

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

Never take life too seriously- you won't get out alive.

*Mary Kay Morrison is the founder and director of [Humor Quest](#). She has been providing staff development on the health benefits of humor, play and laughter for over 40 years. Her books are the foundation for numerous university humor studies classes. Mary Kay is past-president of AATH (The Association for Applied and Therapeutic Humor) and founder and director of the AATH Humor Academy graduate program and CHP (Certified Humor Professional) course. She is the recipient of the 2016 AATH Lifetime Achievement Award. Her mission is to share the health benefits of humor play and laughter and is reflected in her new book: *Legacy of Laughter*.*