

You can watch dozens of quick jokes on ECP's YouTube channel ([EnglishCoachingCoop](#)). Each joke has a quick explanation of the important language and includes captions.

A little absurdity makes your life better. Let's laugh more!

Smiling and laughing are contagious, so why not spread the joy?

Before you read the complete article, look at this vocabulary:

It happens/happened to ...: *Coincidentally, by coincidence*

womb: *the part of a woman's body where the baby is conceived and gestated*

to berate: *to criticise or reproach a person*

daft: *silly, foolish, imprudent*

to have a paddle: *to walk with your feet in the water*

"Sod off": *a rude, informal way to say "Go away!"*

"For God's sake": *used to emphasise what you are saying when you are annoyed*

to cry out for: *a to make an obvious demand for something*

A couple of weeks ago, I celebrated my 18,200th day alive. **It happened to** coincide with the day that would have been my dad's 90th birthday, so to honour his memory and the eighteen thousand, two hundred days I have survived (so far) outside my mom's **womb**, I had a couple of pints of English ale and snacked on some of his, and my favourite food (tripe, pork crackling, pigs' ears and black pudding). Tuesdays aren't normally particularly interesting but this one was thoroughly enjoyable!

Celebrating days instead of years? "That's absurd," people always tell me. I don't care, I reply. It makes me happy, it gives me a reason to celebrate and I have a laugh with people when I explain it to them. You should see their faces when I use an app to calculate the amount of days they have been breathing air. It's both fun and funny.

But those people who **berate** me for being absurd will then dress up in ridiculous costumes and dance around the streets in unison with thousands of other Gasteizarras. They'll do something **daft** when everyone else does it at the same time (i.e. Carnival) but won't do anything fun and enjoyable on their own accord the rest of the year. Who's being absurd now?

In winter, despite the cold, I always walk barefoot along the beach and I always **have a paddle**. I don't care if I get my trousers wet or get sand in my shoes. It's invigorating and fun - especially when the waves splash over you. "Don't be silly," they say. "It's too cold to do that." **Sod off**, you miserable buggers! I reply, as I splash water in their direction.

Recently, I've been recording short videos with quick jokes to use in class. I explain some of the language that helps viewers understand the joke and I insert captions and the ECP

logo before uploading them to YouTube, Instagram and Facebook. "Why make all that effort?" I've been asked. **For God's sake**, I reply. What *isn't* fun about reading dozens of jokes every day before choosing your favourite one and memorising it to tell all your friends? The world would be a better place if everyone was reading and sharing jokes every day!

Small and simple pleasures can bring smiles to our faces and release endorphins to our brains. Laughing activates and then calms our stress response, which in turn increases our heart rate and blood pressure. The result? A good, relaxed feeling. Laughter also stimulates circulation and aids muscle relaxation, thereby reducing some of the physical symptoms of stress.

Negative thoughts manifest into chemical reactions that affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts can release neuropeptides that help fight stress and more serious illnesses.

Laughter can ease pain by producing its own natural painkillers and can make it easier to cope with difficult situations. It helps you connect with other people and attenuates depression. Do I need to list any more medical reasons for laughing a little every day?

We don't need reasons to do enjoyable, fun or absurd things. Our bodies and minds are **criying out for** positive stimulation. Feed them! You, and the people around you, will feel so much better for it :-)

I'll leave you with one of my dad's favourite jokes: "My grandfather died when he couldn't remember his blood type. He kept saying, "Be positive, be positive," but life has been really difficult without him." Do you get it? If not, ask your ECP coach to help you.

Have a fabulous and laughter-filled day!

Written by ECP coach *Rob Hextall* after reading [this](#) by the Mayo Clinic

Let's chat about that!

Write your opinions in an email and send them to your ECP coach!

- Do you know how many days you have been alive?
- Does anyone ever tell you that what you are doing is **daft** or absurd?
- What makes you smile? What makes you laugh?
- Have you laughed today? What about? Who with?



Social Events In English

Real-Life English in Vitoria-Gasteiz



iLook, iThink, iSpeak

Real Language to Express Yourself Better

Next chat: Saturday 2nd March

11:00 to 12:30 - Panadería Bertiz, C/Francia

LIVE!English presents:

COFFEE SATURDAYS!

Come and socialise in English!



The first Saturday of every month from October to June, come to Panadería Bertiz, C/Francia for a coffee and a chat in English between 11.00 and 12.30.

March 2nd - April 6th - May 4th - June 1st

WhatsApp Alison for more details: 608 426492

Next film Fri 29th March

CINEMA NIGHTS!

Come and socialise in English!

WhatsApp John for more details: 657 731354

Quick Jokes

Look at the clues below the joke

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Atheism is a non-prophet organisation.

A non-profit organisation = NGO or charity organisation

Have you heard about the dyslexic devil worshipper?
He sold his soul to Santa.

Devil = Satan

Did you hear about the Mexican train killer?
He had locomotives.

locomotive = train / crazy = loco

Two fish are in a tank.
One turns to the other and asks
"How do you drive this thing?"

a tank = a large container for water (and fish) / a heavy armoured fighting vehicle

Here's some good advice.
Learn sign language, it's very handy.

to be handy = to be useful

Why should you take a pencil to bed?

To draw the curtains.

to draw = to make a picture / to pull something

A magician was walking down the street
and turned into a grocery store.

to turn into = to make a turn into a street or place / to become something different

What kind of shoes do ninjas wear?
Sneakers.

to sneak = to move very quietly
sneakers = sports shoes