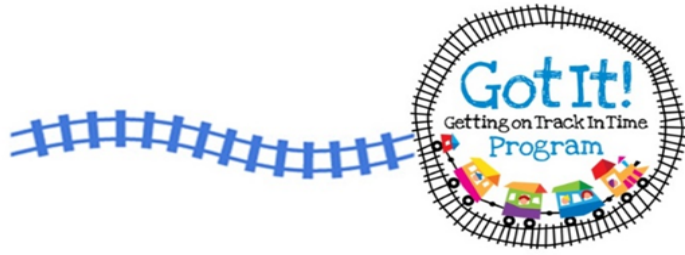


# Got It!



## Silliness

Are things feeling tense at home?



**Silliness: There is no finer way to avoid conflict, de-escalate a tense situation, reduce stress and improve togetherness.**

Some ideas to bring silliness into your own home:

- Use silly voices! Seriously, try asking your child to do something in a funny voice, it is hard to be annoyed whilst giggling.
- Get dressed up for a silly photo shoot.
- Make deliberate silly mistakes or forget to do everyday tasks like how to put on a hat.
- Pretend you misheard them.
- Entertain wishes through fantasy. When you child says they want candy for lunch, instead of reminding them that isn't going to happen just say "I wish every meal were candy!" ... whilst serving up their sandwich.
- Have a dance competition