



Date Night Dazzle

Adventures in a Book

Decide on a book you would enjoy reading together. Get comfortable on your couch, snuggle up together nice and cozy and take turns reading it aloud to each other. You can also read while preparing and eating dinner.

Make it fun and interesting - use different voices and accents for the different characters in the story. Snuggle close! It will be so much fun and romantic that you'll be staying up a little later than you planned!

If there is hand holding, hugging, or kissing in the book, it is a requirement that you also participate in this activity! Make the kisses long and pleasurable. After all, this is the love of your life you're sharing the story with!

You probably won't get through the whole book in one night, but that's okay, just means there are more fun nights ahead!

Dollar Store Dare

This is a fun activity to do with other couples.

Go to the dollar store with a certain task in mind, like best outfit, best gourmet meal, best equipped kitchen, best cleaning kit, best home decoration, or ??? Be creative!

Each person has the same amount of money like \$5-\$10.

Set a time limit of like 17 minutes.

See who can fulfill the task best!!

Depending on how busy it is, the store clerk or another customer can be the independent judge as to whose solution is the best.

A very nice thing to do is to take the purchased things to a DI or thrift store. Unless of course you chose the best gourmet meal, in which case you need to cook the meals and choose which was best!

An alternative is to set a budget of \$5-\$10 and have each couple purchase a bunch of stuff. Keep the stuff separated. Go to one of your homes or a park. Each couple is to pick a bag of stuff. They then have 10 minutes to create a skit that will last no more than 3 minutes. Every 'prop' in the bag has to be used in the skit.



Getting to Know You Swap

Instead of asking each other what you want to do for date night each week, have one week be **his** night to choose whatever he wants to do (as long as it is within your budget!)

Yep, the whole night! Doesn't matter what it is, you do it together. Yes, snuggling and kissing and are all in bounds! Remember guys, romancing is an important part of connection and relationships and goes a long, long way!

The next week is **her** choice and it's completely up to **her**. Yep, the whole night! Chick flick, pedicure, whatever she's the boss (still needs to be within your budget!) Sisters please have some compassion and sympathy. Remember the next week is his choice!

Then **his**, then **hers**, and... you get the picture.

This Dazzle helps you get to know each other's interests and get involved in each other's hobbies quicker and deeper!

Spa Night

Whether you go to a real spa getting a couple's massage, or if you do it at home. If you do this with your heart and mind in it - this will reduce stress, increase well-being and relaxation.

When cortisol decreases stress decreases, increasing serotonin and dopamine levels increases pleasure.

Should you decide to do a home spa night (this is really enjoyable, fun and can increase intimacy!)

- Put the kids to bed early;
- Throw a couple of blankets in the dryer to warm them up;
- Turn on your favorite soft music;
- Bring out your favorite lotion;
- Give each other massages