



Accessories and objects are valuable tools to stimulate laughter during laughter therapy sessions. They help create a playful atmosphere, encourage letting go and facilitate the expression of positive emotions.

The clown nose is one of the most iconic and effective accessories. By wearing it, participants are encouraged to let go of their seriousness and inhibitions and enter a more joyful and spontaneous state of mind. The clown nose acts as a trigger for laughter and good humour. Often, just putting it on is enough to feel a change in attitude and a greater readiness to laugh and have fun.

Hats, wigs, fancy glasses and other silly headgear are also highly appreciated. They allow participants to step out of their comfort zones, experience different facets of themselves and interact in a more creative and uninhibited manner. Wearing a funny hat is like taking on a new role and giving oneself permission to express one's humour and zest for life.

Other accessories such as balls, stuffed animals, puppets or soap bubbles can be used to energize exchanges and stimulate creativity. They offer endless possibilities for games, challenges and fun interactions between participants. Passing around a funny stuffed animal or throwing foam balls can quickly trigger contagious laughter.

The use of accessories also encourages physical engagement and active participation. Handling objects, dressing up or miming with accessories involves the body and helps connect to one's sensations and emotions. Laughter exercises associated with objects encourage movement, expenditure of energy and release of tensions.

It is important to choose accessories that are suitable for the profile and needs of the

participants. For example, with children or elderly people, we will prefer light, colourful and safe objects. With adults, more sophisticated or offbeat accessories can be used which appeal to their irony and sense of humour.

The laughter therapist must be creative in the choice and use of accessories. They can be used diversely from their usual purpose, invent original games or amusing stories around objects. The aim is to constantly renew the propositions to surprise and captivate participants.

Finally, accessories can also serve as a support for visualization exercises or laughter meditation. Holding an object that represents laughter, like a smiley-shaped cushion, can help focus on feelings of joy and well-being during moments of silent or internal laughter.

In summary, accessories and objects are valuable allies for the laughter therapist. Well chosen and used creatively, they promote letting go, group cohesion and positive expression of emotions. They bring a concrete and tangible dimension to laughter exercises and reinforce their impact on participants' well-being.

Key takeaways:

- Accessories and objects are valuable tools for stimulating laughter and creating a playful atmosphere during laughter therapy sessions.
- The clown nose is one of the most effective accessories for encouraging letting go and spontaneity. It acts as a trigger for laughter and good humour.
- Hats, wigs and other silly headgear allow participants to step out of their comfort zones and express their creativity and zest for life.
- Balls, stuffed animals, puppets and soap bubbles energize exchanges, stimulate creativity and promote fun interactions between participants.
- The use of accessories encourages physical engagement and active participation by involving the body and helping to connect to sensations and emotions.
- It is important to choose accessories that are suitable for the profile and needs of participants, taking into account their age and abilities.
- The laughter therapist must be creative in the choice and use of accessories, deviating from their usual use and constantly renewing propositions.
- Accessories can also serve as support for visualization exercises or laughter meditation, helping to focus on feelings of joy and well-being.