

Print out the
LAUGH memory
verse PDF.

Create your own
motions for the
verse and
memorize it
together!

Take some time to reminisce over funny family moments, but make sure no one's feelings get hurt!

Pray and thank God for the gift of laughter. Ask him to continue to bless your family with joy filled times together.

Tell jokes at the dinner table one evening.

Look some good clean ones up ahead of time and have fun!

As I always say, the cheesier the better!

laugh

Have a good ol' fashion staring contest! The rules are simple:

1. You can't make weird faces at the other person. Just stare at them:)
2. First person to smile loses!

Read Proverbs 17:22 (NIV) together: "A cheerful heart makes you healthy..."

Discuss together- What does this verse mean?

Is there someone you know who could use some cheering up?

What can your family do to bring a smile to that person's face?