

Ideas to make you smile

Go over to a friend and make funny faces.

Write a letter telling someone what you like about them.

Ask a friend, “What’s the funniest thing you’ve heard today?”

Draw a picture of you and a friend together.

Play with a hula hoop or jump on a trampoline.

Find a funny or cute video on YouTube.

Ask a friend to do your hair in a crazy style.

Blast your favorite music and dance around like crazy.

Bake something that has a silly face on it.

Make a magazine collage of things that always make you smile.

Grab your camera and go outside to photograph things that make you smile.

Commit a random act of kindness and tell that person to pass it on. See here for some ideas www.randomactsofkindness.org/kindness-ideas

People-watch and make up a conversation: find two people sitting talking, and make up a ridiculous conversation that they could be having.

Elf yourself or a friend. The on-line version is only available at Christmas time, but you can download the app for your ios or android device now by visiting the appropriate app store. It’s free!

Laugh out loud. Even if you start out with a fake laugh, it soon becomes a real one!

Hum your favorite song.

Play *Teeth*. See our Ice Breaker activity factsheet for instructions on how to play: www.outofschoolalliance.co.uk/downloads/IceBreakers.pdf

Pretend you are a sleeping cat with a friend - see who can get into the silliest position.