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Date Night at Home Ideas

Downloadable e-booklet

[www.kristinachallands.com.au/
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Date Night Ideas

“Date nights, however, shouldn’t be haphazard occurrences that happen only when opportunity, finance, and laundry all reach some perfect and magical alignment in the universe.

Date nights are planned. Date nights are prioritized”

— Dr John M. Gottman, *Eight Dates: A Plan for Making Love Last Forever*

Research shows that date nights - that is, carving out time with your partner to leave your work life and work-in-the-home life to one side and focus on being together - helps foster communication, love and intimacy in relationships resulting in stronger and longer marriages and connections. As Drs Julie and John Gottman say 'The plain and simple truth is date nights make relationships!'

But how to find the time? And what about the expense? Babysitters, taxis, restaurants, or even the current quarantine restrictions make it tough to even begin to think about date night. You can start by agreeing with your partner how you can prioritise date nights together whilst staying within your earthly bounds.

In fact, the following pages of these Date Night at Home Ideas are designed to help you get creative when planning your date nights (or date mornings / date afternoons - you get the idea).

Print or capture the ideas you like the sound of most and add your own suggestions or ideas in the notes sections. Sometimes it’s helpful to use these as wallpaper on your phone, to hang on the fridge or put somewhere specific to remind you of the importance and priority. Maybe you can even leave a page in the letterbox as a date invitation to your loved one?

Don't forget to define what date night is for you. Date night should not be watching Netflix together (date night should never involve separately scrolling through social media). Date nights give you time to really focus on, talk with, and listen to each other.

Date night for us is.....
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Date Night at Home

Play your favourite board game with a twist!
e.g. kisses when you pass Go



Date booked forat.....

Notes:.....

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Date Night at Home

Download the Gottman App and explore together



Date booked forat.....
Notes:.....
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Date Night at Home

Play some kids' games together - indoors or outdoors



Date booked for *at.....*

Notes:.....

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Date Night at Home

Read or listen to a book together e.g. a full audiobook or read a 'Blinkist' and debate



Date booked forat.....

Notes:.....

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Date Night at Home

Watch a prerecorded concert or sports game on TV - go a step further and dress up for the concert or make authentic food & drink for the game



Date booked forat.....
Notes:.....
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Date Night at Home

Practise some mindful hugging together



Date booked forat.....

Notes:.....

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Date Night at Home

Have a karaoke night. Don't have a karaoke setup? No problem! YouTube for the lyrics and grab a hairbrush for your mic



Date booked forat.....

Notes:.....

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Date Night at Home

Watch your favourite romantic movie together
(again)



Date booked forat.....

Notes:.....

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Date Night at Home

Review the last year,
keeping it positive and create a rich
interwoven story of your life together



Date booked forat.....

Notes:.....

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Date Night at Home

Write a joint bucket list for your life together



Date booked forat.....

Notes:.....

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Date Night at Home

Follow a new recipe together or experiment
without a recipe



Date booked forat.....
Notes:.....
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Date Night at Home

Write poems or love songs for each other



Date booked forat.....

Notes:.....

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Date Night at Home

Choose an international theme night once a month



Date booked forat.....

Notes:.....

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Date Night at Home

Take a Love Language test and compare your results



Date booked forat.....
Notes:.....
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Date Night at Home

Have a picnic in bed



Date booked forat.....
Notes:.....
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Date Night at Home

Cook a special dinner or dessert together



Date booked forat.....

Notes:.....

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Date Night at Home

Have a photo shoot together



Date booked forat.....

Notes:.....

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Date Night at Home

Read a book to each other out loud / read a play together



Date booked forat.....
Notes:.....
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Date Night at Home

Create some art together



Date booked forat.....
Notes:.....
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Date Night at Home

Take it in turns to be blindfolded and taste some finger food



Date booked forat.....
Notes:.....
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Date Night at Home

Use the Gottman Salsa cards



Date booked forat.....

Notes:.....

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Date Night at Home

Lie outdoors and stargaze



Date booked forat.....

Notes:.....

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Date Night at Home

Dance - however you want or learn a choreographed dance online



Date booked forat.....

Notes:.....

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Date Night at Home

Make a music playlist together



Date booked forat.....
Notes:.....
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Date Night at Home

Eye gazing



Date booked forat.....

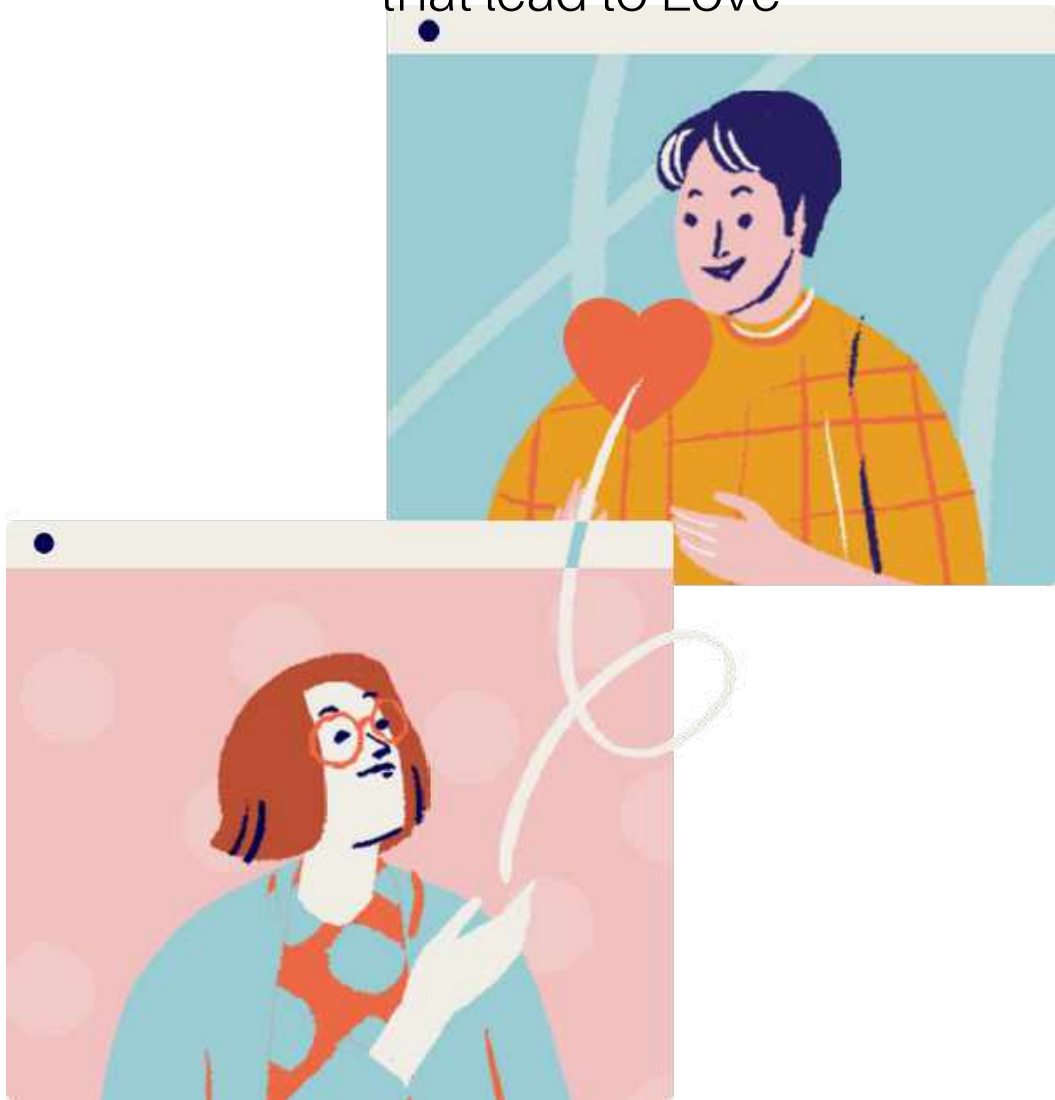
Notes:.....

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Date Night at Home

Take it in turns asking each other the 36 Questions that lead to Love



Date booked forat.....
Notes:.....
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