

Celebrate Tell A Joke Day

Therapeutic approaches to laughter are a sound form of complementary medicine for seniors that can help keep them in good health and good cheer.

This Thursday, 16 August is Tell A Joke Day. There are many fun & imaginative options for celebrating all week!



Here are six ways to celebrate International Joke Day with the elderly residents in your care:

1. Look at funny story books and discuss your favorite types of jokes!

2. Watch some hilarious joke videos.

[There are funny, suitable jokes for the elderly here!](#)

3. Visit a jokes website!

[Here's a great one, with lots of joke subjects for the elderly](#)

4. Make Funny Face Biscuits together!

See our recipe below 😊.

5. Print out & Get the residents to practise our 5 funny jokes on the Animal Jokes Poster!

6. Educate your staff. Here's an article about [How Laughter Helps Seniors Stay In Good Health, Good Cheer](#)



5 Funny Animal Jokes!



Knock Knock!
Who's There?
Who
Who who?
What are you, an owl?



How do you get an elephant down from a tree?
Put him on a leaf and wait until autumn!

What time is it when an elephant sits on your fence?
Time to get a new fence!



What's the difference between an injured lion and a wet day?
One pours with rain, the other roars with pain!

Why do lions always eat raw meat?
Because they don't know how to cook.



Funny Face Biscuits 😊

Serving size: 50 Gms



Ingredients	Unit	Yield 30
Plain Flour	Gms	360
Self Raising Flour	Gms	360
Butter	Gms	300
Caster Sugar	Gms	300
Eggs, beaten	Each	2
Vanilla Essence	Tsp	2
Milk	Tbsp	5
Icing Pens		

Method

1. Set oven at 160°C.
2. Sift flours, in a separate bowl cream butter and sugar. Add egg and mix well.
3. Add flours and mix into a firm dough.
4. Transfer on to a lightly floured board and knead until smooth.
5. Roll to 5 mm thickness. Cut into round face shapes with a cookie cutter or knife.
6. Place on a try. Glaze with milk.
7. Bake until biscuits are pale in colour, approximately 10–15 minutes.
8. Cool and decorate with icing pens!

Enjoy 😊

