



## The Science of Fun & Learning

### Fun Facts About FUN!

1. Having fun is serious business!
2. Fun promotes learning!
3. The human brain loves laughter!
4. Fun releases the good stuff!
5. Fun is important for adults too!

### Fun is Serious Business

Brain research suggests that fun is not just beneficial to learning but, by many reports, required for authentic learning and long-term memory.

### Fun Promotes Learning

The highest-level executive thinking, making of connections, and “aha” moments are more likely to occur in an atmosphere of “exuberant discovery”.

### The Brain Loves Laughter

When a lesson starts with humor, there is more alerting, and the subsequent information is attached to the positive emotional event as an event or flashbulb memory.

### Fun Releases the Good Stuff!

The human brain and body respond positively to laughter with the release of endorphin, epinephrine (adrenaline), and dopamine, and with increased breathing volume (more oxygen).

### Fun is Important for Adults Too!

*We learn best when we are having fun. Play, more than any other activity, fuels healthy development of children — and the continued healthy development of adults. Bruce Duncan Perry, M.D., Ph.D.*

# The FUN Test

*Are you a FUN-Sucker or a FUN-Seeker?*

**FUN-Suckers** never have an opinion until it's too late.

**FUN-Seekers** take charge and/or take direction.

**FUN-Suckers** see the potential mess.

**FUN-Seekers** just see the potential.

**FUN-Suckers** complain about doing the cleanup after the party.

**FUN-Seekers** spring for pizza for the cleanup crew.

**FUN-Suckers** drag you through the prep stages.

**FUN-Seekers** arrive early.

**FUN-Suckers** start with an excuse.

**FUN-Seekers** start with a grande latte.

**FUN-Suckers** itemize the dinner check.

**FUN-Seekers** throw in an extra twenty.

**FUN-Suckers** worry about the parking.

**FUN-Seekers** offer to drive.

**FUN-Suckers** think the event is about them.

**FUN-Seekers** know the event is about others.

**FUN-Suckers** won't dance.

**FUN-Seekers** are the first on the floor.

**FUN-Suckers** arrive late.

**FUN-Seekers** stay late.

**FUN-Suckers** count calories.

**FUN-Seekers** count cannolis.

## **Resources:**

Neurologist and educator Judy Willis's book "Research-Based Strategies to Ignite Student Learning: Insights from a Neurologist and Classroom Teacher" (ASCD, 2006)

Sean Slade, director of [Healthy School Communities](#), a program of the ASCD, an educational leadership organization.

Ron Culberson, author of [Do It Well. Make It Fun.: The Key to Success in Life, Death, and Almost Everything in Between](#), as well as *Is Your Glass Laugh Full?*, *My Kneecap Seems Too Loose*, and is a contributing author for *Humor Me* and *Chicken Soup for the Nurses Soul II*.

Oprah.com