

Mindforge – Joke Book

A Spark & Anvil joke book. Groan-worthy puns, tricky riddles, silly nonsense, and real fun facts from the world of Mindforge – read them out loud and make someone laugh.

I told my feelings to get organized, and now they have a whole emotional filing system.

How to use this book

Read a joke, pause at the question, and try to guess the answer before you read on. Best of all: read them out loud to a friend, a grown-up, or your class. A good laugh makes the tricky stuff easier – that's real science.

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Puns

I told my feelings to get organized, and now they have a whole emotional filing system.

Empathy is like Wi-Fi for emotions -- it connects you to people without any cables.

My growth mindset and I are going places -- we just haven't figured out where YET.

The anger management class was a blast -- well, not literally. That was the whole point.

Conflict resolution is just advanced rock-paper-scissors -- except you talk it out and nobody throws scissors.

I tried to bottle up my emotions, but the bottle said it wasn't big enough.

The stress ball quit its job -- it said it couldn't handle the pressure anymore.

Active listening is a superpower -- you hear what people say AND what they mean. It's like surround sound for feelings.

My brain has two modes:

 **overthinking and underthinking. There is no in-between.**

The gratitude journal walked into a room and said, "I'm feeling very appreciated today."

I asked my anxiety what it wanted. It said, "Everything. All at once. Right now."

Teamwork makes the dream work -- unless someone keeps hogging the remote. Then it makes the argument work.

I put all my negative thoughts in a jar. Now I have a negative thoughts collection. That wasn't the assignment, was it?

Walking in someone else's shoes is great for empathy -- not so great for your blister count.

Deep breathing is the original reset button -- no controller needed.

The feelings chart at school has seen things. Things it can't unsee. Mostly frustrated faces during math.

I tried to practice positive self-talk, but my inner critic wanted equal airtime.

Boundaries aren't walls -- they're fences with a gate. You still let people in, you just get to choose when.

My emotions are like a weather forecast -- mostly sunny with a chance of unexpected outbursts.

The apology wasn't accepted at first, but it gave a solid follow-up performance.

Keep laughing

That's **20 jokes** from Mindforge. Made someone laugh? Try making up your own – the best jokes are the ones you tell.

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