

Tickle your funny bone

1. Be a Joy Germ. Greet people with a smile and a friendly 'Hello'.
2. Be a generous laugher. You don't have to wait for something to be hilarious to have a giggle.
3. Subscribe to **Shayne's Friday Funnies** for the best internet humour each week. Let us have your email address on Shayne@docfunny.com.
4. Learn two jokes and share them.
5. Enlarge cartoons and display them on notice boards, walls and doors.
Invite contributions.



Whatever you can laugh at you can survive.

6. Have spontaneous routine-breaking activities such as treasure hunts, talent quests, competitions, singing and dancing.
7. Wear a funny hat. This shows people that you have a sense of humour.
8. Start meetings with a few minutes of a funny DVD, a joke or story.
9. Hold funny film nights/afternoons. Spend more time with people who make you laugh.
10. Have Magic Mondays, Wacky Wednesdays and Fun Fridays. Ideas include a nominated colour, scarves, wild hair or a hat.



Laughter is contagious. If somebody starts, it's very difficult to stop.

11. Limit complaining. There's a difference between the occasional grumble and chronic whinging. What can you do today to leave others smiling?
12. Play light-hearted music.
13. Give survival kits to new staff. Include cartoons, minties, jokes, map, stickers, teabag and a welcome note.

Laugh Laugh Laugh Laugh Laugh

14. Set up a humour library. Start with our book **You won't die laughing!** (order at www.chy.com.au) Visit second hand book shops and invite people to donate their books, CDs and DVDs. (www.chickenhat.com).
15. Add humour to newsletters. Most people are happy to relate their faux pas. Cartoons and jokes are easy inclusions.

Pain is inevitable but suffering is optional.

16. When someone asks you how you are, choose an uplifting response: "Fantastic", "Turbo-charged" or "On top of the world, it's less crowded there."
17. Jazz up staff rooms with colour, cheerful plants (living) good pictures, humorous posters, games and a dress-up bin!
18. Display a joke-a-day or riddle-a-day.
19. Hold special "Humour Days". Be a participator.



You don't have to feel like laughing to get the benefits of laughter.

20. Be generous with compliments and praise. Offer a kind word of gratitude or a pat on the back. We all need to feel important.
21. Lift your mood with "happy minutes". A sudden twirl, a wave to yourself in the mirror, singing, a hug, or a few deep breaths.
22. Visit \$2 shops for novelties you can wear and fun gifts to share. Make your own fun case or fun box and start collecting playful props.
23. Make signs funny. Deliver serious messages with a light touch.
24. Despatch humour. Add humorous notes and cartoons to emails.

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