

MARRIAGE
COURSE

After “I Do”

THE COMPLETE GUIDE TO NEWLYWED LIFE

MODULE 10

PLAY



MAIN IDEA

THE PRESENCE OF PLAY HELPS YOUR
CONNECTEDNESS AND INTIMACY GROW.
YOU CAN KEEP IT GOING IN YOUR
MARRIAGE!

IT ALL **STARTS WITH PLAY**

Think about it... Every close friendship happens because of fun things you do together! Your spouse should be your best friend - the foundation (and continuation) of play has to be there. In fact, we're sure one of the main reasons you're married to your spouse in the first place is because you have fun with them!



WHY **PLAY MATTERS**

Making play a priority in your marriage will actually increase your intimacy, too! There are 6 different types, or pillars, of intimacy. When one grows, they all are more likely to grow, too. So when your experiential intimacy is strong, you'll feel more intimate all around!

PHYSICAL

EMOTIONAL

INTELLECTUAL

CREATIVE

EXPERIENTIAL

SPIRITUAL

6 PILLARS OF INTIMACY

AND COUPLES WHO PLAY TOGETHER...

- Grow closer to each other,
- Experience more positive emotions toward each other and their relationship,
- And as a result are happier and want to stay together!

_____ CAUSES A CHEMICAL RELEASE OF DOPAMINE IN THE BRAIN, WHICH SERVES AS A REWARD FOR THE BRAIN, CREATES A SENSE OF EUPHORIA, AND HELPS MOTIVATE A PERSON TO CONTINUE THE BEHAVIOR.



COMMITTING TO PLAY

Right now, play still probably comes pretty easy to you and your spouse. But further on in your marriage, that might not be the case. You may both have responsibilities like careers, raising children, household chores, and community commitments. But when you choose to make play a habit in your marriage now, it will come easier then, too!

PLAY ISN'T A LUXURY. IT'S LITERALLY RE-CREATING THE BOND THAT HOLDS YOUR MARRIAGE TOGETHER!

4 THINGS TO KEEP IN MIND

- ♥ Play doesn't have to be just for _____ .
- ♥ Play doesn't need to be extravagant or _____ .
- ♥ Play has to be _____ .
- ♥ Some types of play should be reserved for your _____ .

NOW IT'S UP TO YOU!

Spend the next few minutes coming up with 5 playful things you want to do and 5 playful things you know your spouse would enjoy. (Don't show your spouse yet!)

SPOUSE 1:

5 THINGS FOR YOU:

1. _____
2. _____
3. _____
4. _____
5. _____

5 THINGS FOR YOUR LOVE:

1. _____
2. _____
3. _____
4. _____
5. _____

SPOUSE 2:

5 THINGS FOR YOU:

1. _____
2. _____
3. _____
4. _____
5. _____

5 THINGS FOR YOUR LOVE:

1. _____
2. _____
3. _____
4. _____
5. _____

When you're both finished, compare lists. Are there mutual activities? Did your spouse do a good job knowing what kind of play you'd enjoy? Are there any themes you see with the activities you both chose? (All at home, all outdoors, all good date nights, etc.)

Here's a challenge for you... Pull out your calendar (digital or physical). Using the lists you just made, choose 4 days/nights in the next month (preferably 1/week) and schedule something fun! Do your best to keep that habit going for as long as you can!

NO... REALLY... GET YOUR CALENDAR OUT!

WHAT'S IN THE BOWL?

Sometimes, the creative juices are just not flowing. And that's okay! Here's one great way you and your spouse can play, laugh, and enjoy each other's company - for free and at home! **What's In The Bowl** is a classic, hysterical game for people of all ages. It requires minimal preparation and supplies, and you and your spouse will have a blast doing it for a date night!

SUPPLIES

- A bowl
- Headphones or earplugs (optional)
- A blindfold
- Random household items

INSTRUCTIONS

1. Play a game of Rock, Paper, Scissors to decide who has to be blindfolded first.
2. Whoever loses, put on the blindfold! For an extra challenge, put on headphones and listen to loud music or put in earplugs.
3. Whoever won Rock, Paper, Scissors, you now get to choose something (or some things) to put in the bowl. Here are some examples to get the creativity goin':
 - *Shaving cream and dried beans*
 - *Mushed banana*
 - *Aluminum foil covered in petroleum jelly*
 - *You get the idea...*
4. After the winner has their item(s) selected, place them in the bowl.
5. The blindfolded person then has to guess what's in the bowl!
6. Once they guess correctly (or give up), switch roles.
7. Go for a total of three rounds, so that each person guesses/chooses 3 times.



CONCLUSION

PLAY IS ONE OF THE MOST FUN PARTS OF MARRIAGE!

Although sometimes it might come easy, preparing for the harder times is key to making play last throughout your marriage. Having fun together, even outside of date night, helps you feel connected, keeps the laughter going, and can help keep your relationship fresh. Plus, couples that play together, stay together!

LET'S NOT FORGET:
