

“You know it’s fun....having fun”

Imagine yourself at the age of 8 or 9. You’re out having some real fun. What were you doing? For some of us this is a scary thought, because when we begin to really think about it, it may have been the last time we really did have fun.

When I thought about this it was a hot, summer day. I was on my brand new tourquoise Schwinn heading for the library. I just loved that I had my very own library card. It was something to put in my wallet with my quarter. And being at the library was more fun than riding my skateboard!!

And it was fun....having fun!! The characteristics of fun? Different for all of us, but some patterns include laughter, feeling joyful, loving what you are doing, time going by quickly. All good stuff, right? So why is it that for many of us we haven’t had fun in a while.

The definition of fun shed some possible light on our avoidance to fun. It comes from the root word, fomne, a fool or foolish. As we get older we don’t want people thinking we are foolish! Have you swung on a swing lately, hung from monkey bars, skipped? Why not???

And of course there is that time thing. I don’t have the time...I have serious,important work to do! Oour lives are so busy....so full....we are running all the time. Have you heard that children laugh 350 times per day and adults 12!!

We have forgotten how important it is to have fun in our work place and in our homes. And it is time for us to put fun on the priority list.

One study found that employee who had fun at work were less likely to be late or absent. Job turnover was lower and motivation and productivity were higher. Employees were more creative, more productive, better decision makers, got along better with others. If indeed you can’t laugh or can’t have fun it is a good sign of burn-out.

Fun at work fell into two categories. One that is structured – parties, celebrations, special events sponsored by the organization and the second source was pleasure in the work itself. Imagine, pleasure in the work itself and the people you work with.

So, here are some ideas for fun at work.

1. Start with smiling more (people will wonder what you are up to)
2. Put joke or a quote on the end of an email or your meeting agenda
3. Play music – try some of the music from when you were a kid....
4. Have an Elvis day.....
5. Ugly tie, shoes, socks, shirt.....day

Next article I’ll tell you about my visit to a kindergarten class.....not there are some great fun ideas!!

“If you want more creative workers.....let them play more” John Cleese

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