



Take it and Make it Funny

By Mary Kay Morrison

This activity is designed to purposefully take the difficulties in your life and look at these challenges in a humorous way. Think an issue facing you right now and play with ways to turn it into fun. Here are some ideas to get you started to SEE FUNNY!

1. Take two incongruent items and see how you can make them relate.
 - a. Our staff perform like the Beatles song titled _____
 - b. Our budget is similar to blueberries because _____

2. Create a top-ten list on any topic.
 - a. One group had just had major budget cuts and there were no more light bulbs to be purchased for the year. It was wonderful to be in the dark because:
 - i. Could not see the dust bunnies.
 - ii. Fights were not observed.
 - iii. No need for sunglasses.

3. Create a *Survivor Show*. Make a list of all of the worst things that have ever happened to staff members. Brainstorm survival strategies.

4. Exaggerate the issue by creating a "How bad is it?" list. *It is so bad that...*

5. Have a design a t-shirt contest with appropriate memes for your organization.



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*.