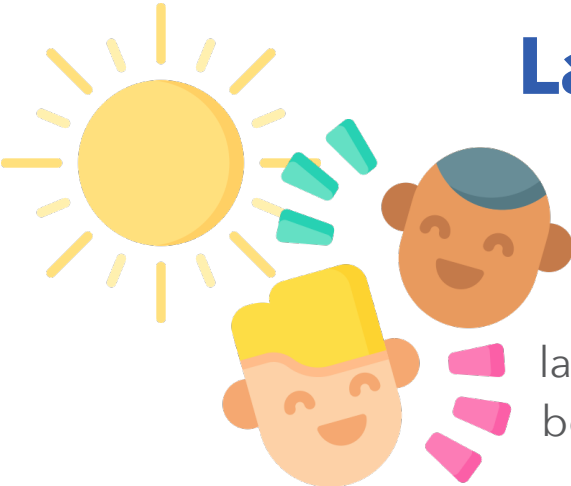


Laughing with Your Kids



Parenting is a lot about teaching, correcting, and protecting. But sometimes we can get stuck in the 'monitoring gear' and forget about fun and laughter. If it's been a while since you've had a good belly laugh, try these ideas!

Laughing Increases...



- Immunity
- Relationships
- Mood
- Resilience

Laughing Decreases...



- Stress
- Anxiety
- Pain
- Conflict



Catch them Off Guard:

- Make a funny face
- Respond in a strange voice
- Make a random animal sound
- Do a goofy walk



Become a Comedian:

- Learn some knock-knock jokes
- Get punny
- Hide joke stickies for them to find
- Host a family comedy night



Sneak Attack:

- Start a silly string fight
- Hide and surprise them
- Water balloons
- Tickle attack



Turn on Some Tunes:

- Dance party - get whacky!
- Lip sync competition
- Freeze dance
- Musical chairs



Funny YouTube Videos:

- Minions Banana Song
- I love Lunch the Musical
- I Like to Move it- Madagascar 2
- Evian Baby Commercials



Laughs Guaranteed Games:

- Twister (Mom & Dad= extra funny)
- Charades
- "Speak Out" game
- "5 Second Rule" game



Photo Shoot

- Silly props photo shoot
- SnapChat app filters
- Craziest outfits fashion show
- Blindfolded makeover



Silliness Challenges:

- Can you lick your elbow?
- Burp the alphabet
- Who can blow the biggest bubble
- Balance a spoon on your nose