

# PLAYDATE

Enjoying time together without serious discussion

## DATE IDEAS

1. Create a Love Playlist - You remember love tapes? You would record your favorite music and give to the one you were dating. Download your favorite love songs and create an actual playlist called "Love playlist" It needs to have at least 4 or 5 songs. Don't stop with one playlist. Create a list together from each decade. You can date the playlists or even create different playlists for special occasions.
2. Plan a Picnic - Fill a basket or cooler with bread, goodies, cheese, fruit, drinks, etc. Grab a blanket and head to a park or lake.
3. Go to a coffee shop and take your own board games. Play checkers, cards, etc. while having coffee or a glass of wine together.
4. Visit a zoo or museum.
5. Choose a favorite activity from your junior or senior high days. Bowling, roller skating, miniature golf, go-karts, etc.
6. Cook a multi-course meal. Play with various recipes and serve one course at a time. A great way to have fun with this is to prepare a five-course meal together with drinks. This will be a long meal. Make it as formal as you'd like or as informal and goofy as you'd like.
7. Go fishing on the weekend. This is a great date whether you catch fish or not.  
8. To add some random fun to your evening, go to a karaoke bar and sing your favorite songs as loud as you can with people you've never met before.
9. Go on a picture date. Find random sites around Visalia and take pictures of one another. To add more fun to it, make a theme around your pictures. For instance, go out as a tourist. Or go out together as if you were living in the 1950's, dress the part, hit a diner and take fun pictures.

10. Decide on a new hobby or activity together and begin practicing. For instance, you may decide you're going to run a 10k or a marathon together. Start running together to train for it. Perhaps you're wanting to learn an instrument together. Sign up and begin taking lessons and practicing together.

## PLAY52

1. On a scale of 1-10, how would you rate our "playtime" together?
2. How are you feeling the grind of life this week?
3. What parts of your job are the most tedious and exhausting?
4. How long does it take you each night to unwind physically, emotionally and relationally from work?
5. What are some escape mechanisms we use in the midst of the grind?
6. Why does play feel irresponsible to adults?
7. If you can't enjoy life, you can't enjoy your spouse. What can you do today to better appreciate and enjoy life? (this is a personal question, not a marriage question).
8. We need to spend \_\_\_\_\_ hours a week playing together.
9. If we have only 20 minutes to play, what should be our go-to activity?
10. What one leisure activity do you wish I would do with you more often?
11. Are there barriers to "play" that have prevented us from having fun together (e.g. attitudes, lack of similar interests, laziness, work schedule, kids, etc.)?
12. What are some creative ways of overcoming these barriers to increase play in our relationship?

13. Are there attitudes/ behaviors you see in me that make certain activities we do together unenjoyable for you (e.g. married to cell phone, poor attitude, etc.)?
14. What is the most frustrating thing I do when we try to do an activity together?
15. What one activity do you dislike doing that I really enjoy?
16. What could we do together to make that activity more enjoyable for you?
17. What is your best memory of a time we "played" together?
18. What one recreation do you most wish we would do together if we could do anything at all?
19. Is there a particular hobby you wish we could take up together?
20. Do you feel more satisfied by planned leisure activities or when we're spontaneous?
21. What activities make you feel most loved?
22. What can I do to make leisure together more enjoyable for you?

**(Spontaneous Play)**

23. What makes being spontaneous difficult for us?
24. How could we build some more spontaneity into our daily/weekly routine?
25. What's the best memory you have of being spontaneous together?
26. Would you be willing to play or walk in the rain together?
27. Going skinny-dipping together would be \_\_\_\_\_.
28. What concerns would you have about dropping everything for a 2-3 day unplanned road trip out of town together, planning as you go?

### **(Daily Play)**

29. Where in our daily routine do we have the most time for play?

30. What are some ways we could turn everyday household chores into a playful time together?

31. How could we add/ combine an exercise / fitness regiment where we're working out together a few times a week?

32. What activities do we currently do apart that we could start doing together more often (e.g. grocery shopping, cooking together, working out, etc.)

33. What are some creative ways we could redesign our house together?

34. Is there yard work, landscaping or gardening we could do together?

35. What hobby or activity do we have the most common interest in?

36. How can we implement that activity into our daily lives?

### **(Intentional Play)**

37. On a scale of 1-10 how satisfied are you with how intentional I am at planning leisure activities?

38. What are some ways we can be more intentional at making playtime happen in our relationship?

39. What is your favorite season of the year for leisure activities?

40. If you could create a bucket list of 12 activities/ playtime experiences for the next year, what would you put on that list?

41. What are 3 activities you have done that you'd love for your spouse to try?

42. What do you think about planning a camping trip together this summer?

43. What are some memories you could create together by stretching the other person's skills and interests (e.g. teaching your husband to decorate, taking your wife along with you golfing, etc.)

44. Are there any sports you would enjoy playing or getting more involved in together?

45. What is an act of kindness or charity you could do for your neighbors?

46. What is your ideal night out?

47. What are your 5 most favorite restaurants?

48. What are your 5 most favorite desserts?

49. What are your 5 most favorite indoor recreational activities (e.g. movies, laser tag, karaoke, bowling, etc.)

50. What are your 5 most favorite outdoor recreational activities (e.g. hiking, fishing, miniature golf, swimming, etc.)

51. How do you feel about setting a goal together that will require playtime to accomplish that goal (e.g. training for and running a race together, taking dance lessons, taking a cooking class, etc.)

52. How could we spice up that particular room to make it more playful?