FRESH THYME – On the Floor – by Marcy Lytle

A weird title for an article, I know… However, I was thinking about how many times it's just more fun to experience life on the floor and I thought I'd share, in case you need a new perspective as well!

Picnic – It's February and probably still too cold for outdoor picnics, but how about one inside – on the floor? Spread a blanket for a tablecloth, light a fire (or put on instrumental music) – or both – and grab your biggest tray. Fill it with either snacks or a full meal. You could totally do fajitas on a board – just separate all the parts into small bowls arranged together, and enjoy!

Prayer – Have you ever prayed while prostrate on the floor? Or when is the last time you even knelt on the floor to talk to Him? Position in prayer isn't a ritual or that which moves mountains, but sometimes position just shifts other parts of our being into submission and adoration a little bit more. Sometimes, kneeling on the floor or lying face down just brings a whole new perspective during a time of prayer.

Play – If you haven't played with a child on the floor in a while, you're missing out. Yes, it's hard to get up (if you're over a certain age), but getting on their level to play that board game, zoom those cars, or have that tea party is like nothing else. And when it's over; that little kid(s) can climb right into your lap, for level hugs.

Game night – Find a board game and play it. Sure, you can play it at the table, and that's probably way more comfortable. But playing on the floor is like being a kid again! Get yourself a pillow, lean on it to move your pieces, and enjoy moving those pieces and strategizing those moves!

Watch a show – Make pillow chairs that are butted up against the sofa, pop some popcorn, lower the lights, and pick a television movie or show to enjoy. Gather all the pillows from all the beds and create yourself a paradise on the "beach" and imagine…it will be fun. I promise!

Exercise – One funny exercise (according to my kids) I enjoy doing is scoots along the floor. I sit up and move my hips back and forth to scoot across the rug. I also lie on my side while watching a show and do leg lifts. Sometimes I do planks (from my elbows.) This often occurs while we're watching a show from the sofa, because I get tired of sitting.

Organize – Go ahead and grab that drawer or that box of old recipes, or whatever is a mess, and set yourself up a station on the floor. Put on some music or a Hallmark movie in the background, and spread out your categories and papers and all the things while you sort and shift and smile…at a job well done when everything's back in order.

Do you ever sit on the floor? It definitely gets harder as we age. But it sure is fun as long as we can stand it, because it somehow changes the view and the feel and the experience. And heck, you might even catch a glimpse of that grape you dropped a month ago that rolled under the sofa…out of sight.