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feelgoodrituals.com

GOLDEN  
COLLECTION

# 39 SIMPLE WAYS TO HAVE FUN

*AND SPEND QUALITY TIME TOGETHER*

EVEN IF YOU ARE A BUSY PARENT WITH YOUNG CHILDREN

AMAZINGLY SIMPLE LITTLE THINGS SUCCESSFUL COUPLES DO SERIES

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A photograph of an older man with grey hair and a white beard, wearing a light blue polo shirt, smiling and embracing a woman with long blonde hair from behind. The woman is wearing a light blue shirt and has her arms outstretched. They are standing outdoors near a wooden railing, with a blurred background of trees and a body of water. The entire image is overlaid with a semi-transparent purple rectangle.

# WHAT SUCCESSFUL COUPLES KNOW

## WHAT SUCCESSFUL COUPLES KNOW

**Successful couples don't leave their playful time, their time to have some fun to chance.**

Sometimes, the reality of every day life can cause us to temporarily lose sight of what brought us together with our loved one in the first place. We forget to have fun together even though most likely it's what brought us together in the first place!

**So many couples spend so much of their time on the everyday, more demanding aspects of their relationship and they forget to have fun and enjoy the more pleasurable things about being together.**

When it comes to having fun, there is no one-size fits all approach. Many of us have school kids at home and can't leave home for more than just a short time. In the section ahead you'll find plenty ideas of spending meaningful time together and having fun even if you're a parent with young children. Feel free to pick the ones that suit you best and **block the time. The sooner you start, the more fun you'll have.**

**Fun time, laughter and physical activity releases endorphines in your brains — same as when you eat chocolate or have sex.**

# Fun Activities

Click on the idea

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1  
Fun Activity

## WALK AND CATCH UP

*Go out and take a walk together, even if it's just around the block. Use the time to catch up with your loved one. Who knows, maybe you'll like it and it can become part of your daily routine.*





# 2 Simple Things

## TURNING CHAPTERS

*Buy a book that you and your spouse are both interested in reading. Read one chapter each night in bed and take turns reading out loud. Or each of you can read your own book in each other's company. For fun, you might want to randomly read a sentence from each of your respective books and see what bizarre combinations this makes.*



*“My husband and I always have fun together in everything we do. Some people call me crazy, but the reality is that I enjoy spending each second with him. He is not just my husband – he is my rock and my very best friend!”*

*Joyce Giraud*





*D*ust off those bikes in the garage and go for an afternoon bike ride together. Stop by for a coffee, catch up and ride back home.

Fun Activity

GET ON WHEELS





# Fun Activity

# 4

## COZY BINGE WATCHING

*After you've put the kids to bed, get yourself ready for a TV show or movie marathon. Get a whole season's worth of DVDs of your favorite show (or use Amazon Prime® or Netflix®) and watch the whole series together! Order food to be delivered to the house and snuggle on the couch. Enjoy a film together and put your arm around your spouse during the story. Prepare lots of popcorn and a warm blanket.*





Fun Activity

FEEL THE VIBE  
TOGETHER

*Rock the night away  
at a concert of a  
band you both know  
and enjoy. Optionally,  
invite some good  
friends to join you.*





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Fun Activity

## PEOPLE WATCHING AND STORYTELLING

*Go to a public place with lots of people, a popular cafe with seating outdoors, a downtown gathering place or even a train station or airport lobby – and people watch. Here comes the storytelling part. Make up stories about the people who pass you, as if you're writing a novel.*





Fun Activity

## DINNER PARTY

*Host a party for your mutual friends. Maybe think of people who you haven't seen for a long time and would like to meet again.*



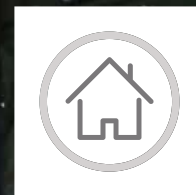
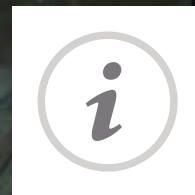


*Take a casual drive, or walk in a neighborhood you consider ideal and dream a little. Together, pick out your dream house. On the weekends you might take this one step further and visit open houses.*

Fun Activity

## HOUSE BROWSING





Fun Activity

## WALKING IN THE RAIN

*Forget the umbrellas and the raincoats and go for a walk around your neighborhood. Just walk and enjoy the time when the streets are empty and it's just the two of you. Or run through the streets together, jump in the puddles like little kids, laugh and get totally saturated.*



*“Life is a song - sing it. Life is a game - play it. Life is a challenge - meet it. Life is a dream - realize it. Life is a sacrifice - offer it. Life is love - enjoy it.”*

*Sai Baba*





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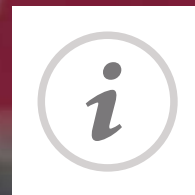


10  
Fun Activity

YUMMINGLY  
NEW LOVE BITES

*Sign up for a gourmet cooking class. You'll have a great time cooking up a storm and feeding your love special bites of the foods you've cooked. Then you can try your hand at cooking these new meals at home.*





Fun Activity

PRETEND  
IT'S THAT DAY

*Reminisce and go to the place where you first met. Or recreate your first date as closely as you can. Talk like it was then, act like then and relive the reasons why you fell in love with each other in the first place. Don't forget to download a playlist of the top songs from then, too!*





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12  
Fun Activity

## PLAY HOOKY

*Arrange for a special day off from work in the middle of a working week. Start with breakfast, go for a walk in the park, go shopping, have a nice lunch and finish off with an after-lunch tea in a cozy cafe. Watch other people being in a hurry in the middle of a working day. Then pick the kids up at school together. They will love seeing you both smiling and holding hands.*



13  
Fun Activity

## IT TAKES TWO TO TANGO

*Go dancing, or  
take dance  
lessons together.  
Dance is one of the  
most connecting  
exercises!*





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Fun Activity

## “OUTRAGEOUSLY FAKE BLIND DATE”

*Pretend you are strangers, meeting for the first time in a restaurant or bookstore or on the street. Have a cup of coffee or glass of wine and ask each other questions. For inspiration, use the 27 Things You Didn't Know About Your Loved One cheat sheet (hint: you can find it in the bonus section of the book 5 Little Love Rituals). Be truthful or make up outrageous stories about your life and background. You can do this in sequels and continue the charade next time you go out!*





*Have a tickling contest.  
This can be a lot of fun.  
It's a great excuse to touch  
each other non-sexually, and  
make each other laugh and feel  
good at the same time.*

Fun Activity

WHO WILL CRY UNCLE FIRST?

15





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# 16

Fun Activity

I'VE GOT YOU  
IN MY SIGHTS

*On a hot summer day, buy two large water pistols (you can get Nerf® Super Soaker water guns for very little money). Throw one to your partner and have a water fight. Side note: this game will be extremely well accepted by your kids too. Why not having fun together? Alternatively, buy some of THESE and have a mini Nerf®-war indoors.*





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17  
Fun Activity

## SEGWAY FUN

*Rent a Segway. There's a renting place (like THIS one) in almost every major city. They'll give you some quick training and off you go. Great fun, exciting and great for sightseeing. If your children are over 12 years old, you can go as a family. That's great fun too.*





# 10 Fun Activity

## AMBUSH WITH FEATHERS

*Ambush your partner on their way out of the bathroom and hit them with a pillow. Then run as fast as you can while they go to get one to hit you back!*

A background image showing a man and a young girl laughing together. The man is wearing a light blue polo shirt and the girl is wearing a light blue shirt. They are both smiling and laughing, with the girl's arms outstretched. The image is overlaid with a semi-transparent purple rectangle containing the quote.

*“Laughing together is as close as you  
can get to a hug without touching.”*

*Gina Barreca*





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*Rake leaves together and make a big pile. Then jump in it! If you don't have a yard of your own, you can still go to a local park. Create a pile there and dive in. Let go of any inhibitions about being neat and tidy.*

Fun Activity

AUTUMN FUN





*Find and visit all the quaint shops in your area. Smell the old antique furniture, tobacco, leather, old potpourri, an old metal teapot and Hibiscus flowers.*

Fun Activity

## OLD CHIPPENDALE SCENT TOUR





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Fun Activity

## SNOWBALL FIGHT

*If snow is plentiful, text your loved one and warn them to be on guard when they get home from work tonight. Then set up an ambush! And you can ask the kids to join in the fun, too!*





*He's not allowed to use anything to stop her except his body and perhaps two fingers. She can do anything she wants.*

22  
Fun Activity

## WRESTLING IN BED WITH A TWIST



*Play a game like Nicolas Cage and Tea Leoni did in the movie *The Family Man*. If you can't remember, the script, you can check out the sequence [HERE](#) to get your juices flowing.*

Fun Activity

I WANT THE CAKE GAME





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24  
Fun Activity

## ON-SCREEN DANCER

*D*ance to the tunes of one of the “Just Dance” series. It’s a system that lets you dance to popular music in front of your TV set while the system tracks your body movements and grades you on how good you are. If you own a Nintendo Wii® gaming system, you have to buy one of THESE. If you don’t have a Nintendo Wii system you might want to ask Santa for it. Most songs feature one on-screen dancer to follow, but there are also duets and 4-player songs. Tip: This one is great for parties with friends too.





*“It is impossible for you to be angry and laugh at the same time. Anger and laughter are mutually exclusive and you have the power to choose either.”*

*Wayne Dyer*





25  
Fun Activity

## DREAMY TEST DRIVE

*Head to your nearest car dealership or use service like THLS and test drive your dream car for the day. Weather permitting, rent a convertible and enjoy a relaxing ride, listening to your favorite music. Have a great lunch and enjoy the scenery, the fresh air, and the feeling of freedom and closeness.*





26  
Fun Activity

## DELICIOUS HIGHLIGHT OF THE WEEK

*Cook a “Weekly Dish” together. Not only is cooking at home a cheaper alternative to dining out, but it’s also a way to spend quality time with one another. Sure, it might be quicker to have one person cook and the other clean, but when you cook together you have more time to connect and interact.*





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27  
Fun Activity

## A MYSTERY CAB DRIVE

*Get into the cab and set the timer on your phone to 15 minutes (or more, depending on the traffic). Then start giving the driver random directions (left, right, straight on). Take turns. Continue alternating until you arrive at a place that looks interesting (and safe!) enough to step out. Have a walk around and find a good place to eat. You'll be amazed how many good local restaurants will you find this way, plus you'll have an adventure.*



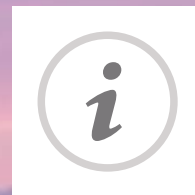


*Take your smartphones in hand and start taking turns asking “What would you rather...” questions. Use THIS free service.*

Fun Activity

## WHAT WOULD YOU RATHER QUIZ





*Spend an evening  
at the beach or on  
the nearby lakeshore  
with a picnic basket, a  
blanket and the stars,  
and a great bonfire.*

Fun Activity

CAMP-OUT





*Can you pull off a really good British accent? Maybe French? Or any other accent particularly funny to you? What accents can you come up with? Just start talking with an accent and see how your spouse reacts. Trust me, it'll be fun!*

Fun Activity  
30

## FOREIGN ACCENT GAME



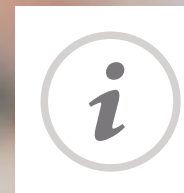


*Look through  
your old photo  
albums and tell  
each other stories  
of your childhood  
and families.*

31  
Fun Activity

MEMORY LANE NIGHT





*Watch your wedding  
video while  
snuggling on the couch.*

Fun Activity  
32

REMEMBER THE WEDDING DAY?



*“Joyfulness keeps the heart and face young. A good laugh makes us better friends with ourselves and everybody around us.”*

*Orison Swett Marden*





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*Find your favorite songs on YouTube (just search for the song and add “lyrics” at the end of the search term) and sing your heart out. This is funniest if you can find some heart-wrenching ballads that you both know well and sing out loud as your lungs allow.*

Fun Activity

YOUTUBE KARAOKE NIGHT





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Fun Activity  
34

## A THEME NIGHT

*Choose a theme – for instance, dress up as Italians. Make spaghetti, have some Italian gelato for dessert. Then watch a movie like *La Dolce Vita* or *The Passionate Thief* or even *The Godfather*. Think ‘French’ and have some French cheese and French wine. Then, watch a great French comedy *Untouchables* (2011). Or go 1950’s, 70’s, 80’s.... or any other theme that you both like!*





Fun Activity  
35

IT'S MELTING  
NIGHT

*Have a fondue party. Don't like cheese? No worries. Melt chocolate in a slow cooker, then dip in the strawberries or pieces of pineapple and let the taste explode in your mouth. Pro tip: you can get a chocolate fondue pot this one [HERE](#).*





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*Make a super delicious pizza together. For inspiration check out this fabulous pizza recipe book from Bob Blumer and Elizabeth Karmel called Pizza on the Grill.*

Fun Activity

PIZZA NIGHT





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*If you are lucky enough to have a tub big enough for two, then use it! Make sure the kids are asleep, then soak in the bubbly water while enjoying your favorite drink.*

37  
Simple Thing

BUBBLE BATH FOR TWO





*Each person gets \$5 to spend on any food at the grocery store for dinner. Then come home and prepare a dinner for yourself and your spouse. Taste your cooking masterpieces.*

Fun Activity  
30

A \$5 DINNER





*A*gree in advance to split the day so that you spend the morning pampering your partner and they spend the afternoon pampering you. Just be sure to have candles, wine, massage oil, and other romantic tools on hand and luxuriate in each other's company.

Fun Activity

A DOUBLE  
DREAMS-COME-TRUE DAY



# SUCCESS CHECKLIST



- **Block time for your regular fun time.** It can be an entire evening on Fridays, or a whole day every now and then. Just make it regular.
- **Except in case of emergency or sickness, do block and protect your time together from “intruders”** - such as your own children or in-laws! Let them know what you’re doing and how important it is for you.
- **If you need to, mark your regular fun time on a family calendar so everyone can see it.** Specifically, let your children know you’re going to have a date! This way they will unconsciously learn one of the love rituals from you and use them naturally when they grow up. What a beautiful message that is to your children!
- **Touching and laughing while spending good times together** intensifies the release of the “happy chemicals” such as endorphines. Use that to your advantage!
- **You’ll be absolutely golden if you block one or two weekends per year to have your mini couples retreat away from home** – your weekend getaway for just the two of you. It doesn’t have to be far away but it’s preferable to go somewhere else other than your house.
- **Combine your fun activities with 48 Simple Surprise ideas** . Hint: You can find it in the bonus section of the book *The 5 Little Love Rituals*.
- **While you’re together, don’t forget to get to know your loved one better.** Rediscover them! Use the cheat sheet *27 Things You Didn’t Know About Your Partner* that you can find in the bonus section too. You might just be amazed at the things you didn’t know! It will make your loved one even more interesting, and it will reconnect you.



# ABOUT THE AUTHOR



Marko Petkovic is a best-selling author and founder of [Feelgoodrituals.com](https://feelgoodrituals.com), dedicated to helping people achieve healthy, fulfilling relationships, personal success and abundance.

Married for more than fifteen years, Marko writes for modern women and men of the twenty-first century who struggle balancing their professional work with home and raising kids while trying to be good partners to their life mates.

**Marko believes that successful relationships are acts of doing, not having, and can therefore be learned. He also believes that every person has a choice, and that everyone can change and grow.**

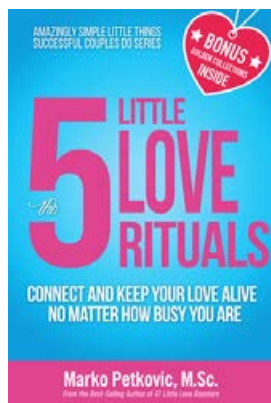


Marko is also the father of two boys. He would like to consider himself to be a kickass husband and father, but he still screws up every now and then. When this happens, he says to himself, “Tomorrow, I’ll do better,” and sees those everyday family challenges as inspiration for his own work. He starts his day early and believes that hope is not a plan.





# FROM THIS AUTHOR

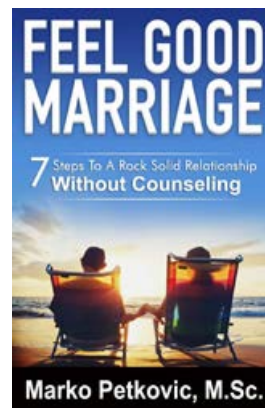


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No Matter How Busy You Are



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7 Steps To A Rock Solid  
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## 47 LITTLE LOVE BOOSTERS

Amazingly Simple Little Things  
Successful Couples Do: Connect  
and Instantly Deepen Your Bond No  
Matter How Busy You Are





# LINKS



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 **Author's page on Amazon:** <http://www.amazon.com/Marko-Petkovic/e/B00LMIEP64>

 **Facebook:** [facebook.com/feelgoodrituals](https://facebook.com/feelgoodrituals)

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