

# C'MON, LET'S HAVE SOME FUN

Well, the holidays have come and gone. Hopefully, all the preparations brought joy and family fun to your home. After so much time spent in making sure everyone else was having fun, the gifts were just right and everyone was well-fed, it's time to have some fun without the expectations that come with the holiday season. "After all, why should children have all the fun? Fun is good for your head, your heart, your spirit, even your blood pressure. So c'mon let's play. Give yourself a break—take time off from worrying and trying so hard. Be silly for a change. Try to remember what children haven't yet forgotten."<sup>1</sup>

"Like a thermostat, play kicks in when the internal environment is too hot or too cold and brings things into a more tolerable balance. Play brings balance to our emotional lives. It is how we process what happens to us, and how we communicate what we are processing. It is how we breathe air into our emotions and how we find out what we are feeling."<sup>2</sup>

"Research shows that we are most productive, persistent, creative, and flexible when we're engaged in a combination of activities that brings us maximum fun. Your fun isn't a frivolous indulgence. It is the map of your true life, an instruction manual for your essential purpose, written in the language of joy."<sup>3</sup>

"Every day brings a chance for you to draw in a breath, kick off your shoes, and step out and dance—to live free of regret and filled with as much joy, fun and laughter as you can stand. Make this year a time when you decide to make every moment count, to relish each day as if there would never be another. And when you get the choice to sit it out or dance, I hope you dance."<sup>4</sup>

## QUOTABLE QUOTES

---

<sup>1</sup> Winfrey, Oprah. "Calendar" *The Oprah Magazine*, May 2002.

<sup>2</sup> Epstein, Mark MD. "Play's The Thing" *The Oprah Magazine*, May 2002

<sup>3</sup> Beck, Martha. "The Clue Is in Your Funprint" *The Oprah Magazine*, May 2002

<sup>4</sup> Winfery, Oprah. "What I Know for Sure" *The Oprah Magazine*, May 2002

“If life doesn’t offer a game worth playing, then **invent** a new one.”  
Anthony J. D’Angelo

“You only **live once**—but if you work it right, once is enough.”  
Joe E. Lewis

“Keep your **face to the sunshine** and you will not see the shadows.”  
Helen Keller

“Laughter is the **shortest** distance between two people.”  
Victor Borge

“Fear is the lock and laughter **the key** to your heart”  
Stephen Stills

**HAVE SOME FUN**

[www.itsourturntoplay.com](http://www.itsourturntoplay.com)