



Play Time — It's Not Just for Children!

Did you know that the average four-year-old laughs 400 to 500 times a day? And the average adult laughs about 12 times a day. And that's on a good day!! We need to add more play to our lives. Playing makes us happy, helps get rid of tension and stress, helps with learning, and makes it easier to work with children. Take time to play every day!

TALK TO YOURSELF IN FUN WAYS

Add some humor to your day by talking to yourself. Make a list of clear, short statements that help you to think about yourself in positive ways. Try some of these:

- My body, mind, and spirit are joyful and happy.
- For every problem, there is an answer.
- I enjoy others for who they are and for what they say.
- I see humor in the world and in myself.
- I'm thankful for what I have.
- I laugh at myself, not at others.
- I like myself.

TREAT YOURSELF

"Me" is often the last person on the list, especially for child care providers. Caregivers naturally think of others' needs before their own. But that can backfire in the long run and can lead to stress, burnout, or make you sick. Treat yourself like you do your car. We all know it can hurt the engine

and other parts of the car to drive to the very last drop of gasoline. Your body is like that car. If you drive yourself to the very last drop, it can be just as harmful. Always have some reserve in your tank and take time to top off your tank.

It is not money that limits us, but rather our minds. Think of what makes you happy. Make a list of 25 things that you love to do. Pick one thing on your list and do it this week. Next week, try one more.

Take time
to play every day.

FUN THINGS TO DO:

- Buy something silly and wear it when you're driving, going shopping, at the dentist or doctor, and when you're caring for children. Try Groucho Marx glasses or a big red clown nose.
- Take time to laugh. Gather your family together and talk about funny things you did in the past



**List 25 things
you love to do. Do one
this week.**

week. It is a time to laugh at yourself, not at others. Other family members may want to take a turn sharing the funny things they did.

- Start a “just for fun” corner in your home. Include funny books, baskets of hats, masks, noses, and wands.
- Do something nice for someone when they don’t expect it.
- Write down your favorite “bad words” and give each of them a number. If someone is getting on your nerves, don’t say the word, just say the number. The person will never know and you might feel better.
- Read funny stories to the children.

- Have a smile day. Ask the children to bring something from home that is funny.
- Teach children the difference between “good” fun, which makes everyone happy, and “bad” fun, which may hurt others.
- Start a list titled, “Kids Say the Funniest Things.”

**Kids Say
the Funniest Things**

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