

PLAY EVERYDAY

Mary Kay Morrison, Director Humor Quest



CREATE YOUR OWN RECESS

- Bike
- Boat
- Build a fire and toast marshmallows (Yep-s-mores)
- Climb a tree
- Dance
- Hike
- Hopscotch
- Jump Rope
- Pickle
- Teeter Totter
- Swing (on real swings)

TRY THESE STRESS BUSTERS

- Chant and cheer
- Crafts
- Create and perform a play
- Color in a coloring book
- Daydream
- Games and Cards
- Jokes and riddles-
- Juggle
- Magic tricks
- Music
- Watch funny movies/cartoons

For a list of funny movies check out: <http://synergyprograms.com/beyondfunnymovies/>
Never take life too seriously- you won't get out alive.

*Additional Ideas for improving your humor practice can be found in Mary Kay's book, **Using Humor to Maximize Living**. For links to the research supporting the benefits of play, please go to Mary Kay's web site <http://www.questforhumor.com/>. Find Mary Kay on Facebook, Linked In and Twitter. Mary Kay serves as president of AATH (Association for Applied and Therapeutic Humor) <http://www.aath.org/> Contact Mary Kay at marykay@questforhumor.com*