

# On the Loose....



**Wasfunnyonce!!!!!!!!!!!!**

## The power he may have over someone's brain:

- Ⓞ Will attempt to get the person to use a lot of humor to be funny. However, he does not realize that humor wears out pretty quickly or at times is not “funny” at all.
- Ⓞ Gets the person to have trouble recognizing appropriate times for humor and may try to be funny during a discussion in a classroom or when the moment is serious and not funny or silly.
- Ⓞ Some people may get so silly that the other children become silly also, making the group fall apart. This is called getting caught up in the “silly tornado.”

## How others feel when **Wasfunnyonce** GETS IN YOUR BRAIN...

- Ⓞ **ANNOYED**—because they are trying to follow the plan of the teacher or the group
- Ⓞ **FRUSTRATED**—because they are trying to focus on other things or their friends
- Ⓞ **GROSSED OUT**—and may not want to be around you or have you in a group
- Ⓞ **UNCOMFORTABLE**—because what you are doing is an unexpected behavior.

## Luckily there are ways to defeat this character when he tries to come invade your brain...

- 👍 **Self-Talk** “Is now a silly moment or a serious moment?” If a serious moment, then this is not a good time to crack a joke or say something that I think is funny.
- 👍 Use the **one-time-rule**: only say the word or joke once and then move on so that the joke does not get boring for others.
- 👍 Use the **5 Point Silly Scale** to help you locate where you are on the scale so you can change yourself to a 1 or a 2.