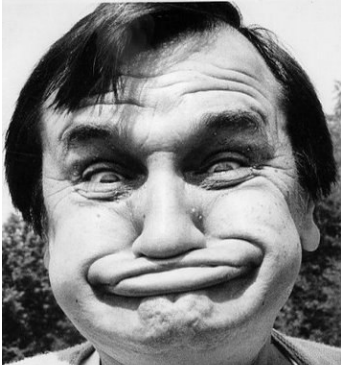


# **FIND THAT CHILD INSIDE**



**Did you know that, according to a recent study, the average pre-school child laughs up to 400 times per day and as adults we laugh a mere 17 times per day. This is just ridiculous and it's time, as adults, we stood up and started acting like children again!**

Life can get you down if you let it. As an adult there is some serious stuff we have to deal with ... like this money thing! Don't you hate the fact that every time you want or have to do something, there is someone with there hand out for money! Do you remember as kids ever worrying about that?

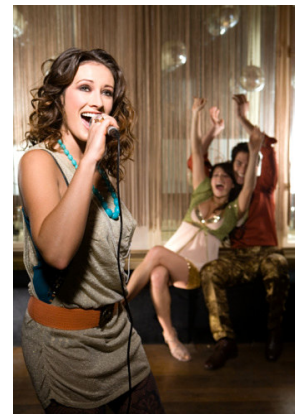


Children have dreams, take chances, do crazy things, laugh with friends, think that bodily functions are hilarious, don't really care what others think, are inquisitive and just love life & have fun.

You used to be a child and be like this...what happened? I understand that there are things as adults we have to do that as children we didn't - and I know we have more responsibilities than we did as children. But does that mean we have to lose our zest for living and our passion for discovery and excitement? Why not live like an adult, but act like a child whenever the opportunity arises. You will be a happier and healthier person as a result.

You may be sitting there thinking how you will do this, so let me give you some suggestions. If you are reading this and thinking "oh, stop being so childish" then you need it more than you know! Being childish is the whole point!

- Have a party with people that you love being with and don't talk about serious stuff. Laugh, dance and sing.
- Go to an amusement park and go on the rides and scream like a child
- Make funny faces
- Laugh at farts – you know you want to but you don't think you should! They really are funny!
- Slide a whoopee cushion under someone's seat!
- Play more games
- Sometimes read comic or joke books
- Sometimes watch movies that are silly
- Buy a karaoke machine and pretend to be a rock star on your own!
- Kick the footy and pretend to be a football star
- Forgive, forget and move on to the next thing – as children do
- Be passionate about whatever you do – or say out loud "I am bored" and then change it
- On a trip with someone ask "Are we there yet?" over and over again!



***Have fun and love life and you will live it for longer and be happier and healthier – Be a child!***