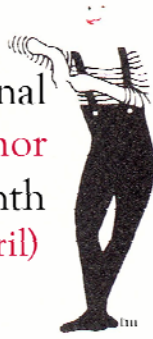




National
Humor
Month
(April)



30 Ways to Tickle Your Funny Bone & Add Humor to Your Life in 30 Days

By Steve Wilson, Director

1. **Learn about April Fool's Day** and be sure to play only safe & tasteful pranks. http://en.wikipedia.org/wiki/April_Fools'_Day
2. **Read the 100 funniest** clean jokes of all time. http://en.wikipedia.org/wiki/April_Fools'_Day
3. **Download or rent movies** on the American Film Institute's list of America's 100 Greatest Comedies. <http://www.afi.com/tvevents/100years/laughs.aspx> **Get more movie suggestions** from Bravo's 100 Funniest Movies of All Time. http://www.boston.com/ae/movies/gallery/bravos_funniest/
4. **Visit toy stores and novelty shops** to add to, your humor library of a variety of media. Invite the kid in you to come out and play. Buy something that tickles your funnybone.
5. **Wear a funny t-shirt.** You don't have to be good at telling jokes, let your shirt do it. Here's a source for kid's T-shirts. http://www.choiceshirts.com/just_for_kids/
6. **Have a TV theme music contest.** Play by yourself or invite a friend. <http://www.televisiontunes.com/game.html>
7. **Cook up fun foods,** <http://stepbystepcc.com/recipe.html>
8. **Take in the show at your local comedy club.**
9. **Read or re-read Norman Cousins'** two books that led the way to the public ar professional appreciation of humor: "Anatomy of an Illness," and "Head First: The Biology of Hope."
10. **Pay a visit the humor section of your local bookstore or library** Check out a variety of media by funny people who match your sense of humor: DVDs, books, audiotapes, videotapes, CDs.





11. **Conduct a FUNNY LITERACY session at your local library or school.** Use humor to help kids enjoy reading. Get free materials & support at <http://humormonth.com/funny-literacy.html>
12. **Learn how to tell a joke.** Practice privately or with a friend, then tell it to at least 5 people on the same day. <http://www.wikihow.com/Tell-a-Joke>
13. **Take a kid to a kid comedy movie.** Sharpen your “kid sense of humor.” Observe the kids to see if you can understand what they find funny.
14. **Capture laughter for posterity.** Make recordings of each member of your family laughing, for the family archives. Make a copy of the family laugh library for each one.
15. **Create a Funny Movie rotation.** On different nights, let each member of the family select the fare for family funny movie time. All watch; make popcorn; have fun!
16. **Learn a kid game.** Find someone who remembers a favorite game from childhood. Have them teach it to you.
17. **Put cartoons on the bulletin board at work.** Invite your co-workers to contribute.



18. **Listen to your favorite comedians,** song satires, etc. <http://www.laugh.com>
19. **Watch old TV sitcoms.** The 100 Best TV Sitcoms of All Time <https://www.pastemagazine.com/articles/2016/05/the-100-best-tv-sitcoms-of-all-time.html>
20. **Send a “Humor-Gram” joke or cartoon to a friend** that matches their sense of humor. It will tickle their funny bone. Send it via snail mail from a Secret Admirer.

21. **Shop for humorous greeting cards.** Buy some to have on hand for various occasions. “Get-well cards have become so humorous that if you don’t get sick you’re missing half the fun!”



22. **Schedule funny-hat-day** at work or school, or around the house for the family.

23. **Throw a party.** Try “come-as-your-favorite-comedian” party.

24. **Use the Sense of Humor Locator** to identify several of your senses of humor. Plan a way to express your top five, each on a different day.

<http://www.worldlaughtertour.com/nhm/sense-of-humor-locator.pdf>

25. **Create a ‘Humor Break’ space** at work, classroom, sickroom, home. Include games and toys. Pick a location where people can relax, get rejuvenated and refreshed.

26. **Set aside a Fun Shelf** in your office or space in your desk drawer. Stock it with “fun-raisers”. 27. Plan, and be sure to take, at least five one-minute “humor breaks” everyday. Make it sacred silly time.

28. **Cultivate the Outrageous:** Make faces in a mirror daily, Pay for the person behind you at a tollbooth. Face the rear in an elevator.

29. **Start a humor file** with folders for various topics (golf, marriage, sales, fishing, pets, etc.). When you come across a joke or cartoon, save it in a topical folder. You’ll be able to use them for the right occasions and send them to friends who have those interests and hobbies.

30. **Sort through family photographs and write funny captions** or one-liners to go with your favorites. When you need a pick-me-up, pull out the album.



VISIT <http://www.humormonth.com> National Humor Month - 1-800-NOW-LAFF