

[00:00:00] <music>

Annie: Hi friends! Welcome to a very special episode of That Sounds Fun. I'm your host Annie F. Downs. I'm really happy to be here with you today. Happy book launch week to *What Sounds Fun to You?* We have got a great show in store for you all today.

But before we jump into today's conversation, I just want to take a moment and tell you about one of our amazing partners, [BetterHelp](#) online therapy. Just like we make sure to get our old change, the tires rotating on our cars to keep them running well for the long haul, we can think of counseling as routine maintenance for our mental health. Going to therapy doesn't mean something's wrong with you. It means you're investing in and being a good friend to yourself to keep your mind healthy.

BetterHelp is customized online therapy that offers video, phone, and even live chat sessions with your therapist. So you don't have to see anyone on camera if you don't want to. And it's much more affordable than in-person therapy and you can start communicating with your therapist in under 48 hours. Let's make sure that we support our mental and emotional health so we can keep running well for the long haul, you guys.

This podcast is sponsored by BetterHelp online therapy, and our friends get 10% off your first month at betterhelp.com/thatsoundsfun. That's betterhelp.com/thatsoundsfun.

Intro: Today's show is one that is really special to me. Yesterday, I launched my first kid's book out to the world, you guys. I'm so excited. *What Sounds Fun to You?* is on every shelf in every place you want to buy it. You can get it now. We are so excited.

See, I love getting to talk with friends of all ages about how to discover fun and their lives and how joy follows that. But there's something really unique and innocent and sweet about how my MiniBFFs find fun. I can't wait to see how *What Sounds Fun to You?* shows up in homes and libraries and classrooms to help even more kids know that they get to love what they love and that they can find fun everywhere they go and that God made them on a purpose.

One of my favorite things about this book is that our amazing illustrator, Jennie Poh, included drawings of some of my real-life MiniBFFs in *What Sounds Fun to You?* So I wanted to share them with you to celebrate the launch of *What Sounds Fun to You?*

So you're getting ready to hear a whole bunch of kids. There's a little music in between each kid. Most if not all of them introduce themselves to you, and you get to hear what sounds fun to them and hear their thoughts about the book. So here is my conversation with a lot of my MiniBFFs.

[00:02:37] <music>

Annie: Kiki, welcome to That Sounds Fun. I need you to talk to me about how nervous you feel. Tell me why you feel nervous.

Kendra: I feel like I'm not going to say what I really need to say.

Annie: What do you really need to say? Just start there. I won't even ask you any questions. What do you really need to say?

Kendra: I don't know.

Annie: Oh, okay. Okay.

Kendra: That's the thing.

Annie: So you don't have things in your heart, you just want to make sure you answer the question right?

Kendra: Yes.

Annie: Okay. Well, listen, let me tell you something, Kiki, however you answer is exactly right because there is no wrong answers at That Sounds Fun. We are just glad that you're here.

Kendra: That sounds about right.

Annie: Okay, great. I'm going to flip it around on you. My first question is because the book is called *What Sounds Fun to You?*, tell me what sounds fun to you.

Kendra: Swimming with dolphins.

Annie: What? Kiki. Swimming with dolphins? That is very dangerous. They can hurt you. You're not scared at all?

Kendra: No.

Annie: Okay, tell me why. Tell me what it is about dolphins.

Kendra: I mean, they just seem like so gentle to me. They seem graceful.

Annie: Oh, that's a beautiful answer. No one has ever said that answer before. So congratulations. In your dream of that answer, are you out in the ocean and you're surfing and they come up next to you, and it's like, "Ah, dolphins!" or are you at like SeaWorld and you get to get the tank?

Kendra: I would say I'm in the ocean surfing.

Annie: Wow. So you want to interact with wild dolphins?

Kendra: Yes.

Annie: You're braver than me. Well done. Okay, so for our friends who are listening that are newer friends with you, you're pretty famous on our Instagram. But tell us your name. Tell us how old you are. Tell us your favorite thing to do.

Kendra: My name is Kendra, and I do gymnastics, and I'm 10 years old.

Annie: In what grade?

Kendra: Fifth grade?

Annie: Have you ever read one of my books before *What Sounds Fun to You??*

Kendra: Yes.

Annie: Oh, you have? Which other ones have you read parts of?

Kendra: I've read parts of *That Sounds Fun-*

Annie: Oh, that's cool.

Kendra: ...and *100 Days to Brave*.

Annie: Oh, that's right. I didn't know that. I had forgotten that. Can I ask you a serious question about what sounds fun that I don't know the answer to?

Kendra: Yes.

Annie: I'm a white girl, you are a black girl. Will you tell me, when you see a book that has different people in it, does that matter to you? Like, what does it matter to you when you see a girl who looks like you in a book?

Kendra: It makes me feel like people understand the diversity between these peoples and the color of them. And it makes me feel like everyone's united.

Annie: Oh, wow. One of my favorite things that I get to... so I'm going to hold up and show you the cover of the book. The cover book is a little Annie and then a little girl with pigtails. And I'm going to show you something that I don't think you know. Are you ready?

Kendra: Yeah.

Annie: Oh, I have to find the right page. On this page, you see her again. Right? And are all the words backwards for you or can you see them?

Kendra: I can see them.

Annie: Okay. Because I want you to know what her name is. Are you ready?

Kendra: Yeah.

Annie: Do you see what her name is?

Kendra: It's Kendra.

Annie: That's who that is. It's you, dude. Did you know that already?

Kendra: I did not.

Annie: That is you on the cover of the book.

Kendra: Wow.

Annie: Are you surprised?

Kendra: Yeah.

Annie: Yeah. I asked your mom permission, but I told her I didn't want to tell you until we were recording the podcast. That's you. Ain't that fun that's you and me on the cover?

Kendra: That's so cool. Yeah.

Annie: What do you think?

Kendra: I love my yellow dress.

Annie: Okay, good. I was hoping so. I was hoping so. I mean, really, she's Annie's closest friend throughout this whole book, Kiki. It's pretty fun, huh?

Kendra: Yeah.

Annie: Showing so many different kids and so many different stories. How do you hope that helps other kids as they're reading it?

Kendra: To show that they can have fun, but also behave.

Annie: Yes. Yes, we try to make sure everyone in the book is behaving and showing lots of different ways to have fun. So the page that you are on where you lose your glove and everyone has to find your glove, that's the problem. It says, "My friend Kendra lost her red glove. Do you see it? Can you help her find it?"

So you've lost your glove, so your paw is cold. That's the problem. You've a very cold hand. But it is a page where everyone is ice skating and playing outside in the snow. What's your favorite thing to do when it snows where you live? It doesn't snow a lot where I live. Does it snow a lot where you live?

Kendra: It doesn't really snow a lot. But when it does snow, I like to build little Olafs, not with a round head, but with an oval head.

Annie: That's a good answer. That's a great idea. An oval head Olaf. Do you think God is fun?

Kendra: Oh, yeah, He can be funny.

Annie: Really? Tell me more.

Kendra: So my mom wanted to go on a hike and so she prayed about it. And then we went on a hike. But Mama, of course, didn't realize that that's what that was. And it started storming and raining, and so instead of hiking up to the waterfall, we were hiking down to get back to the parking lot.

Annie: And you're like, "Well, God, you're funny?"

Kendra: Yeah.

Annie: I love it. What do you know about God?

Kendra: That He is the Almighty and the Creator?

Annie: What does He think about you?

Kendra: I would say that he thinks that I am His wonderful masterpiece-

Annie: Oh, you are.

Kendra: ...that's unfinished.

Annie: Oh, that's interesting. Well, a) you're very right. You are a wonderful masterpiece. What else? Is there any other things that are burning in you to tell me in our entire podcast audience? Do you need to talk about Dollywood, how you feel about Dollywood?

Kendra: We need to talk about Dollywood. I'm going on Thursday.

Annie: I know your mom told me. I wish I could jump out of work for the whole day and come play. Tell the world how you feel about Dollywood.

Kendra: Dollywood just gives me feelings inside of myself that just I can't explain.

Annie: Good ones or bad ones?

Kendra: Good ones. Unless it's like a roller coaster that's upside down the whole time. But yeah.

Annie: Which is your favorite ride?

Kendra: I think it's that mining one.

Annie: Oh, interesting. You know me, I'm a soaring eagle kind of person.

Kendra: Mm, yeah.

Annie: But it makes my stomach hurt.

Kendra: Oh, no.

Annie: You said some really encouraging words to me when the tour got postponed to the spring. For our friends that are listening that we're hoping to be coming to tour right now and aren't getting to, do you have some encouraging words for people when they have a disappointing experience?

Kendra: Everything is going to be all right. Don't panic because it's all part of God's plan.

Annie: That's what you said to me too. It helped me a lot. I'm very thankful. Are you going to be signing autographs now that you're on the cover of a book?

Kendra: Oh, yeah, for sure.

Annie: Okay. So if anybody sees you, they are welcome to come up and speak to you and get autographs?

Kendra: Yeah.

[00:10:10] <music>

Annie: Okay. Jane Taylor, the first thing you said when we walked in is you said that I need to be on your podcast.

Jane Taylor: Yeah.

Annie: What's your podcast called?

Jane Taylor: Oh, it's called That Sounds Fun Podcast. I will do one too like that.

Annie: You were going to do a That Sounds Fun podcast, too?

Jane Taylor: Yeah, yeah.

Annie: Who else do you want to have as a guest?

Jane Taylor: Annie

Annie: Me?

Annie: And then who else?

Jane Taylor: Pastor Kevin.

Annie: Oh, yeah, Pastor Kevin. That's a great one. What's one question you'll ask pastor Kevin?

Jane Taylor: I don't know yet.

Annie: You don't know yet. You'll think about it, maybe.

Jane Taylor: Annie.

Annie: Yeah.

Jane Taylor: So I want you to baptize me.

Annie: Jane Taylor, I would love to do that at church one Sunday.

Jane Taylor: Yeah.

Annie: Tell me about Jesus. What do you believe about Jesus?

Jane Taylor: I love Him.

Annie: Yeah, you do.

Jane Taylor: I really love Him.

Annie: Yeah, I do too. I know you do. Right in front of you is a book. Who wrote that book?

Jane Taylor: I don't know.

Annie: You don't know who wrote that one?

Jane Taylor: Who?

Annie: It's me.

Jane Taylor: Annie?

Annie: Yeah. Did you not know that? I thought you've seen this one. Have you not seen it yet? Ah, you haven't seen it at all?

Jane Taylor: No.

Annie: JT, I wrote that book. Okay, so look through *What Sounds Fun to You?* and tell me when you see a page that you think looks really fun what they're doing.

Jane Taylor: Doing bubbles.

Annie: You like when people do bubbles?

Jane Taylor: Yeah.

Annie: You think that's fun to do bubbles?

Jane Taylor: Yeah. And something sounds fun to me that's not in the book.

Annie: What's that?

Jane Taylor: Sounds fun to me playing dress-up.

Annie: Oh, yeah. You love to play dress-up?

Jane Taylor: Yeah, making cookies.

Annie: Oh, I think there is a page, Jane Taylor, where people dress up. I think there is one. You just need to keep going. And I also see the beach. I know you love the beach.

Jane Taylor: Uh-huh, I do.

Annie: I know you do. Oh yeah, there is a page where people dress up. Look. When you pretend you're a pirate. Keep turning till you get to the pirate page. I knew there was a dress-up page.

Jane Taylor: I like snowy one too.

Annie: Yeah, you like the snowy one too?

Jane Taylor: I see a castle.

Annie: Yeah.

Jane Taylor: I like that.

Annie: Keep going one more. Dressing up right there.

Jane Taylor: Yeah.

Annie: Pirates. What do you like to dress up like?

Jane Taylor: Sophia?

Annie: Oh, Sophia. Will you tell everybody listening about when you got that your Sofia dress? When was that?

Jane Taylor: It was on my birthday.

Annie: That's right. And what is the best part of the Sofia dress? What do you love about it?

Jane Taylor: A hoop skirt.

Annie: It has a hoop skirt.

Jane Taylor: Yeah. It's a bigger one.

Annie: Oh, yeah? Do you wear it a lot?

Jane Taylor: No.

Annie: No. Why? I thought you loved your hoop skirt.

Jane Taylor: I do but I still usually want to wear it always. Sometimes I don't even want to play dress-up.

Annie: I have two more questions. Are you ready?

Jane Taylor: Yeah.

Annie: What makes your dad really fun?

Jane Taylor: I like having daddy time with him.

Annie: Oh, yeah. What do you do on daddy time?

Jane Taylor: So one time when mama was gone at the beach, was on the Cocoa Beach with her friends, me and daddy had time together.

Annie: Oh, that's so cool. Did you go eat anywhere fun or did you go play anywhere fun?

Jane Taylor: Ah, Cracker Barrel.

Annie: You got to eat at Cracker Barrel?

Jane Taylor: Yeah.

Annie: What did you eat?

Jane Taylor: Pancake.

Annie: Oh, yes, girl. Tell me what makes your mom so fun.

Jane Taylor: That I like to have time with her too.

Annie: And what do you guys do when you have fun time together?

Jane Taylor: Dress up. She has Elsa and Cinderella costume.

Annie: Your mom has an Elsa and a Cinderella costume?

Jane Taylor: Yeah. And a hoop skirt like me.

Annie: What? She also has a hoop skirt?

Jane Taylor: Yeah.

Annie: I did not know that.

Jane Taylor: Yeah. But she hasn't tried it in a long time.

Annie: Taylor Anne, you need to try your hoop skirt on?

Tylor Ann: I know. I know.

Jane Taylor: And you haven't tried on your Elsa dress.

Annie: Okay, we may need a picture of that.

Jane Taylor: Yeah. Me too.

Annie: One of the things I saw you do yesterday is I heard you can sing our That Sounds Fun song.

Jane Taylor: Yeah, I can.

Annie: Will you just sing it again for us?

Jane Taylor: Ah, yeah. Check one two on the microphone, Annie F. Downs from your car to your home. Yeah yeah yeah, Yeah yeah yeah.

Annie: So my last question-

Jane Taylor: What?

Annie: Because the show is called That Sounds Fun, tell me what sounds fun to you.

Jane Taylor: Ah, I also like baking a pink ice cream.

Annie: What?

Jane Taylor: Yeah.

Annie: Making pink ice cream?

Jane Taylor: Yeah.

Episode 337: WHAT SOUNDS FUN TO YOU? That Sounds Fun Podcast with Annie F. Downs

Annie: Do you have an ice cream maker at your house?

Jane Taylor: Uh-huh.

Annie: Oh boy! And you'll make pink ice cream.

Jane Taylor: Yeah. But I haven't done it in a long time. I also have one more question.

Annie: Okay.

Jane Taylor: I like just my favorite holiday. I really like that one.

Annie: I like that one. Why do you like that day the most?

Jane Taylor: Because it has hearts, and I like big hearts and some pink. I like pink too.

Annie: And there's purple.

Jane Taylor: Yeah, I like purple.

Annie: So it's got to be your favorite because it's pink and purple and hearts.

Jane Taylor: Yeah.

Annie: That's perfect.

Jane Taylor: That's my favorite. And good presents. I like presents on Christmas.

[00:15:28] <music>

Annie: Theo, welcome to That Sounds Fun.

Theo: Thanks.

Annie: You're in my podcast. Tell me, in front of you, you see a book called *What Sounds Fun to You?*, do you know who wrote that book?

Theo: I can literally see it. It says, Annie Downs.

Annie: Do you know who she is?

Theo: Yes, it's you.

Annie: Are you friends with her?

Theo: Of course, I am because you are Annie Downs.

Annie: That's right. Can you read the title?

Theo: *What Sounds Fun to You?*

Annie: So now what do you think it's about?

Theo: Fun.

Annie: Fun. If you turn... I think you're going to think this is very cool. I think we have to go toward the back. You can turn with us too. If you go toward the back, you want to look for a page that looks like a garden.

Theo: Oh yeah, I found it.

Annie: Okay. There's a little boy in a wheelchair. Do you see a little boy in a wheelchair?

Theo: Yeah.

Annie: Behind him, do you see two little boys wearing the same shirt?

Theo: Yeah.

Annie: Do you know who that is?

Theo: Me.

Annie: It is. It's you and Ollie.

Theo: Ollie.

Annie: What do you think about that? That's pretty cool, right?

Theo: Yeah.

Annie: So what do you think that we had the illustrator put you in the book with your best pal?

Theo: Did you already podcast him?

Annie: No.

Theo: Okay. Are you going to?

Annie: Mm-hmm.

Theo: Good.

Annie: Is that okay?

Theo: Yeah.

Annie: Yeah. I want him to see it, too. Which one do you think you are? Looking at the two boys in the same shirt, which one do you think you are?

Theo: The one with the long hair.

Annie: Yeah, the one with the long hair.

Theo: And with his tongue sticking out.

Annie: Oh my gosh, his tongue is sticking out. I hadn't realized that. Theo, that's really funny. Okay, so looking at the page at a garden, what would you think is fun on this page? What would you think is fun at a garden? What would you and Ollie get into?

Theo: Probably trying to daredevil and jumping off the tree?

Annie: I think you're probably right. I think you'd probably be crazy and jump out of the tree. So when you flip through the book, you're in there a couple of times, but you don't always have the same shirt on.

Theo: It must be different days.

Annie: It must be different days. That's what I kind of thought too. And maybe my guess is you may have gotten dirty at the garden so you had to go home.

Theo: Yes.

Annie: That feels like something that would happen with you and Ollie.

Theo: Yes.

Annie: What's one of your favorite stories of something funny you and Ollie have done together?

Theo: Hmm, probably there's this book, and it has stars or things. And when it goes all the way up to five things, me and Ollie screams and so you're scared. Like a dangerous look and we scream. It's really fine. We do that a lot.

Annie: Are y'all in the same grade? Right?

Theo: Yes. We haven't been ever in the same class, though.

Annie: No, not the same class. But you're in the same school?

Theo: Yeah.

Annie: But you're both in second grade?

Theo: Yes.

Annie: Yes, that's what I thought. Tell me what is really fun about your brother and sister.

Theo: They are funny. They're just really funny. That's all I can really think of right now.

Annie: Y'all do laugh a lot in your family, don't you?

Theo: Yeah.

Annie: And y'all ride bikes a lot outside. And you ride a bike. And what does Aury ride?

Theo: Sometimes she rides a bike and then she rides a scooter. But mine is scooter.

Annie: And what does Brooksie ride?

Theo: Scooter.

Annie: Scooter. But you're mostly a bike guy, right?

Theo: Oh, yeah. Yeah, yeah.

Annie: Why is that?

Theo: I don't know. I can go way faster. And then also if I'm on scooter, there's some parts on the road that are really lumpy, and I really don't like them. I like smooth ground.

Annie: Got it. Oh, boy. Well, you just let it out when it's time.

Theo: Okay.

Annie: Tell me what's really fun about your dad.

Theo: Sometimes he can make really funny faces. Sometimes he's like this.

Annie: He does that face? You perfectly did. No, you look just like your dad when you do that.

Theo: I always have a picture in my head of literally that picture. All done. If I think about him, it automatically comes up.

Annie: That's the picture you have of your dad with his mouth open laughing. When you think about your dad, that's the picture that automatically comes up.

Theo: Yeah.

Annie: Okay. Tell me what's really fun about your mom.

Theo: Well-

Annie: You have any fun places that she takes you?

Theo: Eventually, she will probably take me to see Dan and Shay.

Annie: Yes, that's right. Because she works with Dan and Shay.

Theo: She's already done Aury.

- Annie:** And so that would be really fun. It's really fun to go places with your mom.
- Theo:** It really is.
- Annie:** What's your favorite thing that your mom makes for dinner?
- Theo:** She makes a lot. I mean a lot, but there's just spaghetti and super cheesy. And there's often this cheese that she made. She cooks it and it's like the best.
- Annie:** Oh, that's awesome.
- Theo:** Sometimes I have two or three helpings.
- Annie:** My guy, that's awesome.
- Theo:** Yeah.
- Annie:** That particular meal?
- Theo:** Yeah. There's also some other kinds of pasta. I don't like spaghetti, though.
- Annie:** No, I don't like spaghetti either all that much. But I'll take some ravioli. Do you like ravioli? It has stuff on the inside?
- Theo:** Oh, I love ravioli.
- Annie:** Right, me too. I bet you have it sometimes at school, right? Do you take your lunch?
- Theo:** I don't take my lunch.
- Annie:** No. You buy your lunch there. Okay, tell me, because this book is called *What Sounds Fun to You?*, tell me what sounds fun to you. But you have to talk to the microphone.
- Theo:** I love logos. Pretty much any logo.
- Annie:** You just love logos.
- Theo:** Also I love music.

Annie: You do love music.

Theo: It's like if I wanted to, every music, I can make up an own dance for every music for the way the beat is and the sound. That's when it feels like to me to make that kind of dance because of the sound.

Annie: You just like hear a song and you know how to dance?

Theo: There it is.

Annie: And then what do you say after you burp? What do you say after you burp?

Theo: Excuse me.

Annie: There you go. Then we can leave it in the show because it was very polite.

Theo: Yes. It's too funny to cut. But you have to say "excuse me." So you can hear any song and you know exactly how you want to dance to it. Every time?

Theo: Mm-hmm, pretty much. Unless it's one that's really like another one that I don't know. Sometimes if I know it really well, it's really easy.

Annie: Oh, great. Okay, so dancing is what sounds fun to you, and looking at logos. Which is great because your dad makes logos.

Theo: Yeah. Did he make that logo?

Annie: No. But he made a lot of my book covers. Not this one, but he did a lot of my book covers.

Theo: I know. He did just what sounds fun?

Annie: He did. He did. And That Sounds Fun. That's right. This one, *What Sounds Fun to You?* But yes, you're exactly right. How do you know everything, sir?

Theo: My dad told me.

Annie: Oh, yeah, you're so smart. Okay, is there anything else you want to say on the podcast?

Theo: Well, this is pretty cool. And also can I try to find the other pages for a minute?

Annie: Yeah.

Theo: It's really easy to see me though because I have a blonde long hair.

Annie: Yeah, that's right. So for all of our friends listening, anytime they see the blonde long hair, that's Theo.

[00:22:02] <music>

Annie: Aury, hi. Are you here?

Aury: Mm-hmm.

Annie: Everyone has to hear your voice. Aury, how old are you?

Aury: Five.

Annie: Five. And would you like to try to find yourself in *What Sounds Fun to You?*

Aury: Yes.

Annie: Do you want to turn pages? Do you see you? What do you think?

Aury: Good.

Annie: What do you think of the outfit? What color is your shirt?

Aury: Yellow?

Annie: And what color are your shorts?

Aury: Purple.

Annie: Yeah. And you know my favorite thing about you in this is look at your shoelaces. What color are they?

Aury: Pink.

Annie: They are pink. And you love pink, right?

Aury: Mm-hmm.

Annie: They're hot pink. That's right. That's exactly right. Aury, you know one thing that I know you think is fun is horses. You love horses. What is so beautiful about horses?

Aury: I like that horses just how much stuff that other animals don't have.

Annie: Yeah. Like what? Like tails?

Aury: Yeah.

Annie: Yeah. And like manes?

Aury: Mm-hmm.

Annie: And what else? What else do you love about horses that they have?

Aury: Some animals don't have hoofs.

Annie: That's right. And horses have hooves? You're exactly right. And I guess we can't ride everything. Can we? But we can't ride a horse. Have you ever ridden a horse?

Aury: Theo got bucked off a horse one time.

Annie: Theo, you got bucked off a horse one time.

Theo: I did.

Annie: Tell me more.

Theo: I got bucked off a horse once.

Annie: What happened?

Theo: It was the guy that was just talking before this girl, and I got bucked off the horse. So I wanted to control the horse and my uncle was behind me. So I was controlling the horse. And then it was kind of going a little weird, and then I was like, "Okay, I'll probably die down." But then he just bucked me off. Then my uncle grabbed me. But I still felt it anyway. It did hurt.

Annie: It did hurt. Aury, you said a minute ago that one of your most fun things you've ever done with your mom is go to what?

Aury: A concert.

Annie: Whose concert did you get to go to?

Aury: Dan and Shay concert.

Annie: Dan and Shay. Did you sing? Did you sing the songs out in the audience?

Aury: No.

Annie: No. Do you love Dan and Shay music, though?

Aury: Yes.

Annie: Yes. Who did you get to meet?

Aury: Shay.

Annie: Shay. Was he so nice?

Aury: Mm hmm.

Annie: Yes. What is your mom's job?

Aury: Helping Dan and Shay.

Annie: Helping them with what? What does she help them with?

Aury: Putting clothes on.

Annie: Yeah, yeah, putting clothes on directly. She helps them pick what clothes to wear. That's right. Tell me what's really fun about your mom.

Aury: Sometimes she takes me to get donuts.

Annie: What? What's your favorite flavor donut?

Aury: Chocolate.

Annie: Oh yeah, girl. Me too. I love it.

Aury: That's what we ate this morning — donut.

Annie: No way. You had them today?

Aury: Mm-hmm.

Annie: Did you go to the store to get them or were they already at your house?

Aury: We went to the store and got them.

Annie: Where did you go? What place? Where do y'all go get doughnuts from?

Aury: Donut Den.

Annie: Oh, best place. Aury, tell me what's really fun about your dad.

Aury: He makes crazy faces.

Annie: Yeah. You like when he makes crazy faces?

Aury: Mm-hmm.

Annie: What's your favorite thing about Brooksie?

Aury: A lot. He plays with me sometimes.

Annie: And he's pretty fun for a little brother. What is the most fun thing about, oh, Theo, this crazy guy.

Aury: Sometimes if I play with him he'll play with me but he does not play with me that much. Not really.

Annie: Do you wish he play with you more?

Aury: Yeah.

Annie: Okay, so tell me. Because the book is called *What Sounds Fun to You?*, tell me what sounds fun to you. In the whole world, if you could do anything today that sounds fun, what sounds fun?

Aury: Riding a horse with no help.

Annie: Riding a horse with no help. So just like getting on, holding on, and galloping out in the field all by yourself?

Aury: Mm-hmm.

Annie: What if you fall off? Will you be okay?

Aury: Yeah, yeah.

Annie: Will you get back on?

Aury: Yes.

Annie: Okay great. What color horse would you like to ride?

Aury: A white one. I want to tell you what I'm going to name it.

Annie: Okay.

Aury: Moonshine.

Annie: Why? You just love that name?

Aury: Yeah, because it's the colors of the moon.

[00:26:19] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about another one of our incredible partners, [Thrive Market](#). Let me just tell you I love being a member of Thrive. Literally my box is on the way. I just built it last night. I'm very excited.

It's an online membership-based market and they're on a mission to make healthy living easy and affordable for everyone. There's just something about having the pantry stocked with all my staples and with a few healthy snacks that make me feel

peaceful and like I'm taking good care of myself. I am thankful Thrive makes it so convenient and simple to have that feeling delivered right to my home.

Ordering from Thrive makes my busy life a little bit easier. And it will yours too. With thrive, you get the chance to give back through their Thrive Gives one-for-one matching program. Every paid membership sponsors a free one for a low-income family. And that's in addition to getting affordable, healthy foods and beauty products.

Thrive has an amazing selection of high-quality, healthy foods and you can shop their site according to over 70 eating plans. Things like keto or vegan or gluten-free. It's literally a one-stop shop for everything you need. Organic groceries, clean beauty supplies, safe supplements, and non-toxic home goods. Thrive Market works directly with all of our favorite organic brands so you get the highest quality products without the retail markups.

Go to thrivemarket.com/thatsoundsfun, you join today to get \$20 off your first order and a free gift. That's thrivemarket.com/thatsoundsfun to get \$20 off your first order and a free gift. [Thrivemarket.com/thatsoundsfun](https://thrivemarket.com/thatsoundsfun).

And now back to these fun conversations with my MiniBFFs.

[00:27:56] <music>

Annie: You like going to Donut Den?

Brooks: Yeah.

Annie: What kind of donut do you like at Donut Den?

Brooks: That one.

Annie: That one that was like a sunflower?

Brooks: Sunflower.

Annie: Do you see a sunflower in there? What else do you see in the book? Keep looking.

Brooks: I like getting cotton candy at Donut Den.

Annie: You want to get some cotton candy at the Donut Den.

Brooks: Yeah.

Annie: What's your brother's name?

Brooks: Aury.

Annie: Aury is your sister. Who is your brother?

Brooks: Theo.

Annie: Theo. What's my name?

Brooks: Annie Downs.

Annie: Annie Downs. That's right. What's your name?

Brooks: Brooks.

[00:28:39] <music>

Annie: Tell me what is so fun about your dad.

Ollie: We wrestle on the couch a lot.

Annie: He's very strong. Do you beat him?

Ollie: Yeah, I always beat him.

Annie: You always beat him?

Ollie: I beat him at the last second with a sucker punch in the belly.

Annie: So you just wait until the right time to sucker punch in the belly.

Ollie: What is so fun about your mom?

Ollie: She wrestles with me too.

Annie: Her too?

Ollie: But instead of wrestling it's more tickling.

Annie: Oh, I got it. You have anybody who play with you. I think you and your buddy Theo might be somewhere on this page.

Ollie: Right here.

Annie: Oh, you think so? Who is who?

Ollie: This is me and this is Theo.

Annie: How can you tell the difference?

Ollie: Theo has longer hair than me.

Annie: That's what Theo said too. We put you on the same shirt—the two crazy guys hide behind the bush. What are you doing back there? What kind of sneaky stuff are you doing, you and Theo back behind there? What's about to happen?

Ollie: We're about to make Willa jump up and scream.

Annie: Oh, you think that's Willa right there with the hair?

Ollie: Yeah.

Annie: And me?

Annie: You're going to jump up and make me and Willa scream?

Ollie: No. Because at home, me and Willa... or when I'm with Theo, Theo and me like to jump out from like behind a bush or something or behind a rock, a big rock and then Willa sitting like somewhere close to there, we creep out, sneak behind her, and then we scare her so badly. We're like, "Hey, Willa, there's a tick on your back." And she screams so badly.

Annie: And you'll just laugh. That sounds fun and sounds scary. Don't sneak up on me. Maybe I'll dress up like a tick for Halloween. How about that? I need to be something. Okay, keep turning and see if there's anything else that looks really fun that reminds you of something you do.

Ollie: I like drawing.

Annie: Yeah, you do like drawing. I thought you might like that page.

Ollie: And I like-

Annie: Yeah, you can go backwards.

Ollie: ...folding paper and making paper planes, sometimes paper swords, paper cheese knives.

Annie: Paper cheese knives? What's a paper cheese knife?

Ollie: Like you roll a piece of paper up, then squish it so it's flat. And then you cut the end off like diagonal, like a regular... so it looks like... Sometimes you can make it go curve. But mostly you cut it diagonal so it looks more like a cheese knife. And I use some poster board for making a cheese knife. And it's big.

[00:31:56] <music>

Annie: And who is your brother?

Willa: Ollie.

Annie: Is he fine?

Ollie: Ollie.

Willa: What does Ollie do that's fun?

Ollie: Playing Ninjagos with me.

Annie: Oh yeah. What is that? I don't know that game.

Willa: He made a Lego girl for me and I play with her. And he has Lego boy.

Annie: Yeah, he does.

Willa: He plays with that.

Annie: I love that. Would you want to flip some pages? Flip some pages and tell me what you see that looks really fun. Oh, you have a fancy ring on, Willa.

Willa: Thanks.

Annie: That's a beautiful diamond earring.

Willa: Like Pirate.

Annie: Oh, yeah, dressing up like a Pirate. Do you like playing dress-up at your house?

Willa: Yeah.

Annie: Oh, yeah. So what do you like to dress up like at your house?

Willa: Elsa.

Annie: Elsa. Wait, she's dangerous. She turns everything into ice.

Willa: But I'm Elsa for Halloween.

Annie: That's who you're going to be for Halloween is Elsa.

Willa: Mm-hmm.

Annie: What's your favorite candy on Halloween?

Willa: Tootsie Roll.

Annie: Tootsie Roll. What do you love about Tootsie Rolls?

Willa: That they're chocolate.

Annie: Oh, yeah, you're right. I love your mom and dad. Tell me what's so fun about your dad. What makes your dad so fun?

Willa: Playing with him.

Annie: Oh, yeah, he's super fun to play with. He also builds really cool stuff in the backyard, right?

Willa: Uh-huh.

Annie: What makes your mom so fun?

Willa: Playing.

Annie: What kind of stuff do you play with your mom?

Willa: Barbies.

Annie: Oh, yeah, she plays Barbies with you?

Willa: Uh-huh.

Annie: That's awesome. What is your favorite thing to do? This is a question we always ask. *What Sounds Fun to You?*

Willa: Playing Barbies by myself.

Annie: Oh, by yourself? Who is your favorite Barbie? Is there one that's your favorite at your house?

Willa: Uh-huh.

Annie: Which one?

Willa: Barbie?

Annie: What color is her hair?

Willa: Blonde.

Annie: Just like yours. What kind of clothes does she have on right now? Why did you put her on before you left?

Willa: Fashion clothes.

Annie: Ooh, fashion clothes. Are you wearing some fashion clothes today?

Willa: Yeah.

Annie: Yeah.

[00:34:00] <music>

Annie: You're also one of my very best friends in the world. And I call you B. I have a lot of names for you. But one of them is Bdot. Do you want to tell why I call you Bdot?

Ben: Because on the jersey that I made, it says Bdot born.

Annie: That's right. So you're always Bdot to me. Okay, so your face is in what sounds fun to you, the book. Are you ready to flip through and find yourself?

Ben: Yes.

Annie: Okay. I'm not going to tell you. You have to tell me when you see yourself.

Ben: Okay.

Annie: But also if you pass by pages that look really fun, tell me what sounds fun to you. That's the name of the book. I wonder if you're going to see you where I see you. I'll be very interested to see.

Ben: I'm not obsessed with green beans, so...

Annie: It wouldn't be you on the green bean page because you're not obsessed with green beans.

Ben: No, I'm not. I do like sledding.

Annie: But it doesn't snow here very much. But when it does, will you tell people where y'all go when it snows to sled? Sevier Park, right?

Ben: Oh yes, that's one. There are a lot of places.

Annie: Oh, are there?

Ben: Well, last time we had snow days we went to this street and it had a ramp on it.

Annie: Oh, that's right. I remember. You're exactly right. Okay, keep turning till you find you.

Ben: Okay.

Annie: I think you're getting closer to who I think is you. Somewhere on this page is the guy I think is you. Yeah. What's your guy doing? What are you doing in the book?

Ben: Petting a sheep.

Annie: You're petting a ship. Do any of that kind of looks like you?

Ben: Yes, that does.

Annie: I think that's definitely.

Ben: It's like I probably don't wear orange shirt.

Annie: Oh, we do not wear orange in the family. No, no, no, we do not wear orange. I thought the same thing. But you might wear purple shorts if that was your soccer team's colors. If you go play at Clemson or something-

Ben: I would think of them as blue.

Annie: Oh, you would think of them as blue?

Ben: Yeah.

Annie: Okay. Well, there you are. You're with a sheep. How do you actually feel about sheep?

Ben: Good.

Annie: Good. I hope so.

Ben: Yes.

Annie: I think that same guy, I think you're one other place in the book. I'm going to have to look.

Ben: Oh, right here?

Annie: Yes, that's exactly right. And we changed your outfit. This time tell everybody what you're doing. I am climbing a ladder to a tree. Or a squirrel on the tree.

Annie: That's right. That's exactly right. And you like your outfit better?

Ben: Yeah.

Annie: There's a nice look of jeans.

Ben: Yeah.

Annie: Those are some fancy jeans you got on. I think you have on the same shoes though.

Ben: I don't wear jeans though.

Annie: You don't ever wear jeans. I thought you wear jeans. Do you wear khakis?

Ben: Because that's the school's.

Annie: But even when you're at home, you don't have regular jeans, do you?

Ben: Well, I mean-

Annie: No, since you were a baby boy.

Ben: I might wear them in the winter, but it's not the winter.

Annie: It's not.

Ben: It's only fall.

Annie: It is. It is almost Halloween. What are you dressing as this year? Have you decided?

Ben: Probably football player.

Annie: Oh, a football player this year?

Ben: But I don't have a helmet.

Annie: Oh boy. How do we find your helmet?

Ben: I might just wear a hat.

Episode 337: WHAT SOUNDS FUN TO YOU? That Sounds Fun Podcast with Annie F. Downs

Annie: Okay. Can I ask you some questions about fun?

Ben: Yes.

Annie: What is really fun? A lot of our friends listening know your dad.

Ben: Yeah.

Annie: He's a crazy guy.

Ben: Almost as crazy as you. Maybe a little bit crazy.

Annie: We're pretty close in crazy levels, I think. What is so fun about your dad? What do you love about how fun he is?

Ben: He makes really funny videos. He likes to scream when Arsenal scores.

Annie: That's right.

Ben: And then he does funny things when my sister and brother cry. He imitates them.

Annie: What about your mom?

Ben: She gave birth to me.

Annie: Well, that's very kind of her. Yes, you're right. That's one of my favorite things that's ever happened is you being born.

Ben: And then she takes us places and on trip.

Annie: Yeah, she does. Like to the zoo? We love going to the zoo.

Ben: Well. I'm talking about really big trips.

Annie: Ooo, you're talking about really big trips. Like where?

Ben: Like Dollywood, New York.

Annie: Oh, yeah, y'all did go to New York.

Annie: Can I go to Dollywood next time with you, please?

Ben: Ask my mom.

Annie: I really want to.

Ben: Okay.

Annie: I think they'll let me. They usually let me go places with you.

Ben: Well, usually you have plans.

Annie: I know. Last year I did, but I'm hoping not this time. We'll get it on the calendar quick enough.

Ben: Yes.

Annie: I'm sorry. I know I sometimes have plans.

Ben: Yeah, you usually do.

Annie: But I come over all the time.

Ben: Well, yes, when you don't have plans.

Annie: That's right. If I don't have plans, I'm at your house. That's exactly right. What's your favorite thing that your mom makes for dinner?

Ben: Mac and cheese.

Annie: Oh yeah.

Ben: Or pizza? Or pizza.

Annie: Or pizza. That's so good. What sounds fun to you.? What's your favorite thing to do?

Ben: Play soccer.

Annie: I know. That's right. Who in your life is the best Annie at soccer?

Ben: You or my mom.

Annie: Oh, no. I didn't even win that one.

Ben: Well, you tied.

Annie: I tied. I know. I thought I won that one. I was trying to come up with the question that I would win on.

Ben: Who's the craziest Annie in your life?

Ben: Okay, you.

Annie: Yeah, for sure. You don't really call me crazy Annie as much as Sammy does.

Ben: He doesn't. I don't think he does.

Annie: If you and I could do one fun thing together, what would we do? What's the most fun thing we would do?

Ben: Go to London and watch Arsenal.

Annie: Let's go to London and watch Arsenal. That's a great idea. I would love that.

[00:40:14] <music>

Annie: For starters, Miss Zanna, please tell us how old you are.

Zanna: Seven.

Annie: Seven. That's a lucky year. What did you do for your birthday this year? Will you tell everybody? It was so cool.

Zanna: I went to the cabin.

Annie: Yes. And what did you do at the cabin?

Zanna: Ride a horse.

Annie: Yeah, you got to ride horses. Did you love it?

Zanna: Mm-hmm.

Annie: Zanna, are you ready to answer some questions about fun?

Zanna: Yes.

Annie: Are you sure you're ready? Did you come straight from school? How was school today?

Zanna: Good.

Annie: Good. Did anything crazy happen?

Zanna: No.

Annie: Everything normal. Okay, first question I have to ask you. What is fun about having two brothers?

Zanna: Not really fun.

Annie: Oh, nothing's fun about having brothers? Those guys are great. What is fun about being in the middle of two brothers? What's fun about being the middle kid?

Zanna: I don't know.

Annie: Is there anything fun about being the only girl?

Zanna: Yes, I have my own room.

Annie: Oh, that's true. You do have your own room.

Zanna: If I am a boy I have to sleep in the boys'.

Annie: That's right. Will you look through the pages and tell me a page that looks really fun to you?

Zanna: I think this one.

Annie: What is happening on that page that you think looks so fun?

Zanna: These girls are doing their cartwheels and they're biking.

Annie: You are very good at cartwheels. Will you tell everybody about your dance parties at night after dinner? What happens after dinner?

Zanna: We do dance parties.

Annie: Almost every night. You do dance parties almost every night?

Zanna: Yeah.

Annie: And what's your favorite song to dance to?

Zanna: I don't have a favorite.

Annie: No. A lot of times when I'm there you say, "Dear future husband."

Zanna: No, not anymore.

Annie: Oh, you quit that one.

Zanna: Yeah. I hate it.

Annie: You're so good at dancing to it.

Zanna: Oh, now I hate it.

Annie: Oh, okay. I'm sorry to hear that. Okay, find me one more page that looks really fun to you.

Zanna: This one.

Annie: Oh, the carnival page. What do you love about that?

Zanna: Well, you get cotton candy and you can go and see people writing things and stuff.

Annie: What do you think is happening in that circus tent? What's going on in there? What do you think's inside the tent?

Zanna: I don't know.

Annie: I don't know either. What would you guess? Why are me and Luca-

Zanna: People riding horses.

Annie: Oh, you think there are people riding horses in there? That's a great answer. That sounds really fun. What do you think about that book?

Zanna: Good.

Annie: Do you like it? Do you like the pictures?

Zanna: Mm-hmm.

Annie: It's pretty cool you're in there, huh? Tell me what sounds fun to you. What's your favorite thing to do?

Zanna: I like petting my cat.

Annie: Oh, you do? You've got to tell everybody about your cat. What's his name?

Zanna: Otis.

Annie: And where does he live?

Zanna: He lives at our house.

Annie: He lives everywhere in the neighborhood. Will you tell the story about when he runs away what happens?

Zanna: He does run away.

Annie: He does sometimes. And who finds him? All the neighbors?

Zanna: Yeah.

Annie: And what happens?

Zanna: He sometimes has water on him and sometimes he has thorns.

Annie: Oh no. How do you get them off?

Zanna: No, he has like leaves on him a lot.

Annie: What do you love about Otis so much?

Zanna: He's soft.

Annie: Is that your favorite thing is that he's soft?

Zanna: I don't like that I'm allergic.

Annie: I know. But you still have him.

Zanna: Not anymore.

Annie: Oh, really? How did you fix that?

Zanna: I don't know.

Annie: Oh, you just quit sneezing? Great. Is Otis your favorite animal in the world?

Zanna: Yes.

Annie: Am I your favorite crazy Annie in the world?

Zanna: Yes.

Annie: Okay, great. You're my favorite Zanna.

Zanna: My mom is my favorite because she's Annie too.

Annie: Yeah. But she's not a crazy Annie.

Zanna: Yeah.

Annie: But I am. Right? Can I be your number two Annie in your life?

Zanna: Yeah.

Annie: Okay. You can be my number one Zanna.

Zanna: And then next is Annie Warts.

Annie: Okay. That's true.

Zanna: After you.

Annie: Okay, we can rank all three of us. That's right. We're all very good friends. It's okay if she's number two sometimes, too. But you're right, your mom always gets to be number one mom.

Zanna: Yeah.

Annie: All right, Zanna, do you have any questions for me?

Zanna: Yeah.

Annie: What?

Zanna: Nothing.

Annie: Well, I love you. Thank you for doing this. Good job. Goodbye.

Zanna: Goodbye.

[00:44:35] <music>

Annie: All right, Sammy man. Are you ready?

Sammy: Yeah.

Annie: Are you scared?

Sammy: No.

Annie: You're making your voice like you're scared. First of all, I haven't seen you in a couple of days and I did not know about your arm. What happened?

Sammy: I fell in the climbing wall on the playground.

Annie: Oh, you fell at the playground on the park?

Sammy: No, the one at my school.

Annie: And is it broken?

Sammy: Yes.

Annie: Sammy. In how many places? How bad is it? Does it hurt?

Sammy: No.

Annie: Did it hurt when it happened?

Sammy: Yes.

Annie: Did you freak out? Did you scream or did you just cry?

Sammy: I cried.

Annie: Yeah, I would have cried too. What is fun about your dad? What's fun about your mom?

Sammy: He takes us to pools.

Annie: He does take you to pools. Do you love swimming?

Sammy: Yes.

Annie: Do you like deep end or shallow end better?

Sammy: Argh.

Annie: What does that mean?

Sammy: Well, the deep end because diving boards are in there.

Annie: Oh, you like jumping off a diving board?

Sammy: Yes.

Annie: Your brother mentioned Dollywood. Do you love Dollywood?

Sammy: Yes.

Annie: Me too. Can I go with you guys next time?

Sammy: If you're not doing work?

Annie: I'm not working. I know. I do have to miss some things because I'm at work. But you Marcopolo me and say, "Annie, come play." And I say, "I'm on the way" or "I'm at work." What's your favorite ride at Dollywood?

Sammy: I forgot what it's called.

Annie: Your favorite ride at Dollywood you don't remember?

Sammy: I forgot what it's called but I remember it.

Annie: What do you do on it? Is it a roller coaster?

Sammy: It's still one that goes fast and it goes backwards.

Annie: Oh, you like the one with the fire?

Sammy: Yeah.

Annie: I know. With the fireworks. Okay, let's look at this book, *What Sounds Fun to You?* Do you know that you're in this book?

Sammy: Yes.

Annie: Where do you see yourself already?

Sammy: There.

Annie: Where? On the cover? Is that you? You think so?

Sammy: Yeah.

Annie: I do too. What color shirt do you have on in that?

Sammy: Red.

Annie: Red. Do you like wearing red shirts?

Sammy: Yes. It's Arsenal color.

Annie: It is the Arsenal color. That's right. We put you in an Arsenal shirt. Okay, flip through it. I want you to flip through the book and tell me... Oh, yeah, you only have one good arm. Sorry. It's going to make life hard.

Sammy: I can do it.

Annie: Don't hurt your arm, bro. Are you hurting your arm?

Sammy: That's me.

Annie: You're right. And that's Zanna with you? Do you see Zanna?

Sammy: Yeah. It's been on this page?

Annie: Nope. It's not on that page. Does that page look fun? Do you like playing music? He's shaking a can of beans.

Sammy: Yeah. This page.

Annie: You're right. Does that page look fun, the garden?

Sammy: Yes.

Annie: What would you do on that page?

Sammy: Annie, I pick these things.

Annie: Oh, you pick all the pumpkins?

Sammy: They're not pumpkins. They're carrots

Annie: Oh, are they carrots?

Sammy: Yeah.

Annie: Oh, sorry. I'm on another page. I'm so sorry. Do you like carrots? I didn't know you liked carrots.

Sammy: Yuck.

Annie: You don't like vegetables very much, my friend.

Sammy: I'm not vegan.

Annie: What are you doing in this one?

Sammy: Throwing paper boards.

Annie: Yeah, making paper boards and throwing them. Do you ever make things out of paper? Sometimes?

Sammy: No. And this is me.

Annie: You're right. Oh, what are you doing in that one?

Sammy: Playing soccer.

Annie: Is that your favorite? I think that's my favorite page of you.

Annie: Are you good at soccer?

Sammy: That's you.

Annie: Yeah, you're right.

Annie: Are you good at soccer, dude?

Sammy: Yes.

Annie: Yeah, you're really good. How many goals did you score last week? Do you remember?

Sammy: Like 15 if you put them together.

Annie: You literally scored eight last weekend.

Sammy: Like 18.

Annie: Eighteen?

Sammy: Yeah.

Annie: What's so fun about soccer, Sam?

Sammy: Score goals.

Sammy: You love scoring goals. What do you do when you score a goal? Do you yell or do you jump or what do you do?

Sammy: I do a celebration.

Annie: You do a celebration? Yeah, you do.

Sammy: Here is me again.

Annie: Okay. Tell me what sounds fun to you. What's your favorite thing to do?

Sammy: Play soccer.

Annie: Oh, yeah, that's right, play soccer. You love it.

Sammy: And golf.

Annie: Golf? You love golf now?

Sammy: Yeah.

Annie: You picked up Golf as a broken arm guy?

Sammy: Can't pull it.

Annie: Hey, tell me what's really fun about your mom.

Sammy: She takes us to golf place. Like-

Annie: Like Top Golf.

Sammy: Top Golf.

Annie: Oh, do you love Top Golf?

Sammy: Yes.

Annie: Do you hit it far at Top Golf?

Sammy: It's not Toff. You said Toff golf.

Annie: Sorry. Do you hit hard Top Golf?

Sammy: Yeah.

Annie: Who's better at soccer? Me or you?

Sammy: Me.

Annie: Oh. Who's better at soccer? Me or Ben?

Sammy: Ben.

Annie: Who's better at soccer? You or Ben?

Sammy: Me. You're better than your brother? Who's better at soccer? Ben or Sammy, crazy Annie, daddy? Who's the best?

Sammy: Me.

Annie: What? You think it's you. You're better than everybody. Who are you going to play for when you get older?

Sammy: Team FLC.

Annie: Nashville FC?

Sammy: Yeah.

Annie: So we can cheer for you?

Sammy: Yeah.

Annie: Hey, Sam, Sam, Sam. Sam. The crowd will go nuts. They'll love it. Okay, any other questions I need to ask you.

Sammy: What's your favorite book?

Annie: What is your favorite book? This one? Mine? The one you're in?

Annie: What's your favorite book?

Sammy: That.

Annie: This one? *What Sounds Fun to You?* is your favorite book?

Sammy: Yes.

Annie: Good answer.

Sammy: I'm going to bring this book home.

Annie: You're going to bring home?

Sammy: Yeah.

Annie: Okay. Okay, I love you, buddy. Thanks for doing this.

Sammy: Yay.

[00:51:07] <music>

Annie: Lena. Hi, welcome to the podcast.

Lena: Hi.

Annie: Tell us how old you are.

Lena: I'm 10.

Annie: You're 10. You were just listing for me your very busy day.

Lena: Uh-huh.

Annie: Tell me what you're doing today.

Lena: So first, I'm coming here.

Annie: For sure, on a podcast.

Lena: And then I have to get a flu shot. I don't actually mind them but my sisters do.

Annie: Yeah, they do. They're a little bit scared. How are you going to help them? Have you helped them in those moments?

Lena: I don't think I can help them.

Annie: You can't.

Lena: I just laugh at them.

Annie: Oh, you just laugh at them. Great. Very kind of you. Very kind of you. Okay, and then what happens after that?

Lena: And then I have to go to Target to get my friend a birthday present. And then I have to meet her up at the mall with my other friends, and then we go somewhere for something. I don't remember what we're doing.

Annie: You have a busy day.

Lena: And then after that, we're going to her house. I will sleep over for her... It's like her birthday party. But it's her birthday actually isn't happening yet.

Annie: Lena, that's such a fun day. What are you going to get her for her birthday? I won't tell.

Lena: I honestly don't know.

Annie: You're just going to like stroll through Target, which you love.

Lena: Yeah.

Annie: Do you love Target as much as your sister does?

Lena: Yes.

Annie: Me too. I love it. Okay, so today we're going to talk a little bit about fun for just a couple of minutes. You're a very fun person. So this is easy. What grade are you in?

Lena: I'm in fifth grade.

Annie: You're in fifth grade. Lena, what is fun about fifth grade so far.

Lena: I don't-

Annie: Anything.

Lena: No, no, no, there is. There is. But it's like Math is fun.

Annie: Oh, that's a good answer. I like math, too. I think it's really fun.

Lena: But then there's another class that I like. I don't like to count it as a class. But it's like one of my periods.

Annie: Okay.

Lena: It's band. I don't really count that as a class.

Annie: What instrument are you playing? I didn't know this.

Lena: Clarinet.

Annie: Ah, what do you think so far?

Lena: It has a lot of keys.

Annie: It has a lot of keys. I played the French horn. I didn't play a woodwind instrument. I think it's kind of hard with the reed, right?

Lena: Yeah.

Annie: Don't you have a reed?

Lena: My friend messed up her reed and there's like a big hole in it.

Annie: Oh, no.

Lena: My band teacher says, "If you mess up your reed, then it won't play good." And she says, "It's going to play good." And she's the one squeaking.

- Annie:** It's her reed. What is fun about having little sisters in a big sister? You're right in the middle.
- Lena:** So technically me and Marion are like both of the middle shirts like Rosie can be like the youngest and how we can be. But then it's like me and Marion are jammed in the middle. And so when I'm like, "I don't want to do this," then she's agreeing to me and it's like we think the same thing.
- Annie:** Oh, yeah. You Marion really do think a lot alike, don't you?
- Lena:** Sort of.
- Annie:** Yeah, I think so. Yeah. So tell me what is fun about your dad.
- Lena:** So my dad when we asked to go somewhere fun to go get ice cream or something, that's the first thing he thinks about and puts us in a car and we're already there.
- Annie:** That's right. Did y'all go to Jeni's?
- Lena:** Uh, huh.
- Annie:** Oh, yeah, what did you get?
- Lena:** I haven't been there in a while. So I don't really know.
- Annie:** Do you switch it up?
- Lena:** Yeah.
- Annie:** I love that place. Everybody's in there mostly one or two times.
- Lena:** Okay. I like to swim.
- Annie:** I know. You love swimming. What's going to happen in the winter when it's too cold for us to swim anymore?
- Lena:** We're going to still swim.
- Annie:** Are you? You're just going to do it. You're not afraid?
- Lena:** One time we went to this waterfall, and it was like zero degrees.

Annie: And you jumped in anyway.

Lena: Yeah. I got out, my fingers were numb. I was like, "I can't feel my body."

Annie: What made you jump in? What made you that brave?

Lena: I wasn't brave, I was just hot. I hiked all the way to the top.

Annie: You were like, "I have to."

Lena: I was like, "I wasn't brave."

Annie: It does take some courage though. I think you're really brave.

Lena: Yeah.

Annie: When you think about God, do you think God's fun?

Lena: Mm-hmm.

Annie: Tell me about it. Tell me how God feels fun to you. He is to me too.

Lena: He invented roller coasters.

Annie: Yeah, you're right. You know what? I've never thought about that, Lena. That like all the things I think are fun, God invented. So like waterfalls. You're brilliant. What roller coaster do you love?

Lena: Honestly, I hate roller coasters.

Annie: But if God made them, they're fun. He's gotta be fun.

Annie: You hate roller coasters. I thought you like to go into like Dollywood. No?

Lena: No. For some reason, I just don't like anything that moves.

Annie: I mean, but you jump on your trampoline?

Lena: I just don't like anything that I can't stop.

Annie: Oh, interesting.

Lena: That I have control of. I have control of a car. I can tell my mom to put on the brake. But I can't scream like, "Brake!" on a roller coaster.

Annie: So a bike or a scooter?

Lena: Yeah.

Annie: Are you a biker or a scooter person?

Lena: A bike.

Annie: Yeah, me too. Do you all bike around your neighborhood?

Lena: But my bike broke.

Annie: What? What happened?

Lena: The chain fell off.

Annie: Oh no.

Lena: And I'm too lazy to ask. I'm too lazy to ask.

Annie: Okay, the book is called *What Sounds Fun to You?* So tell me what sounds fun to you.

Lena: Getting ice cream.

Annie: Oh, okay. Now you do have to tell me what flavor you get though.

Lena: I don't know. I used to be a big fan of chocolate. But now it's the worst thing I like.

Annie: What?

Lena: I hate-

Annie: It went from top to the bottom?

Lena: Yeah, I hate chocolate.

Annie: Lena, I can't believe that.

Lena: I like vanilla now.

Annie: Uh-huh. Okay, great. Just plain vanilla? If we're going to go to Jeni's you're just going to get vanilla? You're not going to get-

Lena: No, no. I'm going to get a different flavor.

Annie: Do you put toppings on your ice cream?

Lena: Mm-hmm.

Annie: What do you want on the top of it? If we're doing an ice cream party, and you've got vanilla in a bowl, what are you putting on top?

Lena: Chocolate syrup, gummy bears.

Annie: Oh, listen, keep going.

Lena: But I don't like when the ice cream freezes the gummy bears-

Annie: I don't either.

Lena: ...and they're hard and cold. Ew.

Annie: It's the worst. Good call. Okay, what else is going on there? So you got to hurry and eat the gummy bears then?

Lena: Yeah.

Annie: Okay, get those out of the way. Sprinkles?

Lena: No, no sprinkles.

Annie: No sprinkles.

Lena: No.

Annie: I have a friend who every night sheets a scoop of an ice cream... A grownup who eats a scoop a bit on ice cream and covers it and sprinkles every night. That's kind of awesome.

Lena: No.

Annie: No.

Lena: I don't like the sprinkles but I like the ice cream part everyday.

Annie: Everyday.

Lena: Everyday.

Annie: Okay, so you would put ice cream, chocolate syrup.

Lena: Gummy Bears.

Annie: Gummy Bears.

Lena: Maybe chocolate chips.

Annie: Okay. I wonder if you're going to get ice cream at your birthday.

Lena: Well, we're going to the Cheesecake Factory for dinner.

Annie: Whoa, that's awesome.

Lena: I also don't like cheesecake.

Annie: Oh, no. So you got to pick something else?

Lena: Yeah. They have ice cream but it's like there's like ice cream sundaes. But I think they only serve that to you if it's your birthday.

[00:57:52] <music>

Sponsor: Hey friends! Just interrupting this conversation one more time to tell you about one of our incredible partners, [Indeed](#). As our teams have grown this year, both Downs Books and at the That Sounds Fun Network, I cannot overstate just how helpful our

partnership with Indeed has been during the hiring processes we've needed to conduct.

Indeed is a hiring partner that gets you what you really want, a shortlist of quality candidates as fast as possible. Because you can do it all: attract, interview, and hire all at Indeed. Don't struggle on your own to find quality candidates. Indeed can help you hire the right people right now.

Indeed partners with you on every step of the hiring process so you can find talent with the skills you need through tools like Indeed instant match assessments and virtual interviews. With instant match, as soon as you sponsor a post, you get a shortlist of quality candidates whose resumes on Indeed match your job description, and you can even invite them to apply right away.

I know that you don't have extra time to spend weeding through resumes that don't match up with your qualifications for the role you're trying to fill. Me neither. Indeed has saved us so much time, allowing us to stay focused on the main priorities at work.

With Indeed instant match over 90% of employers get quality candidates as soon as they sponsor their job posts, according to Indeed data. Candidates you invite to apply through instant match are three times more likely to apply to your job than those who only see it in a search according to Indeed data.

So get started right now with a \$75 sponsor job credit to upgrade your job post at indeed.com/soundsfun. Get a \$75 credit at indeed.com/soundsfun. [Indeed.com/soundsfun](https://indeed.com/soundsfun). Offer valid through December 31, and terms and conditions apply. Need to hire? Then you need Indeed.

Sponsor: And I'm really excited to share with you about another one of our incredible new partners, [Milk Bar](#). Y'all know Milk Bar. Well, when my MiniBFFs and I are celebrating whether it's a birthday or the end of a great soccer season, one thing we pretty much always do is eat cake.

In fact, cake may just be the correct response to almost anything in life. We literally have a Milk Bar cake we ate yesterday to celebrate the release of *What Sounds Fun to You?* And that is who takes cakes to the next level? It's Milk Bar.

Master Baker, Christina Tosi, started Milk Bar in 2008. And maybe you saw her and Milk Bar featured on Netflix's Chef's Table pastry edition. I mean, y'all, the things she creates are unbelievable. And she's been wowing the world with her

unique spin on iconic flavors ever since. Milk Bar is the perfect gift for anyone and everyone in your life.

Some of Milk Bar's bestsellers include obviously their signature birthday cake that we are enjoying here, the salty-sweet compost cookie. Y'all, Milk Bar pie made from toasted oat crust with a gooey butter filling. And right now pumpkin Milk Bar pie and apple cider donut cake are the desserts you need on your Thanksgiving or Friendsgiving table this year.

You guys, we have some of the apple cider donut cake balls, and oh my gosh. Oh my gosh. That's all I'm saying. Oh my gosh. Every Milk Bar creation is thoughtfully and beautifully packaged, made fresh and then flash frozen and they offer fast even overnight nationwide delivery. That's brilliant, right? I don't even have words for how delicious Milk Bar cakes are, you guys. And you know it takes a lot to render me speechless.

Well, right now Milk Bar has a special limited time offer. You get \$10 off any order of \$50 or more when you go to milkbarstore.com/thatsoundsfun. You'll get 10 bucks off an order at \$50 or more by going to milkbarstore.com/thatsoundsfun. And for real the birthday cake and for real those apple cider donut cake balls, gracious, you need them.

[01:01:33] <music>

Annie: First question, will you say your name into the microphone? What's your name?

Rose: Rose.

Annie: And how old are you?

Rose: Five.

Annie: And what's fun about your sisters?

Rose: They play with me a lot.

Annie: What do y'all play?

Rose: Freeze Tag.

Annie: Oh, Freeze Tag. Who's the best at it?

Rose: Marion.

Annie: Marion is the best at it. But I bet you're pretty good because you're fast. Yeah. What is really fun about your mom?

Rose: She reads to me a lot.

Annie: You love books?

Rose: Yeah.

Annie: What's really fun about your dad?

Rose: He plays with me.

Annie: What kind of things do you play with your dad?

Rose: He plays.

Annie: Like outside. Oh, yeah. Will you tell me about your backyard? What's really fun in your backyard?

Rose: We have a playground that's really big.

Annie: It is really big. And what's your favorite part of the playground?

Rose: This slide.

Annie: The slide. You love it? What is your favorite thing to do? *What Sounds Fun to You?*

Rose: Playing with my friends.

Annie: You love playing with your friends?

Annie: Is Livie one of your friends? Oh yeah. Oh yeah. What do you guys do when you and Livie get together? What kind of things do you do?

Rose: We play babies dolls.

Annie: Do you like when she comes to your house? Or do you like going to her house?

Rose: Her house.

Annie: Her house. What's so fun about Livie's house?

Rose: She has a lot of baby dolls and stuffed animals.

Annie: Oh, yeah. What's your favorite animal?

Rose: Zebra.

Annie: A Zebra? Why? What do you love about zebras?

Rose: I love stripes. And my favorite color is white and black.

Annie: Oh, so that's the perfect animal? Yeah. Do you see that when you go to the zoo?

Rose: Yeah.

Annie: What is the most fun thing about fall break? What's going to be so fun this week?

Rose: We're going on a trip and we're going to the aquarium.

Annie: Oh, you're going to the aquarium. What are you going to see there?

Rose: We're going to see some sharks.

Annie: Oh, sharks. Are you scared? No, no, no, no, you can't get to. Do you love fish?

Rose: Yes.

Annie: Yeah, me too. Okay, so you're going to go on a trip to the aquarium and you're going to Chattanooga. And do you think you'll get to hike outside some too maybe?

Rose: Mm-hmm.

Annie: No, no hiking. You're going to play outside? Okay. You're going to be nice to your sisters?

Rose: Yeah.

Annie: Oh, yeah, you're the nicest. Okay, is there anything I'm forgetting? No.

[01:04:12] <music>

Luca: What is your first book?

Annie: Are you asking if it's my first book for kids? Or if it's my first one in the whole world?

Luca: Yeah.

Annie: It's my first book for kids, yeah.

Luca: Is this Lena? Because it looks like Lena.

Annie: It does look like Lena, doesn't it?

Luca: Who is this?

Annie: Who do you think it is?

Luca: You.

Annie: Yeah.

Luca: Is that you?

Annie: Yeah. What do you think? It's pretty cool, right?

Luca: Yeah.

Annie: Will you say your name for everybody?

Luca: Luca.

Annie: And how old are you?

Luca: Eight.

Annie: You're eight years old. You're the older sister in the family. What's fun about being the older sister.

Luca: Nothing.

Annie: Nothing's fun about being an older sister. Didn't you get to do everything first? Is that not fun?

Luca: Oh yeah. I only got two years.

Annie: Two years of what?

Luca: Of myself.

Annie: Oh yeah. In your whole life, you mean you were born for two years and then your sister came along? You also got to go to school for two years before Livie?

Luca: No.

Annie: No?

Luca: Yeah.

Annie: Yeah, because you're in first grade. You're in second grade?

Luca: I'm in third grade.

Annie: Oh, you're getting so old. You're in third grade. And Livie is?

Luca: First.

Annie: So you had two years. Last year you cut your hair.

Luca: By myself.

Annie: Yeah, will you tell everybody that story? Start from the beginning. What happened?

Luca: Okay. So it was night and then my parents were downstairs and I laid in my bed and then I went up. And I went in the bathroom, I got scissors-

Annie: What were you thinking? Were you thinking, "I want a shorter haircut"?

Luca: No, I don't know what I was thinking.

- Annie:** You just were like going. You weren't really good about it.
- Luca:** Yeah. And so then I got the scissors and I look myself in the mirror, and then like... and my hair is really long.
- Annie:** Yeah, it was really long. It was down to your waist.
- Luca:** And then I did big-
- Annie:** You just cut right by your face.
- Luca:** Yeah.
- Annie:** What did you think when it came off in your hand? Were you like, "Oh, oh"? or were you like, "This is awesome?"
- Luca:** I almost fainted.
- Annie:** Were you like, "What have I done?"
- Luca:** Yeah. And like, "My parents are going to kill me."
- Annie:** How many times did you cut your hair? How many of the scissors? Did you just do one and then go, "Oh, oh," and almost pass out? Or did you do a bunch?
- Luca:** I did one and I almost passed. And then I did this and then I did that.
- Annie:** Oh, you did three?
- Luca:** And when I go down it's like nobody noticed it. But I hold my hair back and then I let it go. My parents were like, "What did you do?"
- Annie:** Oh my gosh. Really? That's what happened? You pulled it back like in a ponytail and then you let it go and it was short.
- Luca:** Yeah. It was like to here
- Annie:** You cut your hair from your waist to right below your ears? That was-
- Luca:** I didn't know what I was thinking. It was night.

Annie: I don't know what you're thinking either. But let me tell you. You can't make decisions like that at night, my friend. You can't do it anymore.

Luca: Oh.

Annie: Sorry. You're done making hair cut. You shouldn't-

Luca: You just crushed my dreams.

Annie: I crushed your dreams. By what? By telling you can't do that at night?

Luca: No, I can't.

Annie: We need to tell all the kids listening. Don't cut your hair. Right?

Luca: Kids don't cut your hair.

Annie: Especially not at night. Did you go downstairs at night and show them or do you show them the next morning? Oh, you went straight downstairs?

Luca: Yeah.

Annie: Was Livie already asleep?

Luca: No, she was awake.

Annie: She didn't stop you?

Luca: No, she didn't stop me.

Annie: She just watched you cut your hair?

Luca: Yeah.

Annie: And then did you take the hair in your hand to your parents or did you leave it in the sink or the trashcan or something? I've just never asked you about this whole day.

Luca: No, I just grabbed it in my hand and I am back downstairs.

Annie: And you're like, "Here's this." And then they said, "What have you done?"

Luca: Yeah.

Annie: It's all grown back out though really. That's the beautiful thing about hair.

Luca: I didn't get a punishment or anything.

Annie: No. You didn't have to get a punishment. You kind of done it to yourself.

Luca: Yeah.

Annie: Punishment alone was what you had done.

Luca: But if I cut my hair again then I'm banned from something.

Annie: Oh, yeah. From probably a lot-

Luca: From school.

Annie: No. You love school. You can't get banned from school.

Luca: I don't like school.

Annie: You don't like school? I didn't know that. I thought you did like it.

Luca: Don't you know kids?

Annie: Kids don't like school ever?

Luca: Yeah.

Annie: Oh, I didn't know that.

Luca: Except for fun Friday and just-

Annie: What's fun Friday. Tell me about it.

Luca: That's where you can do like... on your computer, you can do like any game stuff and you get to do a lot of fun things.

Annie: Okay. I don't even know that.

Luca: And a bowl of... you got candy, you get to do an escape room.

Annie: What? How do you get to do it?

Luca: The escape room is where you have to find the answers and then you go to the board and you run all around Sevier Park without any water.

Annie: Wow.

Luca: Do you know Bell?

Annie: Yes. Bell is your other BFF with Marion.

Luca: Yeah.

Annie: Yes. Marion told us about you and Bell.

Luca: So Bell was the second girl and... we were against fourth grade and third grade and she was the second girl in those two grades.

Annie: Wow.

Luca: The first girl was Mila. I don't know who that is, but...

Annie: She was fast.

Luca: Yeah. I came in like 16th.

Annie: That's still pretty good though, Luc.

Annie: Everybody's listening to this podcast on a Monday, and on Tuesday, I am reading this book at the farmers market.

Luca: I'll see you.

Annie: I hope so. You want to come sit there and listen to me read it and laugh at my jokes?

Luca: Yeah.

Annie: Okay, great. Can you read me the title of this book?

Luca: *What Sounds Fun to You?*

Annie: And what is the author's name, ma'am?

Luca: Crazy Annie.

Annie: I wish it said that. But it just says Annie F. Downs. Do you know that you're in this book?

Luca: Yeah.

Annie: Do you know what your picture looks like? Have you seen it?

Luca: Yes.

Annie: Okay. Do you want to flip to it? Oh, there you are. What are you wearing?

Luca: Purple shirt and some black pants.

Annie: And some cool white tennis shoes. You and Livie both have some cool shoes on.

Luca: We're eating can candy.

Annie: Yeah. You're eating a popsicle. It looks like.

Luca: It's bending.

Annie: Your popsicle was bending. It must be too heavy. It must be delicious. Okay, so because the book is called *What Sounds Fun to You?*, tell me what sounds fun to you, Luca.

Luca: Playing soccer.

Annie: Oh, you do love soccer. Our whole neighborhood friends love soccer. Do you get to play tomorrow? Do you have a game?

Luca: Well, Livie has a game. It's fall break so that's why we don't have a game but I don't understand why Livie has one.

Annie: Are y'all doing anything fun for fall break?

Luca: Halloween?

Annie: Oh, yeah, of course, it's coming up.

Luca: Playing with friends.

Annie: Yeah, of course. Maybe we should go to the cabin. You wanna go down to cabin and play?

Luca: Yeah.

Annie: We should see if all the friends want to go to the cabin. That'd be really fun. All right. Is there anything you want to ask me? Do you have any questions? You already asked me one about if this is my first kids' book? Do you have any other questions?

Luca: This is a big studio.

Annie: It's a big studio? Do you like it? You like it says "That Sounds Fun" on the wall?

Luca: Yeah.

Annie: Your dad has been in here a lot.

Luca: Yes.

Annie: Because he's been on my podcast.

Luca: You've never told me before.

Annie: Really?

Luca: My parents are keeping secrets from me.

Annie: You can ask him too.

Luca: So when they're on their phones, and then I'm like, "What are you guys doing?" They're like, "Nothing." I'm like, "Looking at something." That's why they're lying

to me. But sometimes when you're on your device, it feels like you're doing nothing, right?

Luca: Sometimes they're playing game.

Annie: Do you like playing outside or playing on your device more?

Luca: Outside?

Annie: Yeah, I think they're both really fun. But I like playing outside, especially when the weather's like this. I haven't asked anybody to do this. You may be the first one to do this. If you go to the very beginning, I dedicated the book to, you guys, to my MiniBFFs. Do you want to read the dedication to everybody? Turn one more.

Luca: This one?

Annie: Yeah.

Luca: "To my MiniBFFs. You are some of the best people I know. I'm so thankful for the fun you bring to my life."

Annie: That's how I feel about you.

Luca: Love Luca.

Annie: Love Luca. No, it's love crazy Annie. This is to Luca from Annie. That's how I feel about you. You bring so much fun and joy and love to my life.

[01:12:58] <music>

Annie: Ma'am, will you please say your name?

Livie: Liv.

Annie: And how old are you, Liv?

Livie: Six?

Annie: You're six years old. And one of my favorite things you do? You do your own cooking show with your dad. What's your favorite thing to cook with your dad?

Livie: Cookies.

Annie: What kind of cookie? What do you put in them?

Livie: Chocolate chips.

Annie: What's really fun about your mom?

Livie: We get ice cream.

Annie: What kind?

Livie: The vanilla.

Annie: Whoa, you like vanilla ice cream? Do you put anything on top of it?

Livie: Sprinkles.

Annie: Yes girl. High-five me for that. I love sprinkles. What makes your dad so fun? What's fun about your dad?

Livie: He tickles me.

Annie: Oh, I know. He's so fun. Our friends listening may know who your dad is. What does he do for his job?

Livie: Piano.

Annie: Yeah, he plays piano and he sings. What's your dad's name?

Livie: Jonathan.

Annie: What's his last name?

Livie: McLaughlin.

Annie: That's right. Jonathan McLaughlin. I don't think I've ever called him Jonathan. Should I call him Jonathan? Do you call him Jonathan?

Livie: Uh huh.

Annie: Oh, do you? Never daddy, just Jonathan?

Livie: Jonathan daddy.

Annie: When you think about fine *What Sounds Fun to You?* What do you love to do?

Livie: I love puppies. And I saw Kansas today.

Annie: You did. You saw a puppy named Kansas today? Who is Kansas' mom and dad or friends? Do you remember their names?

Livie: Annie and Matt.

Annie: Annie and Matt. Annie and Matt own Kansas the puppy. And you got to go over there and see her?

Livie: Because they were out of town.

Annie: Oh, so y'all are taking care of Kansa?

Livie: It is a girl.

Annie: It is a girl. You're right. I'm sorry. I forgot. When you went over to see Kansas, what did you do to help her?

Livie: We played in the backyard.

Annie: Oh, yeah. Let it go to the party? Did you give her some food?

Livie: She didn't go to the party.

Annie: She didn't?

Livie: And she wasn't hungry.

Annie: Oh no, that's a problem.

Livie: She just stayed with me on the couch.

Annie: On the couch? The whole time. Oh, no. Do you think she's alright?

Livie: Yeah, she's probably sleeping.

Annie: I like sleeping on the couch. What else sounds fun to you? Being with puppies. And what's one other thing that you love to do?

Livie: I like to laugh.

Annie: I've never seen you laugh. You're a very serious person.

Livie: I laugh.

Annie: I'm just kidding. You laugh all the time. What do you love to laugh at?

Livie: I have to laugh because Luca tackles someone.

Annie: When Luca tackles someone else you think it's funny? Like when she's just a wild and crazy person, you think that's funny?

Livie: And when I get in trouble with my Daddy, I laugh.

Annie: Liv, you're not supposed to laugh when you get in trouble.

Livie: Why do you laugh?

Livie: Because dad is like, "Get back here."

Annie: And that makes you laugh? Does he need to be more serious to make you not laugh?

Livie: He used to be like, "Get in time out."

Annie: Oh, and then you have to go. Where's timeout?

Livie: Two things. One is up upstairs. And I went there today.

Annie: Already you got in trouble today?

Livie: Today.

Annie: What did you do?

Livie: I played Rock Paper Scissors with my imaginary friend.

Annie: Oh, you're not allowed to play Rock Paper Scissors with your imaginary friend.

Livie: She won.

Annie: And she beat you? Your imaginary friend beat you?

Livie: I can't see well and she just got one.

Annie: Okay. Did you play that while you're in timeout?

Livie: Yes. Oh, I thought you meant that's what you got in trouble for? No, no. When you're in timeout, you play Rock Paper Scissors shoot with your imaginary friend and she'd beat you today. Wow.

Livie: She accidentally pooped her pants.

Annie: Your imaginary friend did? Uh-huh. And then what?

Livie: And then she got a pumpkin.

Annie: Oh, she pooped her pants and got a pumpkin. What did you get in trouble for today that got you in timeout?

Livie: When he said to get... but it was all Luca's fault.

Annie: Oh, okay. Of course, yes.

Livie: Because she hurt my leg, and then Daddy wanted us to get our shoes on because we were going to go to the plant store. And then we were late here..

Annie: Oh, that's why you're late here, it's because you didn't put shoes on.

Luca: And we had to go to time out. And then we had to go to the plant store. And we were there a while. And then we went home and we're late. And then we had to take our clothes off cause we were dirty. So we had to just washed our knees. And then Luca was washing because mommy had said, "Don't be late." And then I said, "We're not late. Then she stopped. But then I said she was late. And then she kept on running.

Annie: Oh, boy. And then that's why y'all got in timeout?

Livie: That's why we were late.

Annie: That's why you were late.

Livie: And Luca didn't want to go in the bath. Then she did. It was all Luca's fault. Blame Luca.

Annie: Okay, I'll blame Luca. It's okay, though. When you got here, I was still in a meeting. So we're fine.

Luca: Blame Luca.

Annie: I'll still blame Luca if you want me to.

[01:18:39] <music>

Annie: Okay, what were you saying? You listened to a podcast before?

Marion: Yeah. And it always sounds like this weird thing. It always sounds like this. I watched the videos and I'm like, "What does it really sound like?" And now I get to actually hear it and it sounds so cool.

Annie: Right.

Marion: Yeah.

Annie: You're a podcast star already. Will you tell us your name?

Marion: Uh, huh. My name is Marion.

Annie: And how old are you, ma'am?

Marion: I'm eight.

Annie: A lot of our friends listening know your dad. What does your dad do for his job?

Marion: He works at ABLE.

Annie: He does. His name is Barrett. He is the founder of ABLE.

Marion: Yeah, he is the founder.

Annie: He used to be my boss.

Marion: Really?

Annie: Yeah.

Marion: I never knew that. And he used to work with my friend Pat. He's really good friend. I forgot.

Annie: I really like Pat.

Marion: What's really fun about your dad?

Marion: Oh my gosh.

Annie: He's so funny, huh?

Marion: Yeah. He's really funny. Right when the pandemic started, we got really bored, and then we built Woodyworld.

Annie: What is Woodyworld? Tell everybody.

Marion: It has everything. Our friends love it. It's our backyard. We have a treehouse, a really cool swing, monkey bars, hammocks, slide, a projector, swings, big, bouncy soccer goal. Like right when you hit it, it bounces back to you. Not really high but yeah. And we also have a trampoline. I forgot.

Annie: I won't have let you forget the trampoline, because that's what I love.

Marion: The crazy blue. I named it the Crazy Blue because it goes crazy. It goes like, shhh. And we have this rule where like someone... The Crazy Blue is right next to the monkey bar. So when someone's on the monkey bars, you can't ride the Crazy Blue because it's going to hit them and they're going to fall and really get their... or it depends like who's on there first. If I get on the monkey bars, and Lena really wants to swing on the Crazy Blue-

Annie: She gotta wait.

Marion: She has to wait.

Annie: She's gotta wait because you got there first.

Marion: Yeah.

Annie: Will you tell everybody how many sisters you have?

Marion: I have three other sisters.

Annie: That's right? There's a whole pile of y'all.

Marion: Yeah. The only boy in our family is my daddy and he loves it. And guess what? We even have a girl-.

Annie: So Dad's the only one. Your mom Rachel, she's really fun, too.

Marion: Yeah, she's really fun.

Annie: What does she do that makes her so fun?

Marion: She like when we get flu shots, we're going to get a flu shot today, we get like a gift card from-

Annie: Target?

Marion: Publix.

Annie: Publix.

Marion: You get a gift card for kids because kids are so anxious about it. That's me.

Annie: Me too.

Marion: And then mom sometimes lets us spend it on stuff or something.

Annie: She's so fun.

Marion: Another fun thing about my dad, we have this checklist. We have this daily routine. And like each is 50 cents and it equals \$1. And at the end of the week, we add up,

do the math, and we see how much it equals and we get that money and spend it sometime.

Annie: Oh, that's so fun.

Marion: Yeah, it's so fun.

Annie: What are you going to buy this week with your money?

Marion: I really don't know that. I'm definitely going to Target because that's my favorite store to buy toys.

Annie: Mine too.

Marion: It's just so fun.

Annie: I don't think we've ever gone to Target together. We should.

Marion: Yeah, we should.

Annie: I would love that. One of these weeks when you get your budget, I'm going to call your mom and say, "Let me be the one to take Marion to Target." We will have so much fun. It'd be awesome.

Marion: Yeah.

Annie: Okay, right in front of you is my new kids' book called *What Sounds Fun to You?* I wrote that thing. Did your mom already tell you the surprise about it?

Marion: No.

Annie: Do you know that you're in it?

Marion: What?

Annie: Yes. Your picture is in it.

Marion: Oh my gosh.

Annie: I know. Do you want to flip and find yourself?

Marion: Yeah.

Annie: Or do you want me to tell you where you are? Do you want to look?

Marion: I'll look.

Annie: Okay.

Marion: Okay.

Annie: Zanna is in here. Ben's in here.

Marion: Are you serious?

Annie: Luca and Livie.

Marion: Oh, my gosh. That's hilarious.

Annie: You're getting closer to your page.

Marion: Okay. Oh my gosh

Annie: You're going to want to stop on that page. You're going to see you and Lena and Rosie are all close to each other on this page.

Marion: Oh my gosh.

Annie: You're looking in the right area.

Marion: Is that me?

Annie: I think that's you. Which one are you? What color shirt do you think you have on?

Marion: Purple?

Annie: I think so too.

Marion: Oh my gosh. Is that Rose with the blonde hair?

Annie: Yeah. What do you think about that?

Marion: Gosh, it's so cute.

Annie: It's so cute. I thought that was so fun.

Marion: Oh my gosh.

Annie: I know. Do you want me to tell you who else is on that page with you? Can you see Ben on that page anywhere?

Marion: Yeah, I see him with the black cap.

Annie: Nope. Look lower.

Marion: Wait. Oh my gosh.

Annie: That's sure. That's Ben. And do you see Luca and Livy together? They are on the next page.

Marion: Yeah.

Annie: Do you see them? You have to turn. They're on-

Marion: Oh my gosh.

Annie: It looks just like them, don't they?

Marion: It's so cute.

Annie: It's so cute.

Marion: Aww.

Annie: I know. It's so fun. On the same page you see Aury and Brooks together?

Marion: Yeah. Oh my gosh.

Annie: Ain't that crazy? What do you think about being in a kid's book? Have you ever been in a kid's book before?

Marion: No.

Annie: No. It's your first time?

Marion: I'm in a book. I'm just like, "What the heck? I'm in a book" And my friends are in there.

Annie: I know. All of our friends are there.

Marion: I know.

Annie: Ollie and Willa.

Marion: Two of my MiniBFFs.

Annie: That's you.

Marion: Oh.

Annie: I know.

Marion: Speaking of Luca, she, mem and her have known each since we were a baby. And we're really good friends. We love each other. We were-

Annie: Same grade at school, right?

Marion: Yeah. Just a few minutes ago we were facetimeing and playing robot because we love to play robots.

Annie: Oh, yeah. Oh yeah.

Marion: It's really fun. It's like you can do orbeez and stuff. And you can also do like not orbeez. You can do like elements.

Annie: I've never played that game before. It's so fun though.

Marion: It's so fun. It's really fun.

Annie: Well, the book is called *What Sounds Fun to You?* So tell me what sounds fun to you. What is your favorite thing?

Marion: I love to dance. That's my passion.

Annie: It is.

Marion: I dance every single day.

Annie: I know.

Marion: Sing every single day. And also me and my friend, my other BFF Bell, I met her in kindergarten, we love to do gymnastics. We're both really flexible.

Annie: Can you do a split yet?

Marion: Yeah, we can do this split.

Annie: That's awesome.

Marion: It's really fun to do gymnastics with her. Sometimes we practice at our houses. It's really fun to do it with her because it's just so cool to do it. Yeah.

[01:26:06] <music>

Outro: Oh, you guys, aren't they just the best? That show had me smiling from start to finish. Be sure to pick up your copy of *What Sounds Fun to You?* and spread the joy and adventure and wimzie with the MiniBFFs in your life. Maybe grab one for you. Grab one for the teachers in your life. Grab one for your church to keep in their bookshelves. Anywhere that you know kids are, let's put a copy of *What Sounds Fun to You?*

And on Monday night coming up, I'll be reading what sounds fun to you on MiniBFF Book Club. Monday at 6 pm Central on Instagram Live. So make sure you have your copy. And you join us so you can read along.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. All the places you may need me, that is how you can find me. And I think that's it for me today, friends.

We're going to go back out and keep celebrating the launch of this book. So go out or stay home and do something that sounds fun to you. I will do the same. And today it definitely looks like check in the freezer for one more of those Milk Bar apple cider donut cake balls. That's my next move. So that's what sounds fun to me.

Episode 337: WHAT SOUNDS FUN TO YOU? That Sounds Fun Podcast with Annie F. Downs

Have a great couple of days. And we'll see you back here on Friday with my sweet friend Madi Prewett. We'll see y'all then.

[01:27:27] <music>