

# **16th International Conference on Humanities, Psychology and Social Sciences**

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## **Social Emotional Learning and Laughter**

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### **Abstract**

Laughter From Within is a structured curriculum that aligns with Social Emotional Learning (SEL), which utilizes children's strengths with comedy to help them grown in academic environments and crystalize learning. Curriculum was piloted on children age 8 to 14 in 4 different populations (foster, homeless, behaviorally disordered and Native American youth). Research suggests that when youth have structured after-school activities, they are less likely to participate in delinquency (dejaeghere & Murphy-Graham, 2021). Studies also suggest that humor can improve one's mental health and outlook on life (dejaeghere & Murphy-Graham, 2021). By measuring coping skills while utilizing standardized measures we have seen a positive increase in quantitative and qualitative youth's reported emotional well-being and academic performance. Feedback from parents and teachers has also been examined to demonstrate more objective outcome data. This presentation will provide examples of increased academic effectiveness and emotional wellbeing related to SEL. In addition, discuss future implications and program modification. Full data completion October 2023.

**Keywords:** social emotional learning, education, self-esteem