

## Happy, Happy! Joy, Joy!

Having more fun can be as simple as taking a break during the day to watch a funny video clip online, playing with a child or your pet, or chatting with a friend who you know always makes you laugh. Keep on the lookout for the unexpectedly silly side of daily life.

But for many of us, our lives are busy and play can drop by the wayside. Since play is so important, take some time to look at how you can add more fun into your life. On the following page, you will see a list we have compiled of **fun things to do**. Let your Emotional Child take the lead as you read through the list (make sure you add your own ideas and personal favorites) and circle those you are interested in doing. Then, open your calendar and schedule a play date!

For more inspiration, check out this TED Talk on the urge to play with the world around you: **Jay Silver – Hack a banana, make a keyboard!**

- [https://www.ted.com/talks/jay\\_silver\\_hack\\_a\\_banana\\_make\\_a\\_keyboard](https://www.ted.com/talks/jay_silver_hack_a_banana_make_a_keyboard)

*“The creation of something new is not accomplished by the Intellect, but by the play instinct.”*  
~Carl Jung

*“Play is the only way the highest intelligence of humankind can unfold.”*  
~Joseph Chilton Pearce

*“Whoever wants to understand much must play much.”*  
~Gottfried Benn

*“The body heals with play,  
the mind heals with laughter,  
and the spirit heals with joy.”*  
~Proverb

*“The true object of all human life is play.”*  
~G.K. Chesterton

## Fun Things to Do

- Walk through the craft store and pick out an art project
- *Head for the beach, lake, or river and splash in the water*
- Bike to a location you've never been to before or create your own bike tour
- *Have a bonfire or campfire in your backyard and play campfire games*
- Get some friends together and go bowling
- *Make a friendship bracelet*
- Get some crayons and color in a coloring book you love or create a mandala
- *Go to a comedy club or share a good joke or a funny story*
- Grab a few friends and go dancing
- *Build a pillow fort in your living room*
- Find a "U-Pick" farm to gather fresh fruit and then bake a pie
- *Go to the local ice skating rink*
- Put together a jigsaw puzzle
- *Sing karaoke*
- Host a regular game night with friends – bring out the old favorites or find new games to play
- *Learn some magic tricks or new card games*
- Host a classic movie marathon featuring all the classics you enjoyed growing up
- *Play miniature golf*
- Go to a museum
- *Finger paint on a giant sheet of paper*
- Go to the park to throw a Frisbee or fly a kite or swing on the swings
- *Enjoy a picnic lunch at the park or in your living room*
- Find a book to read aloud to your significant other or re-read a favorite book from your childhood
- *Organize a mobile scavenger hunt – the first one back with all the things on the list wins; losers have to ...*
- Go on a star-gazing adventure and watch for shooting stars
- *Watch the sunset*
- Attend a local theater production
- *Pretend you're a tourist in your community*
- Take a walk or hike in the woods, a local trail, or in your neighborhood
- *Go to a "laughter yoga" class*
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