



let's get messy
take some time out to enjoy some creative
pursuits, get out your sketch book or your paints
and make a mess! just like you used to as a child...

have more fun
do something just for fun... too often we spend our
time doing things we feel we SHOULD do... do
something that you want to do JUST FOR FUN!

laugh and play
Have a good laugh - see a
comedy - play a game

Write about your fun on this sheet...

