



## 30 Ways to Add Humor to Your Life in 30 Days

Prepared for National Humor Month 2009

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1. Learn about April Fool's Day and be sure to play only safe & tasteful pranks.  
[http://en.wikipedia.org/wiki/April\\_Fools'\\_Day](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](http://en.wikipedia.org/wiki/April_Fools'_Day)
3. Rent DVDs on the American Film Institute's list of America's 100 Greatest Comedies.  
<http://www.afi.com/tvevents/100years/laughs.aspx>
4. Get more movie suggestions from Bravo's 100 Funniest Movies of All Time.  
[http://www.boston.com/ae/movies/gallery/bravos\\_funniest/](http://www.boston.com/ae/movies/gallery/bravos_funniest/)
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/](http://www.choiceshirts.com/just_for_kids/)
6. Have an online TV theme music contest. Play by yourself or invite a friend.  
<http://www.televisiontunes.com/game.html>
7. Cook up fun foods for kids, <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 and professional appreciation of humor: "Anatomy of an Illness," and "Head First: The Biology of Hope."
10. Visit your local library and get very friendly with the humor section. Check out a variety of media by funny people who match your sense of humor: DVDs, books, audiotapes, videotapes, CDs.





11. Spend time in a toy store or novelty shop. Invite the kid in you to come out and play. Buy something that tickles your funnybone.
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.
13. Sharpen your “kid sense of humor.” Take a kid to a kid comedy movie. 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. 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. 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.
20. Send a “Humor-Gram” joke or cartoon to a friend that 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. Earl Wilson said, "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 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. Develop, or add to, your humor library of a variety of media at work, classroom, sickroom, home. Include games and toys. Pick a location where people can relax, get rejuvenated and refreshed.

26. Set aside a shelf in your office or a desk draw that you stock 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.



National Humor Month – [www.humormonth.com](http://www.humormonth.com) – 1-800-NOW-LAFF