

# **TOGETHER CONFERENCE**

## **Session 2 – Couples**

### **List of Activities Couples can do together**

1. Reunite at the end of the day and talk about how it went.
2. Shop for groceries. Make up the shopping list.
3. Cook dinner, bake.
4. Clean house, do laundry.
5. Shop together for gifts or clothes (for self, kids, or friends).
6. Go out (no kids) for brunch or dinner, or to your favourite haunt.
7. Watch or read the news together.
8. Help each other with a self-improvement plan (e.g. a new class, weight loss, exercise, a new career).
9. Plan and host a dinner party.
10. Call and/or think about each other during the workday.
11. Stay overnight at a romantic hideaway.
12. Eat breakfast together during the workweek.
13. Go to a church, mosque, or synagogue together.
14. Do yard work, shovel the walk, do home repairs, do care maintenance and washing.
15. Perform committee work in the community (e.g. volunteering).
16. Exercise together.
17. Go on weekend outings (e.g. picnics, drives).
18. Stay in touch with/spend time with kin (parents, in-laws, siblings).
19. Watch TV or stream videos.
20. Order takeout.
21. Double-date with friends.
22. Talk or read together by an open fire.
23. Listen to music.
24. Go dancing or attend a concert, jazz club, or theatre.
25. Host your child's birthday party.

26. Take your child to lessons.
27. Attend your child's sporting event or performance (recital, class, etc).
28. Pay bills.
29. Write letters or cards.
30. Work at home, but still be together in some way.
31. Go to a party.
32. Commute to work together.
33. Celebrate milestones in your children's lives (confirmation, graduation).
34. Celebrate other milestones in your lives (e.g. promotion, retirement).
35. Play computer games, surf the internet.
36. Supervise your children's playdates.
37. Plan your future together. Dream.
38. Walk the dog.
39. Read out loud together.
40. Play a board game or a card game.
41. Put on plays or skits together.
42. Run errands together on a weekend.
43. Engage in hobbies (e.g. painting, sculpting, making music).
44. Talk over drinks (alcohol, coffee, or tea).
45. Find time to just talk without interruptions – find time for your spouse to really listen to you.
46. Gossip (talk about other people).
47. Attend a funeral.
48. Help out other people.
49. Hunt for a new house or apartment.
50. Test-drive new cars.
51. Other \_\_\_\_\_

Share your top three choices with each other so that you both know which "turning toward" activities have scored you the most emotional points.