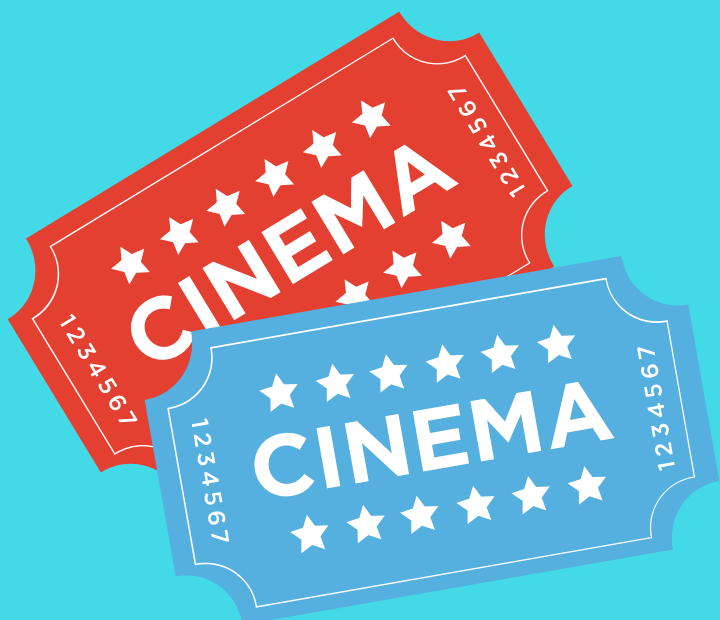


12 Date Ideas To Connect or Re-connect With Your Partner

Sometimes couples can get in a bit of a rut. Our busy lives can interfere with our relationships and we end up not spending quality time together. It's all about work, family, bills, getting dinner ready, getting the washing done, getting the kids to their activities and on and on. If we don't make an extra special effort to create some couple time we risk becoming disconnected from each other bit by bit and disconnection can be a relationship killer.

Here are 12 Date Ideas to help build a connection or re-build the connection if needed.



1. Go to the movies

A trip to the movies is a great way to go out and both have fun together without having to talk too much. This is great if things have been a little strained lately and you want to re-connect. Pick a movie that you both want to see so you'll both enjoy yourselves. Add in dinner either before or after for a bonus date.

2. Cook dinner together

Cooking together can be fun and not the everyday chore if you organise it as a date night. Have all the ingredients on hand. Put the kids to bed early or send them to stay the night with grandparents or friends. Doing it together is the key. Put on some great music and enjoy the process, then the results of your work. Then watch a good movie together on the sofa with dessert to finish a great night in



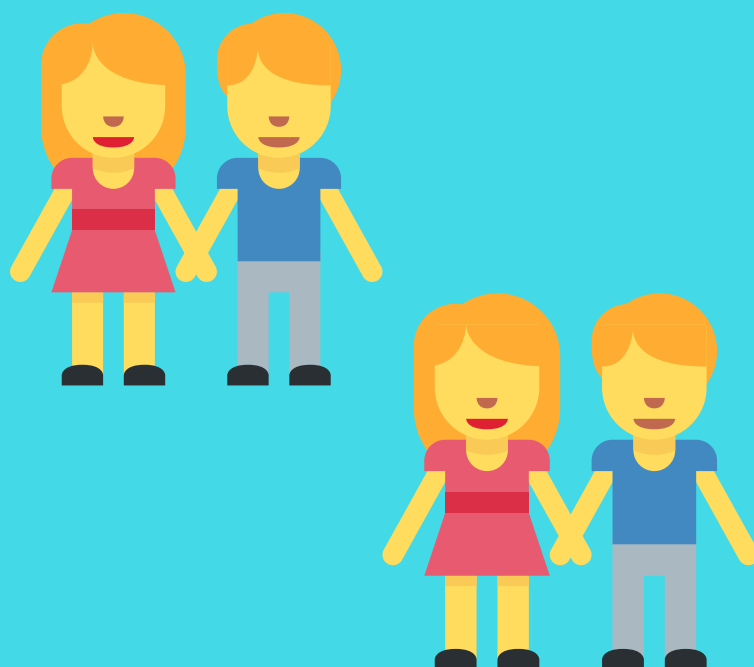
3. Host a games night

Having a few good friends come over for an evening of fun can be a great night for all. Although it's not a traditional type of date with you on your own as a couple it can still be a great way to connect. A few laughs with friends and having some enjoyable time together can create good memories and a stronger bond.



4. Double date

Like No. 3, this date idea is about having fun in a group. Double dating with another couple can be great fun and a good way to catch up with friends. It can take the pressure off you both as a couple to 'communicate' so you can just enjoy each other's company and the company of good friends.





5. Go for a hike

If you and your partner are fit and health conscious you might enjoy going on a day hike together. Even if you and your partner are not into fitness a hike and picnic can be a wonderful way to get out together and do something enjoyable in nature.

6. Camp out overnight

This is taking No. 5 a step further. Camping out overnight in nature is a real break from the day-to-day routine. Cooking over a campfire and then sitting around the fire enjoying the flames and each other's company is a wonderful way to connect with each other. Then crawling into your tent for a night out in nature makes camping out a great bonding activity.



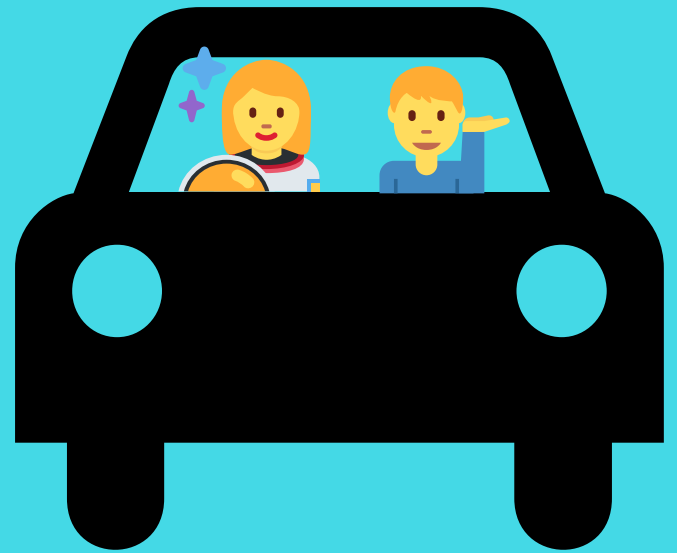
7. Wine or beer tasting

Do you have any wineries close to where you live? Or any craft breweries? Getting out together for a wine or beer tasting can be a great date. It may be an activity that you might not want to have to drive home from though so plan accordingly.



8. Go for a day trip

Is there a town or national park or even friends or family who are a few hours drive away. Is there a tourist destination that you can drive to for a day trip together? A mini road trip to do something fun together is a great date for just a day.



9. Do something touristy

Be tourists in your own city or area. As everyday residents, we don't often take the time to do the things that tourists do when they come to where you live. We tend to take those things for granted because we can do them any time, and a lot of the time we don't ever get around to it. Check out those places. See those sights together for a fun date and connect with each other and where you live.

10. Do an escape room challenge

Escape Rooms seem to be popping up in cities and regional towns everywhere. They are a fun activity designed to get couples or small groups of people to work together to find clues, solve problems and discover the answer to a scenario or the way out of a structured environment. Each Escape Room will have their own theme and a session is usually 60-90 minutes in total.





11. Help someone else

Helping others can be a truly satisfying thing to do that makes you feel better just for doing it. If you and your partner can team together to help out someone else you will benefit as a couple by doing the activity together and the feeling of having done something good as a team. You could volunteer with a local charity or animal shelter or help a friend move or paint their house.

12. Do something new together

Trying something new with your partner causes the brain to flood with dopamine and norepinephrine, which are the same brain chemicals released in early romantic love. This isn't just about a raunchy new position in bed although that can be a fun date too. This idea is more about doing activities that are new and exciting to both of you. You could try archery, paddle boarding, skydiving, kayaking, etc. Whatever you both would enjoy.



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