

THE HEALTHFUL EFFECTS  
**Laughing Matters!**  
OF LAUGHTER & PLAY



Get freed

Presented by:  
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# Laughing Matters!

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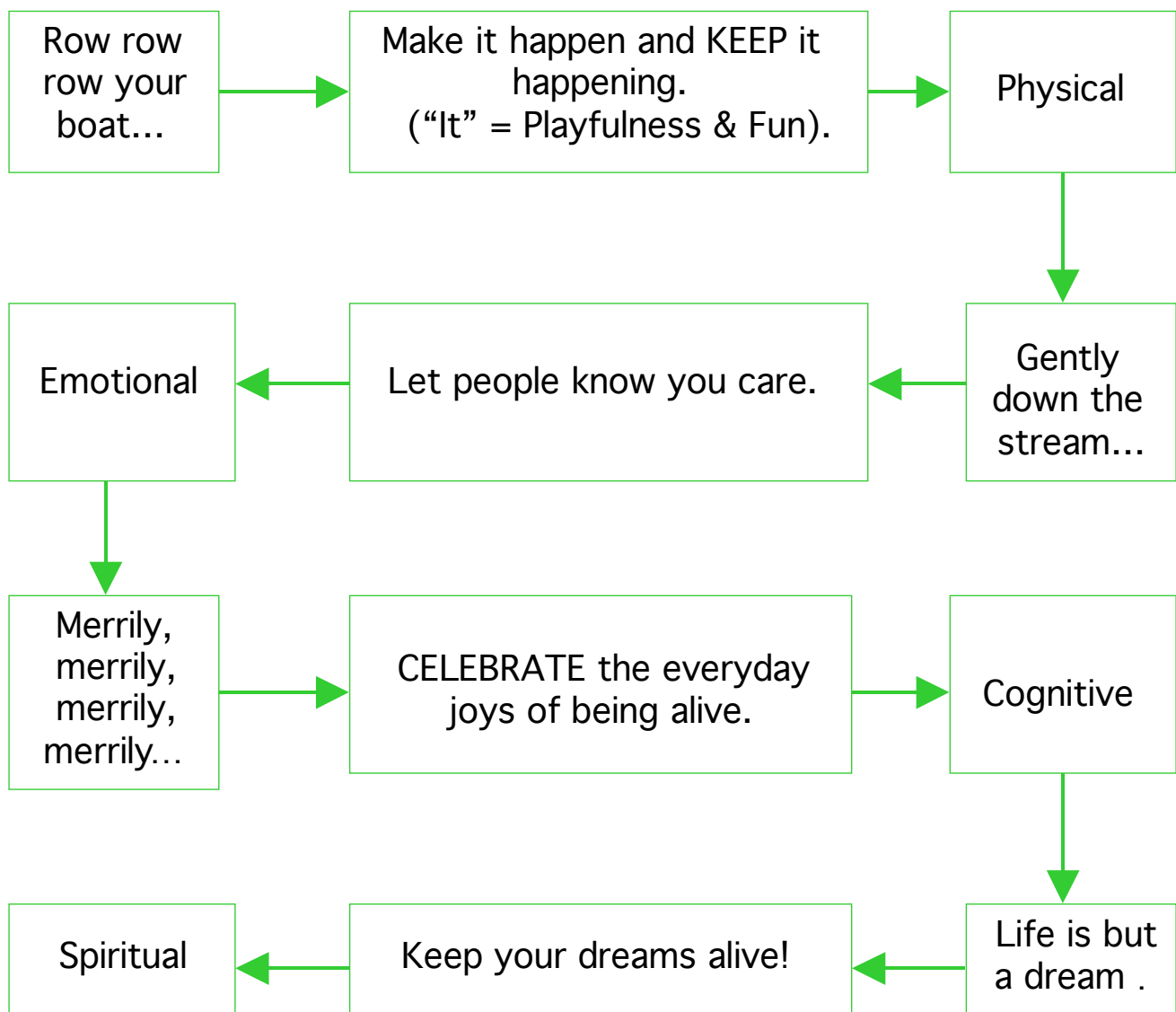
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# Laughing Matters!

## The Four Principles

or

### HOW TO STAY IN TOUCH With Your Joy-Spot™



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# Thank you...



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# I'm Sorry...



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# Fun Ideas

## Theme Days

Creating structures for having fun whether at home or at work doesn't have to be time-consuming or expensive. Most of the ideas below cost little or nothing and require no time beyond letting people know what is happening.

1. **Clothes** - Hats, odd socks, tacky tourist, tacky tie, clashing clothes, Hawaiian, colours (e.g. ebony and ivory, red for valentines day), inside out, crazy T-shirts, slippers & shades, eccentric accessories!
2. **Food** - Have a backwards meal, notes on orange rind, hot dog bananas, senior management cooks and serves food to employees, do-it-yourself banana splits, gourmet lunch, food olympics!
3. **Celebrate** - Special holidays, unbirthdays, Tuesdays, standing ovations (at meetings or in the cafeteria), crazy awards (to bosses, to employees), a person's first day on the job, airport arrivals, Christmas in July, summer in February, birthdays, helium balloons (notes inside, give 'em away, decorate or write messages on the outside), Kazoo applause, celebrity for a day: decorate their office, give a special parking spot, provide a gourmet lunch, etc.
4. **Flowers** - Bring 'em in, give 'em away with a note of acknowledgement. Have a flower that someone keeps for an hour and then passes it on. Have this accompanied by a story that each person adds to, having only seen the last preceding line.
5. **Be in the Nose:** The standard Groucho the barnyard collection: duck, cow, pig, worn for "Lighten up Canada!" Day Feb. England does this for a day!
6. **Warm Fuzzies Day** - Give compliments - recipients must just listen and say thank-you. On this day make warm fuzzy necklaces or buttons for everyone to wear. Any negative statements cost 25¢ - Money goes to the food bank.
7. **Pet Pictures** - For the bulletin board!
8. **Stuffed Animals** - Carry with you everywhere, bring in extras for those who forget!
9. **Back to School Day** - Dress like you did in grade 7, lunch box contest, sock hop, hula hoop contest, etc.
10. **Practise Random Acts of Kindness** - Anonymously do or give things - e.g. clean snow off someone's car, sharpen someone's pencils, bring someone tea, organize a compliments Campaign.
11. **Buttons** Bring in - wear and share, have some made for everyone, give 'em away, Make 'em non-toxic - "I think, therefore I'm right," "I'm the gift," "All this and brains too," "I'm nearly famous," "If I'm so busy, why aren't I rich?" "I can't be overdrawn - I still have cheques!" "Yes, I *am* a movie star."
12. **Family Day** - Bring in photos. Bring in family for lunch, have a picnic.



Marx nose and glasses. Then there's etc... Also red sponge clown nose 6th or the closest Monday. All of

# Fun Ideas Anytime

**13. Props** - Groucho Marx glasses and nose, funny pens, buttons, sunglasses, flashing lights, wigs, sparkles, teeth salad tongs, desktop toys.

**14. Contests** - Baby pictures, giant bubbles, decorated elbows or feet, golf course that goes through everyone's offices, nerf volleyball, snowman building, paper airplanes, food olympics.

**15. Humour 'Em** - Laugh book (people write in funny anecdotes), cartoon corner, jokes / cartoons on memos, cartoon treasuries or funny magazines in waiting areas, laughter cart, laughter room, the Staff Laff, humour scrapbooks for patients in waiting rooms.



**16. Games** - Non-competitive / cooperative games, charades, skits, treasure hunt, pictionary, other board games in staff room.

**17. Awards / Prizes** - Low-cost prizes given for contest winners (e.g.. slinky, can of spam, happy face cookie cutter), awards of recognition (e.g.. best hair day, nicest handwriting, perkier phone voice).

**18. Funny Names** - When giving examples, case studies, exam questions - Les Fortunate, Helen Wheels, Frank Assessment, Lynn Guinni, William Issmee. etc...

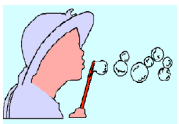
**19. Secret Pal** - People write their names, birthdays, favorite sport, colour, snack, etc. on paper & anonymously exchange papers. Each person then becomes a secret pal to someone, anonymously surprising them with acknowledgements, support, gifts, notes, poems, drawings, sayings, or special favours such as: sharpening pencils, cards, clearing snow off their car. At a predetermined time (eg. 3 months) people reveal their identities.

**20. Comedy Cart** - Gets wheeled around (like snack cart) or is stationed in cafeteria or lunch area.

**21. Rubber Fish** - In the water cooler of course!

**22. Funday** - Every Monday, people sit with new people in the cafeteria; some kind of fun activity is planned. A dish is named after someone different each week.

## 23. Meetings



a) Choose a nose-on-a-string from a brown bag - it's the "Pick-Your-Nose" meeting!

b) Each person brings in a cartoon or non-toxic joke. Between each agenda item one is read or shown.

c) Bubbles: Bring 'em out at a particularly boring or intense point in the meeting

d) Brainstorm during times of deadline pressure by taking a (short) break to list all the possible ways you could waste more time.

e) Complete meetings by everyone playing a popular ditty on the kazoo.

## 24. Written Communications

a) Minutes, newsletters & memos with cartoons, jokes, quotes, humorous turns of phrase.

b) End all business correspondence with light-hearted, relevant quote.

c) Fun post-it notes eg. "Read this and eat it before anyone finds it."

d) Circulate a relevant non-toxic David Letterman "Top Ten List."

# Fun Ideas

## At Home or Around Town

- 25. **Toll Booth** - Pay the toll collector for the person behind you - as you drive off enjoy the show in your rear-view mirror!
- 26. **Parking Meters** - Plug in someone's meter that has just expired.
- 27. **Comedy** - Watch more funny movies, shows or stand-up comics.
- 28. **Games Nite** - Get family together one night a week (or create a group of friends) to play games. Leadership rotates. The games can be a mystery up until other members have arrived. Set up agreed-upon guidelines ahead of time.
- 29. **Funny Book** - Keep a log of all the funny things your kids say to give to them when they are adults.
- 30. **Food** - Have a backwards meal, weirdest muffin contest, everyone does housework, gardening or cooking like a relay team (eg. referee yells "Switch" every 10 minutes), popcorn for dinner (after all it is a vegetable!).
- 31. **The Great Role Exchange** - Parents and kids trade roles for a day! OK, OK an hour? How 'bout 30 seconds??



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## Keynotes & Workshops



### FINDING YOUR JOY SPOT: THE ART & SCIENCE OF HAPPINESS AT WORK

Great News! Based on cutting edge research from the world of positive psychology, learn about *and experience* the power of creating a work culture where staff will feel engaged, increase productivity and experience the warmth of belonging and connection.



### BETTER THAN MONEY: THE POWER OF RECOGNITION

Get the best effort from others not by lighting a fire beneath them but by building a fire within them. Learn how to make recognition low-cost/no-cost, customized, ongoing, memorable and fun!



### LAUGHING MATTERS! MANAGING TO HAVE FUN

Learn about the value of playfulness in the workplace and experience it first hand. Laughter guaranteed. Of course.



### SIX THINKING HATS

Enrich your projects, programs and meetings through use of six thinking skills for decision-making and problem-solving.



### ROCK PAPER SCISSORS: STRATEGIES FOR COOPERATION

Productivity and engagement through recognition, validation, cooperation and creative conflict resolution. Including the 7-Step ladder for handling conflict.



### THE DANCE OF EQUILIBRIUM: BALANCING WORK AND LIFE

Who is leading in your Dance of Equilibrium? Do you have time for family, friends, fun and You? Identify your "First Things"; commit to making the changes that will bring You into balance.



### DIFFICULT CONVERSATIONS: SHIFT HAPPENS!

Understanding, handling and coping with "difficult" people; the art of conflict resolution.



### SOFTENING THE BLOW: DELIVERING THE NEWS THEY DON'T WANT TO HEAR

How to script and deliver those tough conversations while maintaining *your* equilibrium.



### JUST WHEN I THOUGHT I HAD IT ALL TOGETHER – SOMEBODY MOVED IT!

Understanding and dealing with the responsibilities and impact of uncertainty, restructuring, transition and change.

## More Workshops



### TEAMWORKS: BUILDING YOUR SELF-AS-TEAM

Cohesive work-teams: how we think, what we do, what we need to achieve ultimate performance.



### LEAD INDEED!

Leadership strategies based on direction, support, skills, motivation and confidence.



### HAVING FUN IN TRAINING/TEACHING

Everything you always wanted to know about keeping trainees/students awake and involved but were afraid to try.

*Carol Ann Fried is passionate and committed to bringing playfulness and laughter into the workplace. Creative, practical and entertaining, she is a master trainer and sought-after keynote speaker.*

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