



Just for the
fun
of it

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

I always love it when I see other people doing _____ for fun.

_____ makes 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 ridiculous, 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 doing _____.

It is silly to feel guilty for having fun because _____.

I wish everyone would have fun because _____.

sing along
to a song
at the top
of your
lungs

make
something
out of
clay or
play-doh

draw a
hopscotch
course and
jump it
3 times

dress up
in the most
ridiculous
outfit you
can put
together

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

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

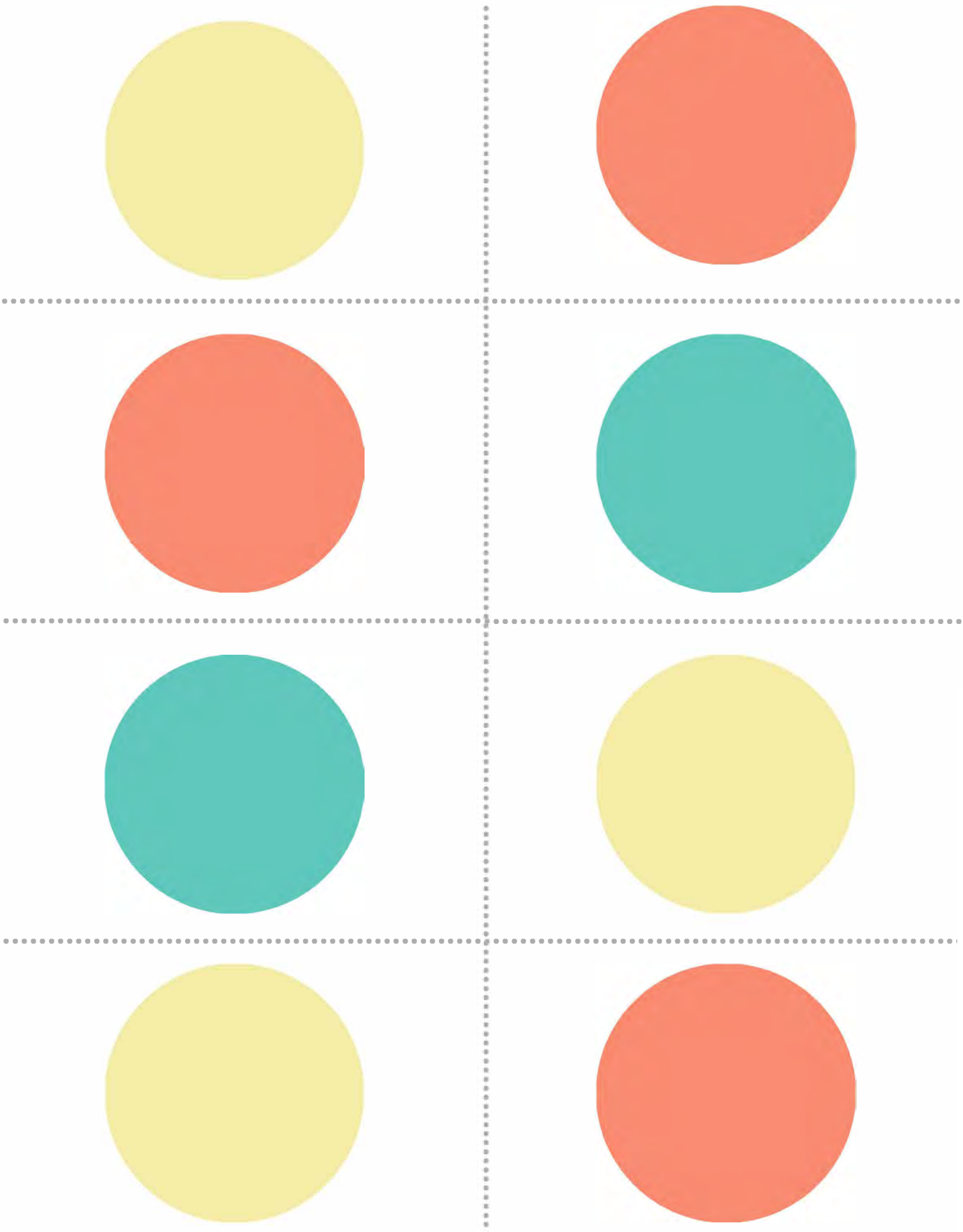
dig a hole
and make
a castle out
of dirt or
sand

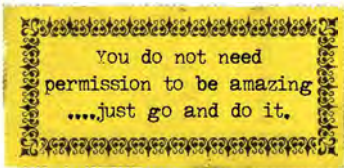
kick a
ball 100 times,
go across
the house or
yard as many
times as it
takes

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





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



