

Honey, if you love me

Objective

Get the other person in the scene to laugh when asked the question.

Description

The game involves two players at a time. It can be played in a circle or in front of the class.

The first player recites the line:

"Honey, if you love me, won't you please, please smile?"

To which the second player replies:

"Honey, I love you, but I just can't smile."

If the second player manages to make it through the exchange without smiling, they win. Usually the game is played with some kind of rotation or King of the Hill format.

The game can be surprisingly difficult. It is best played in groups of 8-10 (or more). It is not uncommon for the whole room to explode in laughter when someone smiles or laughs.

Tips for causing smiles

Eye contact, and lots of it. Appearing as though you are fighting a smile is often effective. Resist the temptation to make funny faces.

Tips for not smiling

Calm yourself. Breathe deeply and try to slow your heart rate. Focus on something that is very mildly funny -- this seems to be easier than attempting to focus on something totally serious. Talk under your breath so your mouth muscles have something to do besides holding a straight face. Another method to avoid smiling is this: count down from 100 or try to do mental arithmetic as the person is asking you the question. When you concentrate on the numbers and not on what your "attacker" is saying or doing to you, it might not occur to you to smile. The hardest part is halting your concentration long enough to say, "Honey, I love you but I just can't smile." That will take self-control, but you can do it.

This game is a good way to observe the process and power of the laugh response. People's laughter engines take a little while to warm up, but then they are easy to start again (every comedian is aware of that).