

## 50 Shades of Fun for Couples

Here is a list of activities that you can do to have fun as a couple. Some of the ideas maybe silly or quirky, but the point is to do something out of the ordinary to “shake things up” and HAVE FUN! Hopefully this will also inspire you to come up with your own list (see #50)! (The activities should be done together, unless otherwise noted.)

1. Give each other a back massage (or hand, foot massage).
2. Cook a meal together (not your usual weekday meal).
3. Go out for ice cream and try your partner’s favorite flavor. (If you both like the same flavor, then each of you tries something new.)
4. Read a passage from a book (hint: think romantic and/or “spicy”) to your partner.
5. Try/learn a new sport or hobby together.
6. Put on some music and dance while you do the chores together.
7. Just put on some music and dance! (If you have children/grandchildren, show them the dances you grew up with---Jitterbug, Hustle, Electric Slide, Macarena.)
8. Go on a date, BUT pretend you don’t know each other. Use your best “pick-up” line and flirt with each other.
9. Have breakfast in bed and read the Sunday comics together.
10. Work on a puzzle together.
11. Play a board game together.
12. Leave “love notes” (e.g., Post-It notes with a note on it) for your partner to find (e.g., clothes drawer, briefcase, purse, car, etc.).
13. Make a “Top 10 List” of the funniest moments/events in the history of your marriage/relationship. Frame this list or put it in a scrapbook.
14. Find a volunteer activity to do together.
15. Take a drive to somewhere out of town neither of you have visited and go exploring!
16. Try a new restaurant.
17. Take a bath/shower together.
18. Go to a playground and play!
19. Create your own “bedtime story.” Give a new meaning to “pillow talk.”

20. Have a picnic at home---in your living room, in the backyard---lay a blanket to sit on, have finger foods.
21. Go fly a kite!
22. Go to Karaoke night and sing a duet together.
23. Challenge your partner to a video game (e.g., sports or dance games).
24. Do a “challenge” together (e.g., 90-Day Fitness Challenge, 3 months to meet a goal).
25. Have a pillow “fight.”
26. Bike, hike, jog, run, or walk through a park together.
27. Go to the beach to watch the sunset (or sunrise).
28. Have moonlight picnic, in the backyard/porch, under the stars . . . with a flashlight.
29. Go on a walking tour of your city/town.
30. Visit a museum and later talk about what you liked/disliked or learned.
31. Create new memories. Take pictures of yourselves having fun and create a scrapbook/digital album.
32. Share jokes or funny stories with your partner, or watch comedy shows or funny video clips together.
33. Find your “theme song” as a couple, or write your own together.
34. Recall what you did as a child for fun (e.g., hopscotch, jump rope, roller skating, hula hoop, etc.) and do it together.
35. Have movie night at home---with popcorn, box of candies, etc.
36. Have a meal with only finger foods, and feed each other.
37. Buy a bottle of bubbles, and go outside and blow bubbles.
38. Bake bread---knead, roll, punch the dough together.
39. Finger paint or create a piece of artwork together, frame it, and hang it in your bedroom.
40. Visit the zoo or aquarium together. Pick out your favorite attraction and share it with your partner.
41. Give each other a manicure/pedicure (nail polish optional).
42. Spend a morning in bed just cuddling.

43. Have a couples' "spa day"---pamper each other at home, or go to a spa.
44. Go to a flea market and hunt for "treasure(s)."
45. Create your "couples playlist" of favorite songs.
46. Do something exhilarating together (rock climbing, sky diving, zip lining, etc.).
47. Take a pottery class together (a la the movie "Ghost").
48. Go to a wine-, beer-, tea-, or coffee- tasting event.
49. Take dance classes (e.g., Ballroom, Salsa, etc.) that you can do as a couple.
50. Create your own "50 Shades of Fun!"

From the files of LTI Associates, Inc./Linda T. Inatsuka, Ph.D.

*Psychologist Dr. Linda Inatsuka provides strength-based, solution-focused counseling and coaching services to empower individuals to solve problems such as overcoming depression and grief, finding relief from anxiety and stress, changing unhealthy behaviors, and rediscovering the joy in their relationships.*

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