

My 2 Mins - Laughmaster

The role of laughmaster is to relax the audience through laughter. The challenge is to use the allotted two minutes to tell a good joke or humorous story, preferably related to the theme of the meeting.

If you are using someone else's joke, try and adapt the material by personalising the story and making a few changes to suit your style. Don't forget to add some **vocal variety** and **gestures** to add some zest.

It is best to tell jokes and stories from memory. Notes only get in the way of using gestures, body movements and vocal variety.

What sort of humour is acceptable? Keep it clean and avoid religious, racist or sexist jokes. There is plenty of clean humour to be found in joke books, Readers Digest magazines, real life stories and the Internet (Do a Google Search for "Clean Jokes"). Develop the habit of collecting humour suitable for the laugh master role and practice on your friends and families. You are of course free to present original comic material.

Don't forget to smile :-)

[Pathways Note](#): More information in the Level 3 project – Know Your Sense of Humour.

My 2 Mins - Toast

Choose something relevant to the theme or a recent event to be celebrated.

Prepare a short explanation leading to the toast.

Arrive early and pour cups of water for audience members.

Give your short explanation.

Ask audience to stand.

Raise your cup, ask audience to toast <e.g. to friendship>

They repeat <e.g. to friendship> and drink from cup.

Ask audience to be seated.

Wash and pack away the cups.

Pathways Note: More information and a 2-part Evaluation Form in the Level 3 project – Deliver Social Speeches.

Online Meeting Note: Before the meeting starts, invite members and guests to bring a cup for the toast.

Other Resources:

<http://www.toastmasters.org/Resources/Video-Library/how-to-give-a-toast>

My 2 Mins – Word Of the Day

The role of Word of the Day is to introduce a word that members/guests can practice using throughout the meeting.

Before the meeting, choose a word.

Create a visual aid.

At the meeting, give some information about it, its definition and use in some examples.

Tape the visual aid to different parts of the room, so audience members and speakers can see it from anywhere and remember to use it.

Online Meeting Note: Invite members to snap their fingers or give a thumbs up each time they hear someone use the word of the day.