

Humor How-to (continued)

More Mirth on Earth!

Here are a few simple ways to share the mirth as you strive to create more joyful workplaces and life spaces:

- **Clean Humor.** Get permission to hang Ziploc bags from the showerheads in community bathrooms (from residence halls to locker rooms) and put a new joke in there once a week. What a perfect place to share some “clean” humor!
- **Visit NoogieLand.** At Gilda’s Clubs across America (cancer support centers started by comedian Gilda Radner), a place called NoogieLand is reserved for children. Contact them to see if you can make puppets, help with projects, and more!
- **Costume Capers.** Wear a costume during your next group meeting, whether you’re a Smurf or a duck. Act like nothing whatsoever is out of the ordinary!
- **Chuckle Chow.** Serve funny foods like Laffy Taffy, Good Humor ice cream bars, Snickers candy, smiling Oreos or those McCain smiling tater tots as part of your next meeting. Or go door-to-door, office-to-office serving them out of a little red wagon.
- **Silly Stuff!** Get a group of people together to play silly kid games that were always fun like Mad Libs, Duck-Duck-Goose and Red Rover! You’re it!
- **Laughter is the Best Medicine.** Organize a trip to a local hospital or nursing home to cheer up the residents with jokes, clown noses, and good-natured ribs.
- **Grin & Greet!** Try on a new greeting or catch phrase like “Great. Groovy. I wish it was a movie!” See how people react.



“Life isn’t just the front page – it’s the comics, too.”

~ Jim Althoff

- **The Response.** Think about some creative, funny ways to respond to people’s polite question: “How are you?” Answer them with something goofy like “If I was any better, I’d be twins!”
- **Up to the Mic.** Hold an Open Mic Night for aspiring comedians. Recruit an appreciative audience, too.
- **Smile Attack!** Make a bunch of yellow smiley faces and stick them everywhere, from bathroom mirrors to memo boards (depending on campus posting policies).
- **Improve with Improv.** Do your own departmental version of “Whose Line is it Anyway?” by using improv games. It’s a great way to get the mind and the blood pumping!
- **“Jest” a Joke!** Put blank paper on a bulletin board and have everyone contribute to it by writing a funny (tasteful) joke. Or send a joke a day email to folks who are interested.
- **Funny Signoffs.** Sign emails with funny wordplays used by folks at the Humor Project, Inc. (www.humorproject.com) such as “Jest thinking of you!” or “Hope you get some smileage out of this.” Some people will think you’re a cornball yet most will probably love it!
- **Clown Nose Photo Shoot.** Take a group photo with everyone wearing a red clown nose.
- **Write on the Walls.** Is there a quote or image that just makes you smile? Why not draw it on the wall? Get a craft projector, trace it on the wall and paint it! This can spice up any home or office space invaluablely!