

THE ADVENTURES OF

ROX THE FOX



THIS WEEK'S ADVENTURE...

FROZEN IN TIME: THE GAME OF TAG



HOW DO YOU UNFREEZE A POPSICLE?

YOU HAVE TO BREAK THE ICE!

Created By:
Dr. Paul Branscum
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Natalie Patricio-Agosto



Every morning, I go out and face the 24 hours that make up our day. It's nice to know that Rox the Fox is out there, somewhere, looking out for us.



No one knows where Rox came from, or how powerful he really is...



But one day he saved us from a swarm of bees by hypnotizing them to move to Oklahoma!

I always thought it had something to do with his shirt.

It's a size "F" for Fox!



But then he told us about the 5-4-3-2-1 steps to a healthier you:

5



EAT 5 SERVINGS OF FRUITS AND VEGGIES EVERYDAY!

4



DRINK 4 CUPS OF WATER EACH DAY!

3



GET AT LEAST 3 GOOD LAUGHS A DAY!

2



HAVE NO MORE THAN 2 HOURS OF SCREEN TIME A DAY!

1



BE PHYSICALLY ACTIVE FOR AT LEAST 1 HOUR A DAY!



To us, the world is a little bit safer with Rox the Fox on duty...



....and with the 5-4-3-2-1 steps to a healthier you, I wonder what he'll do next...

EVERY SECOND FRIDAY OF THE MONTH, MY FRIENDS AND I PLAY FREEZE TAG AT RECESS.

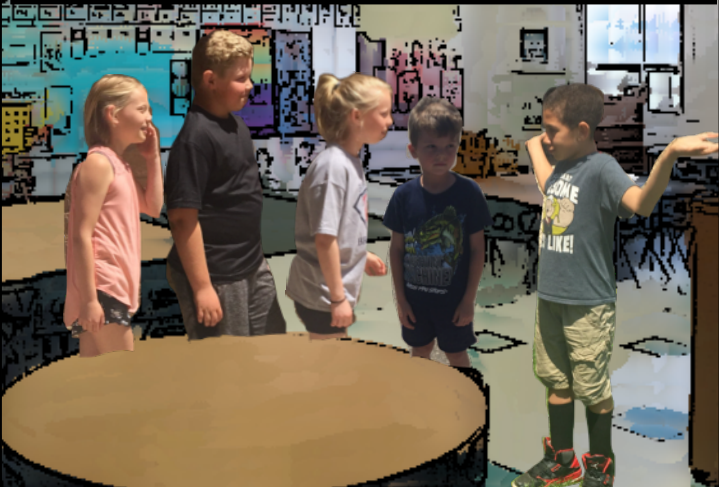


BUT ONE DAY, MELLISSA FORGOT TO UNFREEZE RICKY BEFORE WE WENT INSIDE!



NOW FOLLOWING THE INTERNATIONAL RULES OF FREEZE TAG, RICKY WOULDN'T BUDGE UNTIL A SPECIAL "UNFREEZER" COULD TAG HIM. THE ONLY PROBLEM WAS THAT ALL OF THEM HAD ALREADY GONE HOME.

WE WEREN'T SURE WHAT HE WAS GOING TO DO! TO OUR SURPRISES ON MONDAY WHEN WE GOT TO SCHOOL, HE WAS UNFROZEN IN CLASS!



HE EXPLAINED THAT ON PAGE 137 OF THE "INTERNATIONAL RULES OF FREEZE TAG" IT STATED THAT "SOMEONE CAN BE UNFROZEN IN THE EVENT OF SUDDEN, UNCONTROLLABLE LAUGHTER".



Yea, I mean I saw this cat right? And it chased it's own tail in circles 32 times in a row! I laughed so hard, I just became unfrozen!

AND SO THIS BEGAN OUR NEW GAME OF LAUGH TAG! IT'S LIKE FREEZE TAG, BUT YOU MAKE SOMEONE LAUGH TO UNFREEZE THEM!

My dog chases so many people, that one day he got tired and my mom had to drive him around to finish up!

HAHAHA!!!



WE ALL PLAYED AND LAUGHED UNTIL ONE DAY, JULIA WASN'T IN THE MOOD.

Julia, where do pencils go on vacation?

Uhh Pencil-vania, that's not really funny. It's barely a joke...



What's wrong Julia? You always laugh at my jokes!

I don't know. I just don't feel like laughing today. Go unfreeze someone else.



WE COULDN'T LET JULIA BE SAD AND FROZEN FOR ALL OF RECESS. WE KNEW WE HAD TO DO SOMETHING.

Let's study the science of humor! Then we can make her laugh!

Yeah I've heard of that science! I think it won a Nobel Prize!



FIRST WE TRIED OBSERVATIONAL HUMOR...

What's the deal with homework? You're not actually working on your home!



EVERYONE LAUGHED, BUT JULIA!

THEN WE TRIED TOPICAL HUMOR..

The other day I bought a pack of peanuts. On the label it said: "WARNING: May contain nuts"...



JULIA DIDN'T EVEN FLINCH...

THEN IN A SUDDEN ACT OF DESPERATION, WE TRIED A KNOCK KNOCK JOKE...

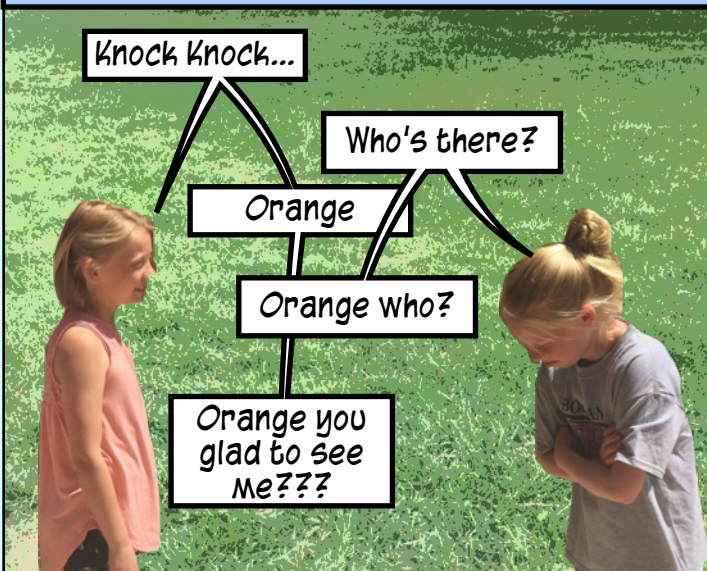
Knock Knock...

Who's there?

Orange

Orange who?

Orange you glad to see me???

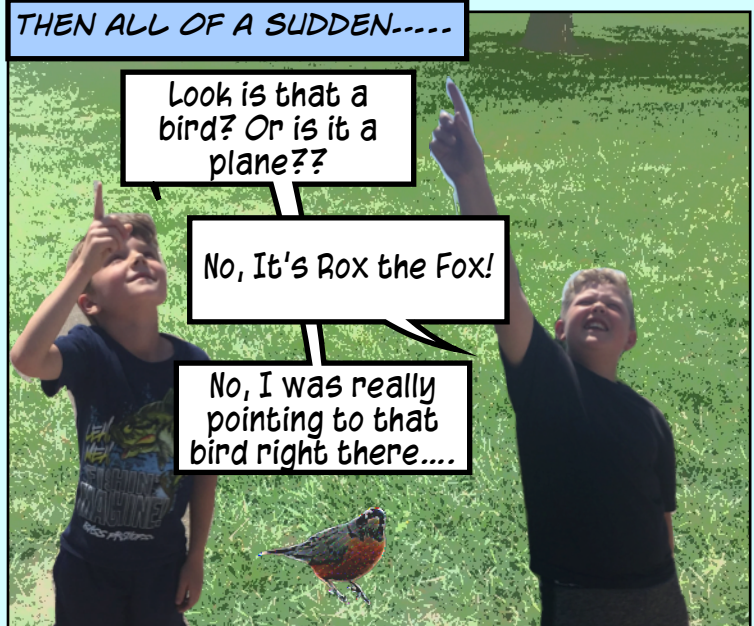


THEN ALL OF A SUDDEN.....

Look is that a bird? Or is it a plane??

No, It's Rox the Fox!

No, I was really pointing to that bird right there....



Hey everyone!
What are you
all playing?

We're trying to play
laugh tag!
But Julia doesn't want
to laugh, so we can't
unfreeze her!



Ah, I love that
game! You know,
it's good to have
at least 3 good
laughs a day!

But sometimes
people aren't
really in the
mood to laugh.



THEN, ROX WHISPERED SOMETHING TO JULIA
AND SHE GIGGLED! JULIA WAS UNFROZEN!



Haha!

wow! What did you
say to make her
laugh?

Laughter isn't always
about telling jokes. It's also
about finding your spark!



It's about seeing the
bright side of life!
And being able to laugh
when things in our life
happen.

It's healthy to
laugh at least 3
times a day.
You can laugh at a
joke, at
something funny
that happened,
at a movie, or
even at things in
life that aren't
even that funny.



Like one morning last
week, everything was
going wrong!

I burnt my toast,
then I spilled all of
my juice, and then I
was late for
basketball practice!



But you know,
instead of
getting upset, I
just had to laugh
at how silly life
can be
sometimes.

Here's the thing. There are things you can control, and there are things you can't control.

Like when I spilled my juice, it was just an accident.

The key is that I only worry about the things I can control.

That way, you save more time for laughing!

WOW! That makes so much sense! Thanks Rox!



WITH A NEW OUTLOOK ON LAUGHTER, WE CONTINUED PLAYING LAUGH TAG, AND HAD A TON OF FUN!



AND WE NEVER MISS OUT ON HAVING OUR 3 LAUGHS EVERYDAY!

What do you call a dinosaur that's sleeping?

I don't know, what?

A dino-snore!!



Why did the cookie go to the hospital?

I know this one! Because he felt crummy!



Alrighty then! Bye for now!



That's it for this week's adventure!

Next time you see me, don't be afraid to tell me your funniest joke!



COLLECT THEM ALL!



THERE ARE 5 COMICS IN THIS SERIES!
CAN YOU COLLECT THEM ALL?

THE ADVENTURES OF ROX THE FOX

THIS WEEK'S ADVENTURE...
THE AMAZING POWERS OF SUPERFOODS

DO YOU WANT TO BE AS STRONG AS YOUR FAVORITE SUPERHERO? READ TO FIND OUT HOW TO BE JUST LIKE THEM!

Created By:
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THIS WEEK'S ADVENTURE...
THE ATTACK OF THE SCREEN ZOMBIES

READ TO FIND OUT HOW WE CURSE THE SCREEN-ZOMBIES!

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THIS WEEK'S ADVENTURE...
PRANKSTERS AND JOKESTERS

DO YOU KNOW WHAT WATER SALAD IS? READ TO FIND OUT!

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THIS WEEK'S ADVENTURE...
THE CURSE OF THE SOLAR ECLIPSE

CURSE!? HOW CAN A SOLAR ECLIPSE BE A CURSE? READ TO FIND OUT!

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