

# 101 WAYS

to increase employee morale, productivity  
and group cohesiveness through humor.



A third of your awake adult life spent at work, you might as well enjoy it.

From individual activities such as reading office jokes, to team-building games using improv, to community-wide fun at work through a Talent Show, here are **101 ways to get you started to a happier, healthier, more creative and productive office.**

(AN)DREW  
TARVIN

# PERSONAL HEALTH

Break up the workday with some physical activity, laughter, or even meditation to help reduce stress, improve blood flow and even burn calories.

**RELAX AND RECHARGE**

Spend 15 minutes a day relaxing and recharging at recess.

**WALK AROUND**

Start a walking group at work; map out a route through the office that has you walking for at least 10 minutes.

**BE HULARIOUS**

Hold a hula hoop contest.

**SLEEP**

Take a nap at work.

**BREATHE**

Take 10 deep breaths every hour.

**SMELL THE ROSES**

Take a break to take in your surroundings.

**BUST A MOVE**

Dance in the elevator.

**BUST A MOVE TOGETHER**

Better yet, have a 3pm dance party.

**EAT AND BE MERRY**

Have a “laugh lunch” and watch clips from The Office.

**TAKE A BREAK**

Install software like InstantBoss to make sure you take regular breaks throughout the day.

# MOTIVATION

Kick things into higher gear with some motivational tweaks to your every day work and see your productivity shoot through the roof.

- BE INSPIRED**  
Start off each day by watching an inspirational video.
- LOCK-IN INSPIRATION**  
Create easy-to-remember, hard-to-hack, inspirational passwords.
- PUMP IT UP**  
Get energized for the day by listening to some of your favorite songs on your commute to work.
- ROCK IT OUT**  
Create a playlist of fast paced rock music or equivalent; listen to it while doing less than exciting work.
- LISTEN CLOSELY**  
Listen to classical music when you are required to concentrate on one task.
- ADDRESS YOURSELF**  
Write a letter to yourself highlighting where you want to be in 3, 6, 12 months and include a silly joke.
- MOTIVATE**  
Get a motivational poster.
- LAUGH-TIVATE**  
Get a de-motivational poster.
- PICTURE THE GOOD STUFF**  
Get a digital picture frame and fill it with pictures of your friends and family.

# MOTIVATION

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- PROVIDE SOME BACKGROUND**  
Change your desktop background to something motivational.
  
- LEAD WITH QUOTES**  
Include leadership quotes in your email signature.

# FUN

Bring out your inner-child to break the monotony with good old fashioned fun.

- TAKE AIM**  
Post up a dart board; have a tournament.
- BUILD SOME FUN**  
Make a pen bow and arrow.
- SLINK AROUND**  
Get a slinky; play with it quietly while talking on the phone.
- THINK OUTSIDE THE CUBE**  
Learn to solve a Rubik's cube; share it with others.
- SCORE A TOUCHDOWN**  
Play paper football while waiting for a meeting to start.
- HIT THE DECK**  
Create a personalized deck of cards for your work; play "Go Fish" with them.
- TELL THE FUTURE**  
Build a "Paper Fortune Teller" using work lingo.
- MASTER THE PAPER ARTS**  
Learn to make an origami crane; make one while you are on a conference call.
- FLY AROUND**  
Make paper airplanes with some of your cubicle (or house) mates; see whose can fly the farthest.
- LOOK AT THINGS DIFFERENTLY**  
Get a Magic Eye book for your desk; take a look at it between meetings.

# FUN

*(continuation)*

- SHARE SOME XOXO'S**  
Play tic tac toe with a co-worker via chat.
  
- EAVESDROP**  
Read Overheard In the Office; add your own entry.
  
- GET TYPE-CAST**  
Play a game and get better at typing.
  
- GIVE A MAKEOVER**  
Give your boss an online makeover, even if your boss is a man.

# NETWORKING

Enhance your career and have fun by extending and strengthening your network.

**DINE TOGETHER**

Go to lunch (in-person or virtual) with someone new each day for a week.

**TWEET SOMETHING**

Stay connected with co-workers or friends through microblogging.

**BE A FRESHMAKER**

Find a mentor; give him/her Mentos for mentoring.

**WRITE THAT DOWN**

Start a blog/newsletter at work on a topic you have passion for.

**PLAY HALLOWEEN**

Set out a bowl of candy at your desk; allow people to have a piece only after they tell you a story or make you laugh.

**BE A STORYTELLER**

Pick a story from your weekend to share with others.

**READ THE NOT NEWS**

Find a story on Fark.com to share at your work lunch or happy hour.

**SAY THANK YOU**

Send a thank you note for something someone did at least once a week.



# TEAM-BUILDING

Improve your team's communication and listening skills to make the whole greater than the sum of it's parts.

- IMPROVISE**  
Play improv games as a team.
- MIX IT UP**  
Create work appropriate nicknames for people on your team using anagrams.
- BE A PIRATE**  
Figure out everyone's Pirate name on your team.
- GET ANIMATED**  
Create Simpson's avatars for all of your team members.
- BECOME ROYALTY**  
Find out which Disney Princess you are; watch one of the movies.
- AUTHOR-IZE**  
Work with co-workers to write a book about your workplace.
- FIND A PIN-UP**  
Make a themed calendar full of pictures of people from your department.
- MAP AND MATCH**  
Gather trivia about the people in your team; send out a mapping and matching quiz and see who can correctly guess all of the matches.
- BE HAPPY FOR 60 MINUTES**  
Organize a happy hour with your co-workers.

# TEAM-BUILDING

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- PICTURE THIS**  
Photoshop pictures of your team onto a picture of super heroes or celebrities.
- GET HIT TO FACEBOOK**  
Create a Facebook group for people at your work. Use it to connect socially.
- BE DIVERSE**  
Play Diversity Bingo at your next team gathering.
- DO SOME BRANDING**  
Create a logo and theme music for one of your projects; use it whenever you do status updates or send out emails.
- DECORATE**  
Make thematic “door decs” for the people on your team.
- HAVE A TEAM NAME**  
Name your row of cubicles something indicative of the people or work done there; encourage others to do the same
- PRAISE OTHERS**  
Send a co-worker anonymous praise.
- RECOGNIZE**  
Send out a quarterly recognition email recognizing accomplishments of fellow employees and sharing some humor.

# MEETINGS

Survive the drain of meetings by incorporating some humor into the mix.

- PLAY A SONG**  
Learn “Mary Had A Little Lamb” on touch tone phones; play it while waiting for a phone conference to start.
- SHARE WHAT YOU KNOW**  
Present a tip/trick like the old “The More You Know” commercials.
- LEARN THE LANGUAGE**  
If you work internationally, learn a few words and phrases of a language of one of your co-workers; surprise them with it in your next meeting.
- PASS NOTES**  
Pass a note in a meeting like you did in grade school; make it semi-work related.
- LIE**  
Play two truths and a lie during introductions at your next meeting.
- GIVE BACK**  
Use your next leadership team meeting to volunteer somewhere in your community.
- UNLEASH YOUR INNER VILLAGE PERSON**  
Perform YMCA at your next community meeting.
- HAVE A BALL**  
Get a stress ball; toss it back and forth when talking in meetings.
- TAKE NOTE**  
Take meeting minutes; include fun/interesting/random thoughts you have while in the meeting.

# TRAINING

Improve engagement and retention with a little variety and uniqueness in your training materials.

- METAPHOR-IZE**  
Explain your next training using an unlikely metaphor, such as why project management is like getting married.
- TURN LEMONS INTO LEMONADE**  
Set up a lemonade stand; give out lemonade and teach patrons about your service or project.
- GET POETIC**  
Write a poem describing the benefits of what your organization works on.
- BE A CONDUCTOR**  
Warm up the crowd at your next presentation by conducting a symphony of syllables to pronounce your subject.
- ACT NOW**  
Act out a skit in your next presentation to demonstrate a point.
- FILL IN THE BLANKS**  
Start your next meeting with a work related Mad Lib.
- SIMON SAYS PLAY**  
Play Simon Says at your next training session.
- EMBED MEANING**  
Be like Alfred Hitchcock and find a way to work in a picture of yourself or your kids into every presentation; be creative about it.

# TRAINING

*(continuation)*

**BE MAGICAL**

Learn a simple magic trick and use it in your next meeting or presentation.

**EQUATE**

Come up with your own Albert Einstein equation.

**TELL A JOKE**

Include an intentionally silly joke in your next speech. Tie it back to the topic somehow.

# COMMUNITY-BUILDING

Build a stronger community and improve relationships in the entire office with some laid-back, entertaining, office humor.

- EAT, GREET, MEET**  
Start a lunch bunch.
- PLAY YOUR HEART OUT**  
Bust out the game Rock Band and have a “concert.”
- POST A BULLETIN**  
Put a bulletin board in a common area (or virtual space); take turns with your co-workers posting different topics on the board.
- GET CARTOONY**  
Start a cartoon board, post some funny cartoons.
- SHOWCASE YOUR KIDS**  
Create a “look at what my kid made” mural for employees to share their kids’ creations.
- PROVE YOU’VE GOT TALENT**  
Hold a planned talent show.
- MAKE IT UP**  
Hold an improvised talent show.
- GET DELICIOUS**  
Organize a recipe exchange with people at your company.
- BE GROSS**  
Hold a “grossest foods” dessert party.
- PIECE IT TOGETHER**  
Get a company jigsaw puzzle made and share it with employees.

# COMMUNITY-BUILDING

*(continuation)*

- ATTRACT THE OPPOSITE**  
Buy refrigerator magnets for the lunchroom or post an online version to Slack.
  
- READ AND DISCUSS**  
Start a business (or fiction) book club at work.
  
- EXCHANGE**  
Organize a book or DVD exchange between co-workers.

# MISCELLANEOUS

Be creative, be humorous, be funny, be random,  
be happy through a smorgasbord of office fun.

- SMILE**  
That's it, just Smile.
- LIVE AND LAUGH**  
Try to laugh 100 times in a day; it doesn't matter at what.
- ASK QUESTIONS**  
Include an off-the-wall question in your next survey, such as "How much wood could a woodchuck chuck if a woodchuck could chuck wood?"
- GET SKETCHY**  
Create a video sketch.
- KNOW WHAT'S GOING ON**  
Schedule 30 minutes on your calendar every week to read about what's happening in your industry.
- SAY THE WORD**  
Check out Merriam-Webster's word of the day; see if you can naturally work it into a conversation.
- HAVE F.U.N.**  
Name your next project something that has a silly hidden acronym.
- BE ORIGINAL**  
Brainstorm your own unique way of bringing humor to work.



# Create A Positive Work Culture, Increase Productivity, And Reduce Stress Using **Humor**

VIRTUAL & IN-PERSON WORKSHOPS | COACHING

*“The humor he brought to us made the learning experience so much more rich. He had a room full of PMs completely captivated for well over an hour.”*



CHRIS ALGOZZINE, IBM