Humour

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Vocabulary

Awkward: causing or feeling uneasy embarrassment.

Relieve: to cause (someone) to stop feeling distressed or anxious.

Derive: to arise from or originate in.

Insight: the capacity to gain an accurate and deep understanding of someone or something.

Incongruity: the state of being inharmonious.

Nourish: to strengthen, build up, or promote.

Mirror (verb): to correspond to.

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What is Humour?

Humour is the tendency of experiences to provoke laughter and provide amusement. The term **derives** from the humoural medicine of the ancient Greeks, which taught that the balance of fluids in the human body, known as humours, controlled human health and emotion.

People of all ages and cultures respond to humour. Most people are able to experience humour — be amused, smile or laugh at something funny — and thus are considered to have a sense of humour. Humour can be used as a method to easily engage in social interaction by taking away that **awkward**, uncomfortable, or uneasy feeling of social interactions.

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