

## **How To Have More Fun At Work**

(adapted from *Finding Joy In Your Job*, © 2007 by Pat Healey)

Here are some easy ideas for bosses or their team members to implement. Even if it falls flat, at least you were willing to try something new, and maybe the melted box of ice cream sandwiches will be something you laugh about for years to come. The whole idea is to make your workplace somewhere people actually *want* to be.

- Afternoon energy breaks to combat post-lunch dip: put on an up-tempo Motown tune and everybody dance now.
- Got Spring fever? Lead folks on a quick jaunt around the block or the complex and soak up some fresh air.
- Summer in the city? Popsicles or frozen yogurt for all.
- Is your son raising money for band uniforms? Get him and a few pals to stop by with a tuba, a trombone and a glockenspiel for a few minutes of marching music and then pass the hat with the fuzzy thing on top.
- Make a habit of thanking people with a handwritten note.
- Have a Bring Your Dog To Work Day (one dog per day!). Furry hugs are terrific stress relievers.
- Do you have a bumper crop of tomatoes, apples or lilacs? Bring enough for everybody.

- Get some gold stars and stick them on deserving memos or foreheads.
- Compose a team song or poem and perform it.
- Adopt a team mascot and bring in a *representation* of it—please, no live wolverines!
- Spoof a popular TV show—when you have a marathon project to finish, serve gummy worms and chocolate turtles and pretend you're on *Survivor*.
- You can't go wrong with balloons just because it's Tuesday.
- Bring in a bag of fortune cookies—or even better, insert your own company-centric fortunes.
- Promote Funny Hat Day, or pass out big nose glasses.
- You can fight over who gets to plan April Fool's Day.
- Afternoon microwave popcorn breaks.
- Ask your boss to subscribe to the local newspaper or *O Magazine* to read during lunch.
- Fill everybody's desk drawer with gorgeous fall leaves.
- Hide nuts still in their shells, have a nut hunt, then sit around at lunchtime with nutcrackers and tell squirrel stories.
- Play musical chairs to win a restaurant coupon.
- Have weekly drawings for other prizes.
- Have an Easter egg hunt or carve a jack 'o lantern in the image of your boss. Put green food coloring in the water

cooler on March 17. Bring maracas on Cinco de Mayo. Plant a tree on Arbor Day.

- Celebrate lesser holidays too. Every day of the year honors something and someone, just look ‘em up online. Did you know February 28 is Inconvenience Yourself Day or that March 1 is National Pig Day? I thought not. Celebrate Alexander Graham Bell’s birthday with a game of telephone.
- If you’re feeling altruistic, how about spending several lunch hours crafting valentines for an eldercare center? How about an old-fashioned quilting bee and make baby quilts for a children’s hospital? There’s no limit to what you, your teammates and some imagination can do.