



QUALITY TIME
TOGETHER:

Date Ideas for Couples

A Message

From the National Marriage Week Team

Everyone says to keep dating your spouse when you are married. But do you find yourself struggling to know what to do? Or are you looking for some fresh ideas?

We asked some of our National Marriage Leaders to share some of their unique date ideas to pass on to you. Pick one, or try them all, and let their ideas help inspire you as you carve out time to prioritize and focus on each other. They have also included some resources and books for you to help you continue to connect with your spouse.

Just remember. A date doesn't have to be elaborate to be special. It's special just because the two of you are making a memory together.

Enjoy each other.



Smart Tips for Great Dates

from David and Claudia Arp

- Stay positive. This is a great date!
- Talk about your relationship (not your kids, job, or in-laws!)
- Be future focused. Don't bring up past issues.
- If you get on a negative track, stop and get a milkshake with two straws.
- If you get really stuck, ask for help.
- Use good communication skills.
 - Be honest, yet never unkind.
 - Start your sentences with "I" and let them reflect back on you.
 - Resist attacking the other or defending yourself.
 - Be specific and positive.

Go Through The Alphabet

Chris and Jamie Bailey/Expedition Marriage

A great way to keep your date nights fresh and new is to date through the alphabet! Pick an activity to do or a place to go that starts with every letter of the alphabet.

If you want to add to your date nights, grab the free 25 Date Night Conversations download by clicking here. →

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The Building Date

Dr. Kim Kimberling/Awesome Marriage

Pick something to work together to build. You can use something you have at home like making a house of cards, building with any kind of blocks you have or plastic or paper cups. You can make it harder by challenging yourselves to build:

- The tallest building you can
- The most intricate building you can
- The sturdiest building you can

Or you can pick an adult lego set to build together. These can be pricey but it's something fun and different to do together.

Check out the “Creative Christmas Gift Guide” at Awesome Marriage by clicking here. →

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Special Event Book

Purchase an empty journal.

Each month one of you is responsible for planning the "event". You should alternate months but be sure that you have one each and every month.

When it's your month, you must think up something as simple or elaborate, cheap or expensive (costing nothing is also allowed), convenient or difficult to accomplish, and can last any length of time. Be creative, let your imagination soar.

The plans must be kept secret from your partner till the time of the event. You then make a date with your love and enjoy the moment.

Now comes the hard part. You have to write down some of the particulars of the event in your "Special Event" book. You can use as many pages as you want but be sure that you take turns writing in the book.

Some sample ideas to get you started: A surprise weekend at the beach. Going to the arcade and playing games for a few hours. Baking cookies together. A candlelit dinner made by the one who doesn't normally cook...and after the kids are in bed. Be creative!

Love Nest Makeover Date

David and Claudia Arp

Redo your bedroom. Anything goes, from a five-star remodeling job to a one-day makeover with scented candles, pillows, and a dimmer switch for the overhead light.

Get more resources from and connect with David and Claudia Arp by clicking here. →

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The Love Language Date

Scott Kedersha

Discover your spouse's love language (acts of service, physical touch, words of affirmation, quality time, receiving gifts) and plan a date night that speaks their love language. Check out 5lovelanguages.com to discover your love languages.

Get 124 Killer Date Night Ideas by Scott Kedersha by clicking here. →

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The Shopping Challenge Date

Dr. Kim Kimberling/[Awesome Marriage](#)

For this date you are going to go to one of your favorite super department stores and do some shopping for each other! Let's see how well you know each other! Don't discuss these items with each other prior to shopping. Your mission is to go to the store and then separately go shopping for these items for your spouse without consulting them. Check out and meet back up with your spouse at the car. Gift your spouse the items and see if you chose correctly! If you are on a tight budget feel free to pick just 3 of these to do this with.

Shopping List:

- Your spouse's favorite drink
- Your spouse's favorite snack
- Something in your spouse's favorite color
- Something that reminds you of them
- Something they need
- Something you want them to try
- Something for them to wear
- Something fun for a date night

Get 1 Thing to Grow Your Marriage Each Day from [Awesome Marriage](#) by clicking here. →

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“Take a pic and make it the wallpaper on your phone!”

- *Ted Lowe*

Build a Fort!

Chris and Jamie Bailey/Expedition Marriage

Want a fun night in? Go back in time and build a sheet fort to cuddle in. Take the time to talk, share a dessert, some popcorn, or even watch a movie.

If you really want to take the time to reconnect, you can enjoy the Restoring Connection course together by clicking here. →

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Formal Dinner in the Park Date

David and Claudia Arp

Plan a formal dinner in the park. Prepare or pick up your favorite cuisine, take your own tablecloth, silver, china, candles, flowers, and CD player with romantic music, and get ready for an enchanted dinner out under the stars.

Get more resources from and connect with David and Claudia Arp by clicking here. →

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Ice Cream Run!

Amy Gilford

Go on a late night ice cream run together! Complete the evening by looking at the stars together.

Learn more about one another with the “2000 Questions About Me” Journal by clicking here. →

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Are you a “*dress up*” or “go casual” couple?

Frisbee Golf

Arlene Pellicane

The game started with people using Frisbees and aiming at targets like trees, trash cans, light poles, and whatever was handy. Chances are, you have a park with frisbee golf near you with 9 to 18 holes. You start at hole one and complete the course in order. Very little skill is needed and it's a great way to enjoy the outdoors together.

Get “31 Days to a Happy Husband” by clicking here. →

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Coffee Swap

Arlene Pellicane

Go to your favorite coffee shop and do a little something to break out of your daily grind. Swap drinks. Try your spouse's pick. Finish it up if you like it, or swap it back if you don't. Talk about what it's like to live from your spouse's perspective. Instead of “walk a mile in my shoes,” think “take a sip of my coffee.” What challenges is your spouse facing this week? What were the joys?

Check out Arlene's book “31 Days to a Happy Husband” by clicking here. →

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Smokin Hot Date Night

Amy Gilford

Share an evening around the bonfire complete with s'more fixins, hot dogs, and cider! Put on some background music and decorate a scarecrow together.

Discover 120 Activities to Make Connecting Fun with the “Celebrate Our Love Couple's Journal” by clicking here. →

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Double Date!

Scott Kedersha

Find another couple you look up to, invite them to dinner or coffee, and ask them intentional questions about their marriage (and make sure you pick up the bill).

Get 124 Killer Date Night Ideas
by Scott Kedersha by clicking here. →

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Game Time

Ted Lowe

Once home from dinner, it's time to have a football scrimmage with your spouse by making a paper football (instruction can be found by googling "paper football.") Clear some space on the table and choose who begins offense. Place the paper football so that the edge is just hanging off the end of the table closest to you and flick it towards the defense.

Give it all you've got, take a picture, and have fun!

If you really want to take the time to reconnect, you can enjoy the Restoring Connection course together.

Check out "Your Best Us" by Ted Lowe by clicking here. →

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Date Night Tip

If you always sit beside each other in a booth...
try side-by-side for fun!

Create a Date Machine

By Ted Lowe

Deciding where to go and what to do on a date night can be a challenge in any season. We have a solution. You're going to make a machine that will take the decision process and make it as easy as 1, 2, 3...4.

INSTRUCTIONS (Images found on next page)

1. Create a perfect square. Lay the paper down vertically on a flat surface in front of you. Fold the bottom left corner over so that the bottom edge of the paper is exactly in line with the right side of the page. Images 1-2.
2. Unfold, then fold the bottom right corner over so that the bottom edge of the paper is exactly in line with the left side of the page. Now the rectangle at the top of the page needs to be discarded. In order to create an easy-to-rip crease, we suggest unfolding and then refolding the paper along that same dotted line repeatedly. After that, the paper should tear easily along the fold. If you have scissors available, you can use these to cut along the dotted line instead. Images 3-4.
3. You should now have a perfect square. Pull and fold the four corners of your square so that they all meet at the center point. The result should look like a smaller square. Images 5-7.

INSTRUCTIONS CONTINUED

4. Flip your smaller square over so that the folded corners are touching the table. Repeat step 3 and fold the new corners inwards towards the center point again. You should now be able to count eight individual triangles. Grab a pen or pencil and number each of the 8 triangles on your date machine. Open one triangle flap at a time and write a different date option on the opposite side of each number. Images 8-10.

5. Close all of your triangle flaps, and then fold your Date Machine in half with the numbers facing inward. You will be left with four visible squares, two on each side of the date machine. On each of the four squares, write the name of a different color. Image 11.

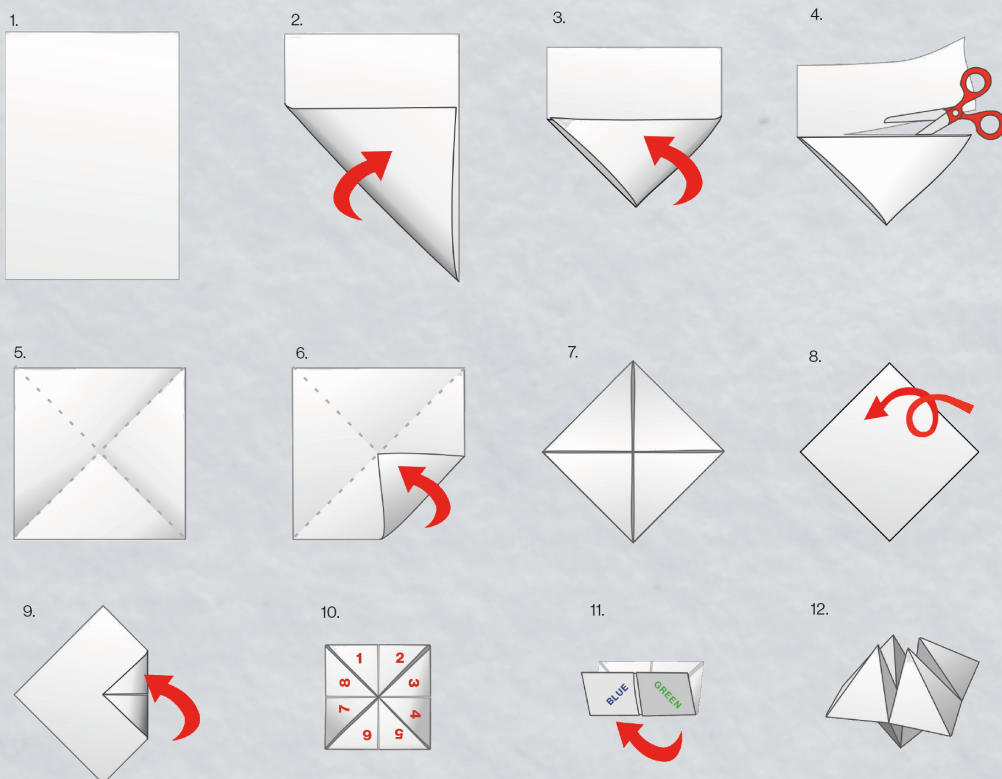
6. Open up the bottom of your Date Machine with the thumb and pointer finger of both hands, and push out the square flaps as shown in the image. you should be able to open and shut the date machine by manipulating your pointer and thumb fingers. Image 12.

7. To use the Date Machine, ask your partner to choose a color from the ones written on the four visible squares. Spell that color, and manipulate the Date Machine for each letter of the corresponding color. You should also be able to see the numbers 1-8 on the inside of the Date Machine.

INSTRUCTIONS CONTINUED

8. After the color, ask your partner to choose a number between 1-8, and open that corresponding triangle flat. Underneath it should be one of the eight dates that you wrote down in step 4.

9. Go on that date, and have a wonderful time!



Take a selfie with your new date machine, and post it on your favorite social media with #mptatemachine



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