

Humour

As Oscar Wilde said: "Life is too important to be taken seriously" in the same way Charlie Chaplin stated that "A day without laughter is a day wasted." Humour serves as a powerful and universal tool, transcending cultural and linguistic boundaries, offering a myriad of benefits in various aspects of life. Its importance lies in its ability to foster connections among individuals, providing a shared experience that promotes social cohesion and camaraderie. Whether through laughter or a simple smile, humour breaks down barriers, alleviates tension, and strengthens interpersonal relationships.

In professional settings, humour can be a differentiator, setting apart leaders who use it judiciously to create a positive work environment. It acts as a stress reliever, offering a welcome break from the demands of daily life. Additionally, humour promotes creativity and problem solving by encouraging a more relaxed and open mindset.

However, the line between humour and insensitivity is fine, and its misuse can lead to drawbacks. Inappropriate jokes may alienate individuals or perpetuate stereotypes, emphasizing the need for sensitivity. Moreover, relying excessively on humour as a coping mechanism may mask deeper issues.

Milton Berle, known in USA as Mr Television said, "Laughter is an instant vacation." As humour is a potent force that enhances social bonds, relieves stress, and fosters creativity. When wielded responsibly, it can be a valuable asset in navigating the complexities of life, but its misuse can have adverse effects, highlighting the importance of a balanced and considerate approach.

Jules Castle 24

A Myriad: a countless or extremely great number of people or things.

1. According to the information in the text, answer the following questions. Write complete sentences. (1 point each = 2 points)

1.a. Why is humour so important in our lives?

Humour is important because it strengthens social bonds, relieves tension, promotes creativity, and fosters a positive environment in personal and professional relationships.

1.b. What are the disadvantages of inappropriate jokes?

Offensive jokes can isolate people or reinforce stereotypes, highlighting the importance of being sensitive. Additionally, overusing humor as a way to cope may hide underlying problems.

2. Find a synonym in the text for these words. (0.5 points each = 1 point)

Importance: no hay ningún sinónimo de importance en el texto.

Alleviates: Relieves

3. State whether the following sentences are true or false. Justify your answer with evidence from the text. (0.5 points each = 1 point)

3.a. Excessive use of humour is encouraged in professional settings for a positive work environment.

False: The text states (lines 14-15) relying excessively on humour as a coping mechanism may mask deeper issues.

3.b. Inappropriate use of humour can never lead to negative consequences.

False: The text states (línea 13-14) Inappropriate jokes may alienate individuals or perpetuate stereotypes, emphasizing the need for sensitivity.

4. Underline the correct answer in the following questions. (0.5 points each = 1 point)

4.1. What does humour do to social bonds?

a) Weakens them

b) Has no impact

c) Strengthens them

4.2. Why is humour considered a valuable asset in problem-solving?

a) It's not relevant to problem-solving

b) It fosters creativity and promotes a relaxed mindset

c) It creates tension

5. Rearrange the words to form sentences. (0.25 points each = 1 point)

5.1. Who came to see you yesterday morning?

5.2. If water boils over 100°C, it turns to heat.

5.3. You should send your CV to businesses in your neighbourhood.

5.4. There will be pills to learn foreign languages.

6. Write a 60-80 word text on one of the following options. (4 points)

A. Humour and healthy habits.

Humour and healthy habits are closely linked. Laughter has been shown to reduce stress, boost the immune system, and foster a positive mindset.

In addition to regular exercise and a balanced diet, enjoying moments of laughter with loved ones can greatly enhance both physical and mental well-being.

Incorporating laughter into our daily lives, alongside regular exercise and a balanced diet, is essential for promoting overall well-being. This combination plays a vital role in reducing stress and enhancing both physical and mental health.

B. Have you ever been involved in a funny situation?

One of the funniest situations I've ever experienced happened at a family gathering.

While helping prepare dinner, I accidentally dropped a bowl of mashed potatoes, and it splattered everywhere—on the floor, the walls, and even a few relatives! Everyone froze for a moment, then burst out laughing.

The sight of my embarrassed face only made it funnier. We spent the rest of the evening teasing each other, and the mishap became a cherished memory, reminding us all how laughter can turn a disaster into a joyful moment.