

Sometimes we've just got to lighten up and play.

Let's get out and practice everything we know
about the healing powers of fun & play.

A Soul School Course by Melody Ross

Just for the Fun of It

raiways love it when i see other people of	oing for turn.
r	nakes me laugh every time.
I feel so alive and so young when I	
When I was younger, I	for fun.
I always wanted to try	
If wasn't so ric	diculous, I would do it.
When other people play, I think they are	
I am secretly jealous of people who	
I think	is so fun to watch.
If I had the supplies, I would love to	
If I had the tools, I would love to	
If I had the money, I would love to	
I know I could make time for	right now.
I know I make excuses for not	
If I had more confidence, I would	
I would feel so much better if I had fun do	oing
It is silly to feel guilty for having fun becar	use
I wish everyone would have fun because	

dress up

sing along to a song at the top of your lungs

draw a
hopscotch
course and
jump it
3 times

dress up
in the most
ridiculous
outfit you
can put
together

make

something

out of

reenact
a scene from
your
favorite
movie

find a park
and go for a
ride on
the
swings

practice on a hula-hoop count how
many times in
a row you
can jump on
one foot

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learn a new dance on YouTube learn a magic trick on YouTube

build a
tower out of
everything you
can find made
of plastic

make a blanket fort just for you

make a trail
through your
house with tape
and see how many
ways you can
follow it

gather all of the tiny things you can find and arrange them to spell your name

choose one art supply and make an entire project with it count how
many times you
can throw and
catch a ball
with one
hand

go to a thrift store and find a great costume make a ring toss game out of stuff in the house

draw
something
awesome with
sidewalk
chalk

dig a hole and make a castle out of dirt or sand

kick a
ball 100 times,
go across
the house or
yard as many
times as it
takes

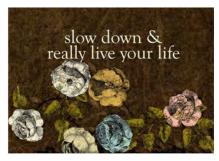
learn a
new joke or
funny story and
practice telling
it to
others

get out the crayons or markers and colorbook... have fun

invite some
friends over
for a tea party
...imaginary
friends count
too

You do not need permission to be amazingjust go and do it.









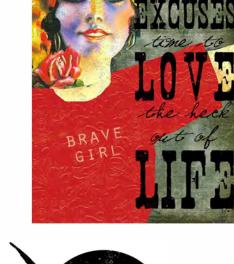
The body heals with play...
the mind heals with
laughter...and the spirit
heals with joy.

Of course you can...



...just try...you will see.





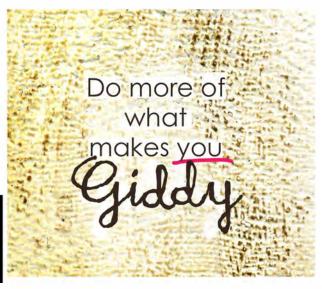
go & do something fun (11's good for you)



SET YOUR
HEART FREE
let nothing

No more putting guilt trips on yourself or letting anyone else do it.

something wonderful is going to happen today.

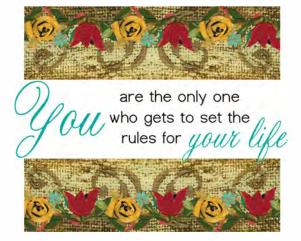


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Go out and create the life you yearn for... be brave.



oh yes you can.







nat prought her peace and she protected to at her limitations were and turned them in ie knew that while not everything turns or he tried and then she tried again and then ter what the circumstances were. She fille re rarely things. She made everything mor d. She did ry step of h ter how diff g from eve ed and dan ing. She was kindness believed the she had a big dreams She decide w there had iced what lat was best ed that pe ries. She can ed them int leved that 1 ing turns ays turns o d again ar She mad stances wei fe with this e made eve 'ul. She was joy every step of her journey, and always m matter how difficult the stretch of road l sang. She was a friend to all. She spread believed the best in everyone. She forgave big dreams and hope in all of it big enoug there had to be a better way. She dug in an