

Silly Is As Silly Does



Somewhere in the adult handbook seems to be a rule that grownups aren't supposed to be silly. Fortunately, I was never given a copy of that handbook. I considered it a compliment whenever my granddaughters would stop me in the middle of one of my antics and say, "Papa, you're being silly."

I was reminded of that yesterday when I was spending some time with one of my clients. This delightful couple will be celebrating their 50th anniversary soon and if my half-hour with them is any indication, theirs was a lifetime of fun, humor, and yes... silliness.

They told me of their annual "Anything Goes" quasi-Olympics they used to hold in their neighborhood. It consisted of silly games where adults, perhaps aided by certain adult beverages, competed in teams and spent the day acting like children. If you ask me, that sort of silly behavior should be encouraged. If you turn on the news, you can see where acting serious has gotten us. A little silly in our lives might feel good right about now.

Why not give it a try... Maybe it will catch on. After all,

laughter is infectious.

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