**Enjoyable activities to share –** Nielsen, Arthur C. A Roadmap for Couple Therapy: Integrating Systemic, Psychodynamic, and Behavioral Approaches.

* Go for a walk or a jog
* Cook together
* Garden together
* Play cards or a board game
* Read a short story or book out loud and discuss it. Alternate who reads
* Go biking, bowling, canoeing, ice skating, or cross-country skiing
* Go dancing
* Attend a public lecture
* Attend a concert, play, or movie
* Explore your city as if you were tourists, and see the sights and museums you’ve never taken time to explore
* Go camping and/or hiking
* Learn or play a sport
* Take a class: cooking, dance, “continuing education,” whatever
* Join or organize a book or movie discussion group
* Join a community theatre group
* Participate in a community service project, like [Blue Mountains Community Services](https://www.bluemts.com.au/community/general-community-services/)
* Participate in a project or group organized by your religious community
* Participate in a political campaign or event
* Learn a language
* Travel—ideally, somewhere new; if possible, to a country where your new language is spoken
* Add your own …..