

G-Rated Fun, Moments of Silence & Allies

“The human race has only one really effective weapon and that is laughter.” – Mark Twain

What do you call a Lazy Baby Kangaroo? A Pouch Potato
What did the mother Buffalo say when her son went off to play? Bi-son!
How do you know when a joke is a Dad joke? When it becomes a-parent.
What did the judge say when the judge sat down in a dentist chair? She looked up at the dentist and she said:
Do you promise to pull the tooth, the whole tooth, and nothing but the tooth?
How do you make a Kleenex dance? Add a little boogie.
Where do bad rainbows go? To Prism. with a light sentence; and time to refract and reflect.
Knock, knock. Who's there? Tyrannosaurus Rex. T- rex who? Tyrannosaurus wrex everything
Why did the booger cross the road? Because the kids kept picking on it.
Why did the guy, or the gal, or the they get a job at the bakery? They kneaded the dough.
The theatrical performance about puns was a play on words.
A baby motto: If at first you don't succeed, cry, cry, cry again.
What happens if you do not pay your exorcist? You get repossessed!
A boy asked his father, can you *please* explain to me what an eclipse is? Dad's reply: No son
I used to be addicted to the 'Hokey Pokey', but I turned myself around.
How do you know when an adult is see-through? When they are trans-parent.
What goes around the world - but always stays in the corner? A stamp.
I stayed up all night wondering where the sun went, then it dawned on me. ☺

Use the MOMENT OF SILENCE (MOS) Daily to save our Democracy, the Constitution and our Planet.

At any opportunity whether it's a rally, townhall, mealtime, church service, Twin Cities Nonviolent event, etc. have a pre-determined time (or e.g. when someone is done talking) for everyone to be silent with a hand held high with a peace symbol or a Nelson Mandela/Black Lives Matter fist, or hold hands, for a minute or so of beautiful, powerful silence.

We did this at the People's Climate March in NYC with 500,000 when - as Bill McKibben suggested (days before) - that at two minutes to 1 PM everyone stop marching and go quiet, AND WE DID, like a Flash Mob, a We-The-People initiated MOS. Here's my 50 second clip: <https://tinyurl.com/NYCMomentOfSilence>

It was truly a spine-tingling experience that inspired me to create the website <https://standupdaily.org> where it explains the MOS and how Americans across the country can have a National American Goal (NAG) for each day of the week. Stand up for a MOS together or go outside your door at 12:12 PM or 6:12 PM (when many people - at the same time - are eating alone or together, 12 because we're at the 12th hour) to bang a pan, blow a whistle and shout out it's a...

- **Money Monday** (Get Big Money Out Of Politics: Reverse Citizens United, reform Campaign Financing);
- **Voting Rights Tuesday** • **Worker Wednesday** (Infrastructure & green jobs w/ living wages for all);
- **Think Healthcare-for-All Thursday** • **Friday For a Future** (Climate Justice & sensible Gun Laws);
- **Sane Society Saturday** (police demilitarization, immigration reform, legalize marijuana)
- **Stop War Sunday** (end the Military-Industrial Complex, Ban Nuclear Weapons, create a Department of Peace)

Do a MOS after a collaborative game, play games that build trust: <https://tinyurl.com/FunEnergizer>
<https://tinyurl.com/2BlanketBalls> <https://tinyurl.com/ElbowTag>

“If we can't dance, I don't want to be in your revolution” - attributed to Emma Goldman



Rick Gravrok – Funster, provides Big Bubble fun and collaborative play. His Dad Joke & Games list, Bubble Juice recipe and other free resources are at <https://standupdaily.org/> with Bubble Wands, customizable yard signs, etc. for sale online and at his St. Louis Park, MN home.
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And finally: Instead of asking kids “How was school today?” Ask: “How were you helpful today?”

Allies and Progressive news sources

Heather Cox Richardson <https://heathercoxrichardson.substack.com> Amy Goodman. <https://www.democracynow.org>

Belle of the Ranch <https://www.youtube.com/c/BeauoftheFifthColumn> Thom Hartmann <https://thom.tv>

350.org Minnesota: <https://mn350.org> (612) 440-5350 info@mn350.org

50501: <https://www.fiftyfifty.one> <https://www.facebook.com/50states50protests> <https://mn50501.org>

ACLU - American Civil Liberties Union <https://www.aclu.org> Minnesota: <https://www.aclu-mn.org>

AFL-CIO Minnesota. <https://www.mnaflcio.org> mnaflcio@mnaflcio.org 651-227-7647

Climate Justice Committee MN* <https://cjc-mn.wixsite.com/climatejusticemn>

Citizens Climate Lobby <https://citizensclimatelobby.org> cclcommunity@citizensclimate.org 619-437-7142

Elders Climate Action: <https://www.eldersclimateaction.org> <https://www.eldersclimateaction.org/twincities>

FAMM* – Families Against Military Madness. WAMM.FAMM@gmail.com
<https://womenagainstmilitarymadness.org/committees/families-against-military-madness>

First Unitarian Society of Minneapolis: Give Congregational Humanism a try. (612) 377-6608. <https://firstunitarian.org>

Indivisible: <https://indivisible.org/> MN03 <https://indivisiblemn03.org> Twin Cities <https://indivisibletwincities.org>
West Metro <https://sites.google.com/view/indivisiblewestmetro> local chapters: <https://indivisiblemn03.org/local-chapters>

MCEA Minnesota Center for Environmental Advocacy <https://www.mncenter.org> St. Paul, MN 651-223-5969

MIRAC* MN Immigrant Rights Action Committee. <http://miracmn.com> <https://www.facebook.com/miracmn/>

MNIPL Minnesota Interfaith Power & Light <https://www.mnipl.org> info@mnipl.org (651) 301-8195

Stand Up Daily <https://standupdaily.org> with Moments Of Silence, Customizable/reusable yard/window signs, Bubble Wands, <https://tinyurl.com/SloMoBubble>, free G-Rated Dad Joke list & Bubble Juice Recipe

Sunrise Movement. (Youth led) <https://www.sunrisemovement.org> <https://www.facebook.com/sunrisemvmt>
action@stpaul.smvmt.org sunrise@macalester.edu <https://www.facebook.com/sunrisetwincities>

Third Act (60 and older, founded by Bill McKibben, founder of 350.org). <https://thirdact.org/>
<https://thirdact.org/minnesota> <https://www.facebook.com/thirdactmn> thirdactmn@gmail.com

Twin Cities Nonviolent <https://twincitiesnonviolent.wordpress.com> twincitiesnonviolent@gmail.com

Veterans for Peace MN* <http://www.vfpchapter27.org> vfpchapter27@gmail.com 612-821-9141

Vote Climate. <https://www.vote-climate.org> 612-824-2080

WAMM* – Women Against Military Madness <https://womenagainstmilitarymadness.org> 612-827-5364

Women's March <https://womensmarch.com> Minnesota: <https://womensmarchmn.com>

* With offices at 4200 Cedar Ave S, Minneapolis, MN 55407

Handout updates/corrections to rick.gravrok@gmail.com