express themselves and laugh in their own way.

Beyond the playful aspect, disguises also have a therapeutic dimension. They allow for exploring different identities, playing with archetypes, and stereotypes in a humorous way. It is an opportunity to address aspects of oneself or life situations from a new, lighter, and offbeat angle. By embodying a comic character, one can downplay one's own flaws or difficulties and laugh at them with a certain distance. Laughter in disguise has a liberating and cathartic effect.

Finally, costumes and accessories can serve as mnemonic aids to anchor joyful memories and extend the benefits of sessions. By associating a disguise with a moment of intense laughter, a strong visual and emotional landmark is created. Then all it takes is to see or briefly rewear this costume to recall the positive sensations and reactivate the inner laughter. Participants can be encouraged to keep a fetish accessory such as a red nose or a funny hat to use as a trigger for good humor in their daily lives.

In summary, disguises, and costumes are wonderful allies of laughter therapy. They stimulate creativity, release expression, disinhibit behavior and create a joyful and complicit atmosphere conducive to shared laughter. Combined with games (module 8.3), accessories (module 8.1), and audiovisual aids (module 8.2), they offer a palette of varied and complementary tools to animate memorable sessions and make laughter a true way of life serving the well-being and fulfillment of each person.

Points to remember:

- Disguises allow participants to slip into a character's skin, explore different facets of their personality, and give free rein to their creativity and spontaneity.
- Wearing a costume helps overcome inhibitions, frees oneself from social constraints, and acts as a disinhibitor and catalyst for laughter.
- Brightly colored costumes and amusing accessories create a festive and joyful atmosphere that stimulates good humor.

- They can be used in many ways: theme nights, role-playing games, improvisations. They stimulate creativity and bodily expression.
- The choice of disguises must be adapted to each person's profile, without imposing anything. The main thing is for it to remain a support for play and pleasure.
- The laughter therapist himself can use disguises to set the tone and drive a joyful and uninhibited dynamic.
- Disguises have a therapeutic dimension by allowing for exploring different identities and downplaying one's own flaws.
- Costumes and accessories also serve as mnemonic aids to anchor joyful memories and extend the benefits of sessions.