

BEFORE BED BLOCK

ACTIVITY LIST

Instructions: Every night before bed, have you each roll the two foam dice. Depending on the combination, you must do the activity below!



COMMUNICATION



Stare into your partner's eyes for 1 minute without looking away.



Tell a story about your day using only facial expressions and hand movements (no words).



With your partner's eyes closed, describe one thing in the room & have them guess what it is.



Tell a story about your day speaking, but only using one word. Partner must guess what the story is about by listening to your voice inflections.



Make up a story with your partner using only one word at a time.



Your partner chooses which one you challenge you should do!



INTIMACY



Give your partner a massage for 3 (whole) minutes.



Run your hand through your partner's hair or along their arm for 30 seconds.



Name three things about your partner that you are physically attracted to.



Give your partner a hug for 30 seconds.



Give your partner the most romantic kiss you can!



Your partner chooses which one you challenge you should do!



DISCOVERY



Tell your partner the high point of your day, and the low point.



Find one thing that your partner is interested in that you didn't know before.



Discover a fear your partner has that you didn't know before.



Learn something new about your partner's day.



Find a new skill or hobby that your partner has that you didn't know before.



Your partner chooses which one you challenge you should do!



ENCOURAGEMENT



Name five characteristics of your partner that you admire.



Tell your partner three things they did today that you appreciate.



Find one thing that your partner needs some extra support with.



What is one thing you can tomorrow to help your partner.



Name three things your partner is awesome at!



Your partner chooses which one you challenge you should do!



JOY



Look up 'dad jokes' online and get your partner to laugh.



Stare at your partner and make funny faces; try and make them break!



Find 3 celebrities and try flirting with your partner in their voice.



Sing a song to your partner.



Tickle your partner for 30 seconds and get them to laugh!



Your partner chooses which one you challenge you should do!



JOURNEY



What was your favorite moment today with your partner?



What is one thing you are looking forward to in the next week? Why?



Describe a moment with your partner from the past that you will always remember.



Name three things you appreciate your partner has done in the last week for you.



What is one thing you are looking forward to in the next year? Why?



Your partner chooses which one you challenge you should do!