

# Flourish!

Choose well – Think well – Live well

## Choose Laughter!

*A merry heart does good, like medicine. Prov. 17:22 NKJV*

**Laughing at something positive and funny makes our whole body feel good!**

Invite a friend, or everyone in your family, to share something that made them laugh this week.

- **Watch video clips of animals doing funny things. Or invite everyone in your family or friendship group to find a funny video and then vote which is the funniest.**

Ask someone who might be lonely or sad to tell you about something that they really enjoy doing, and then invite them to do it with you.

Choose a funny and positive film to watch with your friends or family. Make popcorn and enjoy your evening.

Play charades together with your family – acting out film, song, and book titles for everyone to guess.

Buy a toy for a young child and have fun playing with them.

Search online for fun and crazy “Minute to Win It” games that you can play at home with things you can find around the house.

- Use your finger to draw objects on each other’s backs, through their clothes. See how quickly they can guess what you are drawing or writing.

Read through a couple of chapters of the book of Proverbs in a modern version and find the funniest verses. Draw them as comic strips, act them out, or mime them while everyone else tries to guess the verse.

- **Learn how to make giant bubbles (search for the recipe online) and blow them for the children in your local park. Or use pavement chinks to write funny quotes and comments on your driveway and bring a smile to those walking past.**