

Over 150 Ways to Add Fun and Joy to Your Life

By Nick Arnette



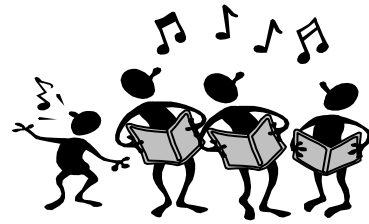
1. Personal stories
2. Remembering the things we did when we were kids
3. Watch and listen to the funny things children do and say.
4. Ask, do you ever...?
5. Don't you get annoyed when...?
6. Funny sayings you see or hear (on coffee mugs, bumper stickers, etc.)
7. Humorous memos, or adding some humor to a memo
8. You know you're getting older when...
9. Funny comedy videos during breaks or monotonous work
10. You know it's going to be a bad day when...
11. Impressions
12. Song parodies
13. Newspaper or magazine articles
14. Running gags
15. Props
16. Joke of the week hotline
17. The tale of woe
18. Humor bulletin board
19. Puns
20. Show people how to do something, by showing them how not to do it correctly.
21. Blame everything on the mystery person. Make up a scapegoat name.
22. Joke books
23. Old jokes
24. Who do you look like?
25. Talk about what you would like to invent.
26. Cartoon books (Farside, Herman, Dilbert, etc.)
27. Improvisational comedy
28. Slogan contest
29. Wear fun clothes (Hawaiian shirts etc.)
30. Make up your own version of Jeopardy or Wheel of Fortune, etc.
31. Running games of chess, cards etc.
32. Jigsaw puzzles
33. Retro Video Game or DVD exchange program
34. Music exchange program (or share streaming playlists)
35. Book exchange program
36. Baby picture game
37. Art contest
38. Essay contest
39. Cartoon or joke of the day/week
40. Brainstorming sessions for fun ideas in the workplace
41. Put on a show, talent show etc.



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42. **Photography exhibit**
43. **Poetry reading**
44. **Hold some meetings outdoors**
45. **Hold some meetings in a private home**
46. **Awards ceremony**
47. **Start the day with a sing along**
48. **Do the hokey pokey dance**
49. **Bagels or donuts on Monday**
50. **Group line dance lessons**
51. **Dance through the decades (lots of them on YouTube)**
52. **Have meetings on site (Toastmasters, Rotary club etc.)**
53. **Create a fun waiting area**
54. **Have a picnic or barbecue during the work day**
55. **Have outside speakers or entertainers during lunch or meetings**
56. **Limo for day**
57. **Funny calendars**
58. **Nerf basketball, football, Frisbee, golf, etc.**
59. **Retro video games-Pacman, etc.**
60. **Softball game, kickball, volleyball, whiffle ball, etc.**
61. **Snowball or water balloon fight**
62. **Office treasure hunt**
63. **Theme days (silly tie, tee-shirt day, hat day, cheap sunglasses day etc.)**
64. **An office yearbook**
65. **Call in well days for staff**
66. **Swear box, whining box, etc.**
67. **Excuse of the month**
68. **Add humorous item to each meeting agenda**
69. **Replay stressful situations using humor**
70. **Reward yourself for completing undesirable tasks**
71. **Learn some magic tricks-find some on YouTube**
72. **When you're really stressed, tell the office "I need a standing ovation right now."**
73. **Have a special person of the week/month and have employees anonymously write comments regarding the qualities they like or admire in that person.**
74. **Have employees give bonus points to employees who are demonstrating an outstanding attitude, customer service, etc.**
75. **Surprise gift certificates and shopping spree where employees are taken to a mall with a gift certificate or money and are given an hour to buy something for themselves with it.**
76. **Make up a list of things that make you happy and do at least one of them a day.**
77. **Write down the names of all the people or things that tick you off on toilet paper and flush them down the toilet.**
78. **Picture someone who is a jerk wearing a diaper.**
79. **Read or listen to something funny before a difficult task.**
80. **Make sure there is someone in your life that can make you laugh.**



81. Hire at least one funny person in the office, who you can always count on to lighten up the atmosphere.
82. Collect some fun toys to have around the office.
83. Have some fun or humorous rubber stamps
84. Subscribe to humor publications or surf the net for humorous sites.
<https://www.makeuseof.com/tag/15-funniest-websites-best-humor-web/>
85. Make up your own top ten list.
86. Surprise treat day- popcorn cart, ice cream cart etc.
87. Make up a fun quiz about people in the office/ church
88. Monthly/weekly drawing for a free tank of gas/ car wash etc.
89. Traveling flower bouquet
90. Laughing contest
91. Use funny stories you read or heard to illustrate a point or idea
92. Create a funny meme
93. Funny photo apps
94. Pinterest
95. Instagram
96. Facebook feed
97. Twitter
98. TikTok
99. Funny text messages
100. Keep a humor folder on your computer
101. Who is it? (unknown facts about co-worker's hobbies, awards, family, etc)
102. Create special interest groups (foodies, movie buffs, music fans, cooking, etc.)
103. Learn to laugh at yourself. You'll have a never-ending source of material!
104. Start a conversation with, "Here's what I'd like to see happen."
105. Play office theme songs to pump you up! You all add your favorites to the list
106. Make light of odd facts about yourself.
107. Musical Chairs
108. Who is it? (Guess facts about co-workers)
109. Board games
110. Change your ringtone to something that makes you smile
111. Learn to juggle
112. Fun virtual backgrounds
113. Ask Alexa or Siri to tell you a joke
114. Ask Alexa or Siri to give you a compliment
115. Funny face photo apps on your phone
116. Assign numbers to jokes you and your friends already know to save the time of telling it again. Ex: This is a joke number 323 moment!
117. Zoom/Virtual Bingo
118. Google Chuck Norris jokes
119. Personalized birthday memes. Just search for Happy Birthday (insert name)
120. Create music playlists that make you happy (Spotify, YouTube, etc.)
121. Funny/Humor apps for your phone. Pick some you like.



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122. Virtual game night with friends. Trivia is also great for this.
123. Virtual movie night with friends. Use the chat box to comment on the movie.
124. Wear a fun or funny face mask
125. Brighten someone's day by sending them a handwritten card, old-school style!
126. Scented candles, oils (some smells are good for mood boosting such as citrus)
127. Speak in a positive tone of voice. Your mind will follow!
128. Use emojis to express yourself. Find the perfect one at: <https://emojipedia.org/>
129. Smart TV Channels-Just search for "Funny" in the Channel store section. You'll find plenty, and a wide variety.
130. Streaming fitness classes such as Yoga, HIIT workouts, etc.
131. Virtual Happy Hour
132. Join some Facebook Groups. Chose a topic or topics that interests you. Interact with the group.
133. On Alexa say, "Alexa, inspire me"
134. Ask Alexa or Siri to give you a compliment
135. Aske Alexa or Siri to tell you a joke
136. Learn about Benford's Law of number distribution. Strange but true!
137. Do the birthday game. See how long it takes to find two people in the same room with the same birthday.
138. Have a humor buddy or two with whom you can exchange funny memes.
139. Play fantasy sports, such as football, etc.
140. Find an online club for things that interest you
141. Search for online forums of different subjects that interest you and interact
142. Get a pet or volunteer to care for pets
143. Walk a dog. Great way to meet people
144. Download Libby library app and listen to audio books for free
145. Search YouTube for comedy genres or watch your favorite comedians
146. Create a bucket list of fun things you want to do.
147. Marco Polo App. Send video messages to your friends.
148. Virtual Team Building. Here's a good list: <https://museumhack.com/virtual-team-building-for-remote-teams/>
149. Learn a new language
150. Take an online class through Coursera. Many are free: <https://www.coursera.org/>
151. Create funny sound effects for yourself when you're getting up, sitting down, etc.
152. Subscribe to podcasts. Motivational, inspirational, educational, funny.
153. Take a stand-up comedy class. They even have virtual versions now.
154. Always be on the lookout for new things that bring you joy!

- ❖ You can find a lot of jokes for free on the web. For example, open Google, and search for "jokes for meetings," "clean jokes about _____," etc. You'll find plenty. Pick a few of the best ones.

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