

Find a family-friendly silly video on the Internet and watch it together before kids head off to school.

Talk in pig Latin during breakfast.

Family jam session - play a song on the piano, guitar, or kitchen countertop.

Each person reads a riddle to the rest of the family.

Put on a song from the 60's and do the Twist.

Everyone try and say a tongue twister together.

Everyone takes a picture of something inside or outside the house that they find beautiful.

Listen to Beethoven's "Ode to Joy" during breakfast.

Create a joyful playlist and play it during meals.

Everyone draws a self-portrait with their non-dominant hand.

Buy silly straws and use at breakfast.

Play hopscotch inside.

Make silly-shaped pancakes.

Everyone speaks with a foreign accent during breakfast.

Play dodgeball indoors with a soft ball.

Look at black-and-white nature photographs together.

Read a funny short story. Have each person read a paragraph and pass it on.

Play jump rope with the whole family.

Look at some beautiful artwork together, spending some time to notice the beauty.

Print out "Who's On First" and perform it with the kids.

Have a family hug.

Start a silly story with each family member contributing a few lines to it.

Play a game of Twister.

Play musical chairs at breakfast.

Do silly walks when you're walking somewhere. See who can be the silliest.

Family karaoke night.

Play "Telephone" where each family member whispers a phrase into someone's ear and see how the story ends up at the end.

Do the Tango.

Pray together.

Be a tickle monster.