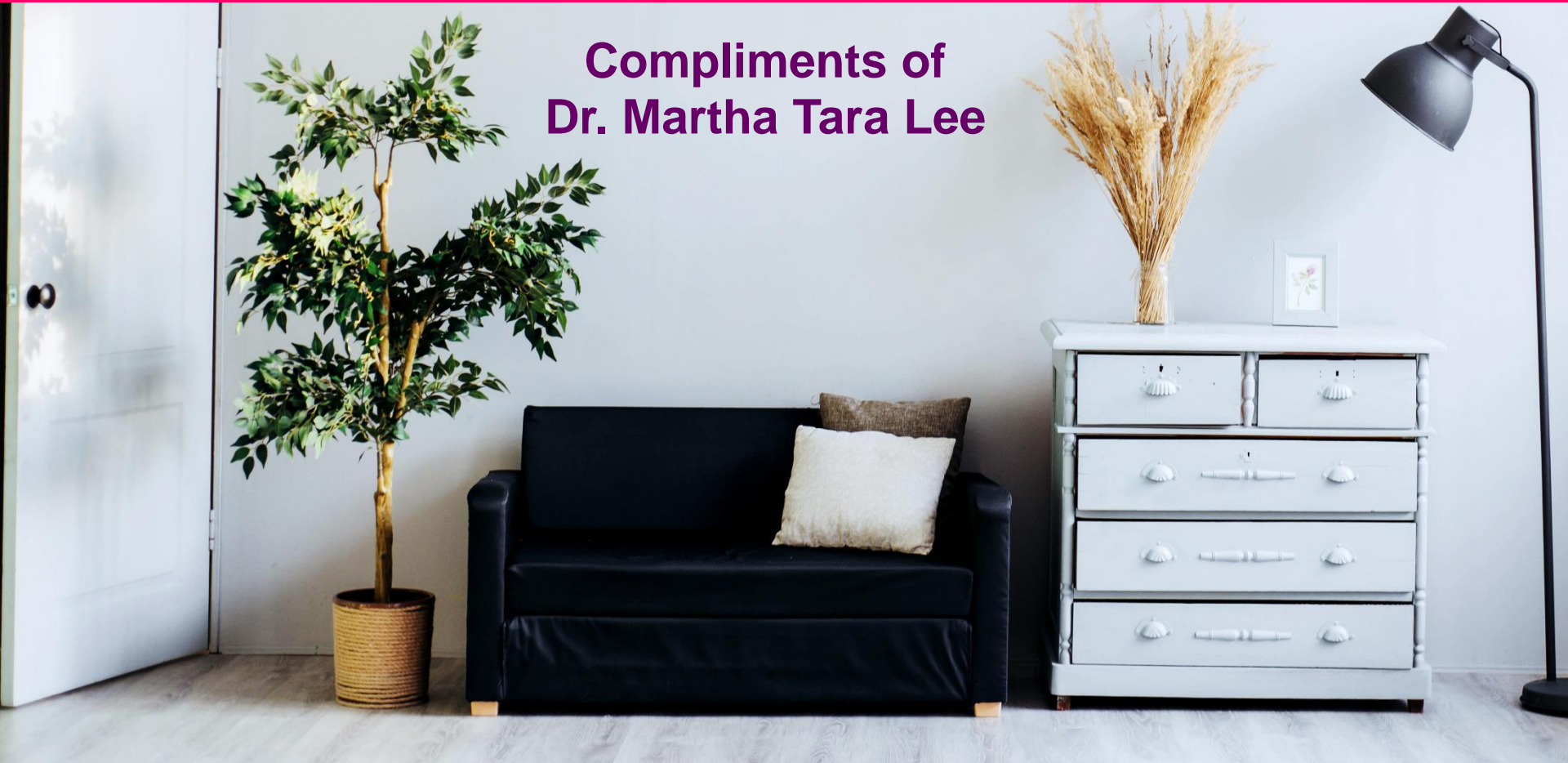




# An Epic List of 69 Home Activities for Couples

Compliments of  
Dr. Martha Tara Lee





- Doctorate in Human Sexuality
- Masters in Counselling
- Masters in Public Policy and Management
- Bachelor of Arts (Comm)
- Cert in Sex Therapy
- Cert in Practical Counselling
- Cert in Life Coaching

**DR. MARTHA TARA LEE**

Relationship Counselor & Clinical Sexologist



# 1

## Run a Massage Parlour for Two

1. Decide on a firm surface e.g. bed/ yoga mat
2. Light some candles and put on some relaxing music
3. Warm up the massage oil
4. Proceed with massage
5. Adjust accordingly based on feedback
6. Remember to swap!



## 2

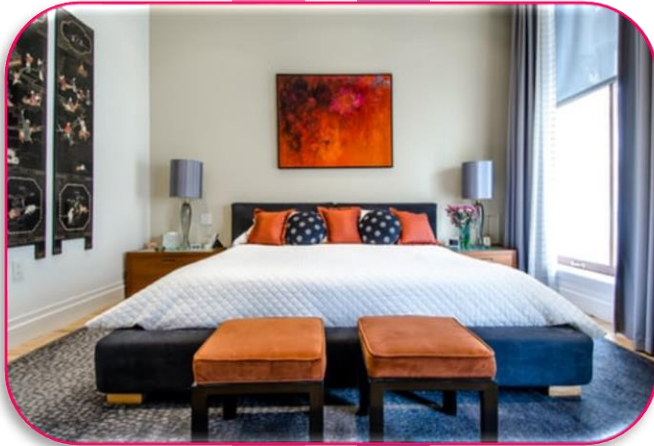
## Take a Romantic Bubble Bath



1. Select a couple of items to add to your bath
2. Pour bubble bath into the running water
3. Add bath salts
4. Add a few drops of essential oils
5. Put rose petals on top of the water
6. Set out a loofah or sponge



### 3 Turn your Bedroom into a Hotel room



1. Refresh your bed linen
2. Accentuate the beautiful
3. Choose a peaceful color palette
4. Add fresh flowers
5. Splurge on a high-quality soy candle
6. Choose the right lights



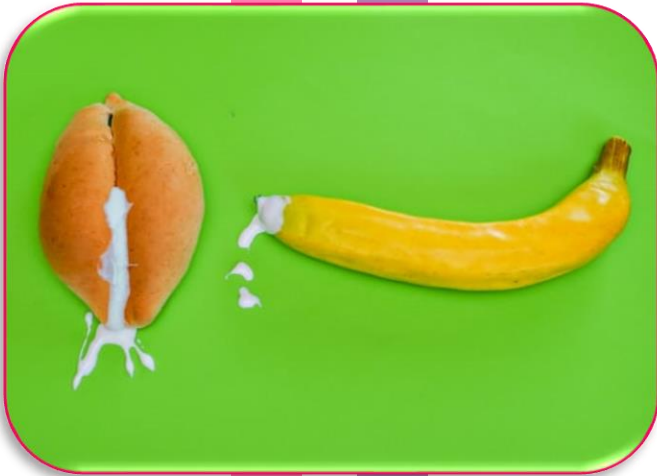
## 4 Make a Romantic Candle Light Dinner



1. Surprise with scented candles and flower petals
2. Send a loving candle light dinner invitation on work mail
3. Prepare all favorite dishes in advance and serve in your best dinner ware
4. Decorate the table with a crystal bowl half filled with water in which beautiful floating candles are lit
5. Set the mood with soft and melodious music playing in the background
6. Dim the light for a romantic feel

# 5

## Get Naughty in Every Room



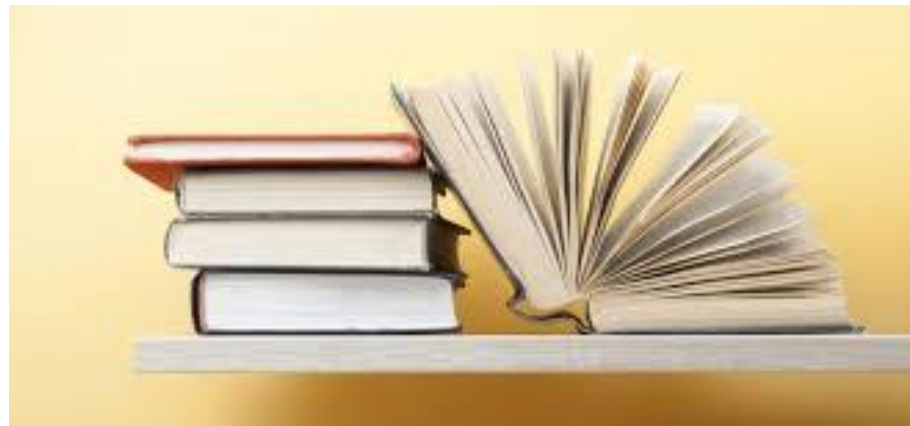
1. The kitchen just got kinky
2. Orgasmify the office
3. Get dirty in the dining room
4. Knock boots in the bathroom
5. Lust up the living room
6. Loving in the laundry room
7. Get frisky in a window frame
8. Be bad in the bedroom

6

## Read Aloud to Each Other

amazon

SCRIBD





7

## Ask Each Other Questions



Purchase:  
**Relationship Temperature  
Check from Eros Coaching**

<http://www.ErosCoaching.com/temperature>

# 8

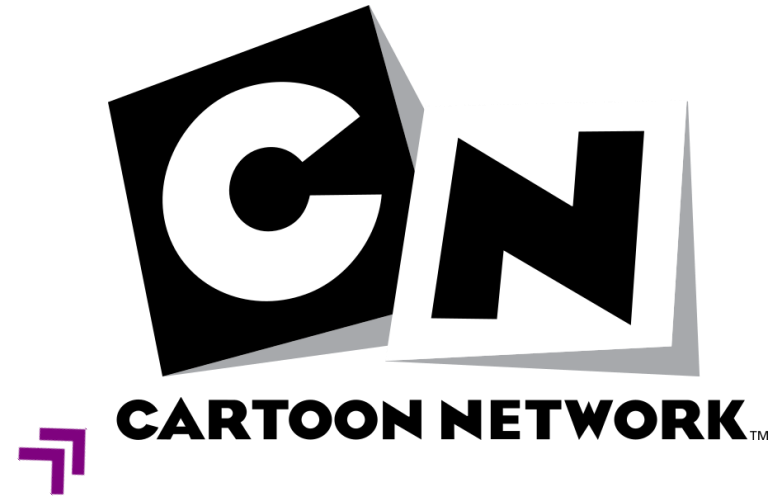
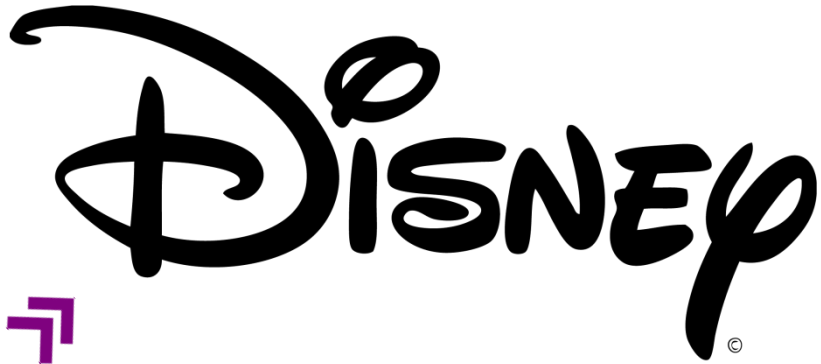
## Play a Childhood Game



1. Hopscotch
2. Five Stones
3. Pepsi Cola 1, 2, 3!
4. Zero point
5. Goli (marbles)
6. Chaptek
7. Block Catching
8. Kuti Kuti
9. Eraser Game

9

## Re-watch your Favorite Cartoons



# 10

## Do a Photoshoot together

1. Use gridlines to balance your shot
2. Set your camera's focus
3. Focus on one subject
4. Find different perspectives
5. Play with reflections
6. Play around with color blocking
7. Avoid zooming in
8. Capture small details
9. Use natural light
10. Consider buying a mobile tripod
11. Take candid
12. Make 'em laugh

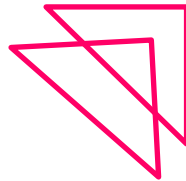


# 11

## Create a vLog



1. Create Your Own Video Channel
2. Build a Vlogging Community
3. Stay Focused
4. Be Yourself
5. Get Vlog Savvy





# 12

## Meditate Together



### Benefits

1. Rekindles love
2. Helps you regain sexual confidence
3. Boosts intimacy
4. Develops your psychic connection
5. Increases pleasure
6. Strengthens your bond
7. Makes you more attractive
8. Makes your relationship last longer
9. Helps with fertility



# 13

## Create an At-Home Spa Day



1. Stage the setting
2. Do it your way
3. Slather on a hair mask (aka deep conditioner) ASAP
4. Go face-first into a sheet mask
5. Apply a disposable eye mask
6. Give hands a TLC makeover
7. Thank your feet with bootie masks
8. Relax in a steamy (but not too hot) tub
9. Rinse or shower off and moisturize
10. Stay blissful for a good night's sleep



Glo is online yoga, meditation, and Pilates with expert, innovative instructors. Experience what's inside with two weeks free



Yoga is our passion. Your healthy lifestyle is our obsession! We talk yoga, fitness, diet, health, wellness, love + style

# 15

## Attend YouTube Dance Lessons



**Learn to dance in 10 minutes -  
easy partner dance basics**

<http://tiny.cc/0cekmz>

**Cha Cha Dance Lesson for  
Beginners**

<http://tiny.cc/5dekmz>



**Beginner Cha Cha - The Basic  
Step Ballroom Dance Lesson**

<http://tiny.cc/ofekmz>

# 16

## Run a YouTube Karaoke Night



1. Setup a microphone and output the sound of the mic to your home speakers.
2. Output the music of your karaoke source (such as YouTube) to your home speakers.
3. Output the video of your karaoke source (such as YouTube) to your TV.





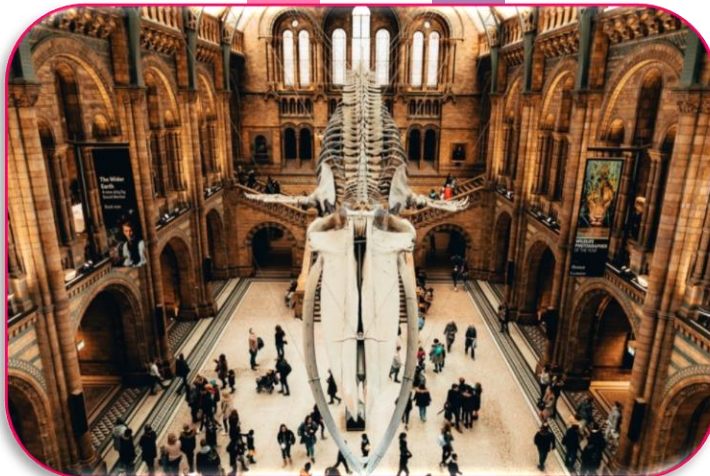


**Watch live streams of the Metropolitan Opera:**

<http://tiny.cc/9gekmz>

**Explore global landmarks with Google Arts & Culture:**

<http://tiny.cc/0hekmz>



**Take a virtual tour around Disneyland:**

<http://tiny.cc/uiekmz>

**Live stream sea creatures from Monterey Bay Aquarium:**

<http://tiny.cc/gjekmz>

# 18

## Get Creative with Technology



1. Tune in to the right distractions
2. Try to be open to new things
3. Blur the line between work and play
4. Use technology to put restrictions in place
5. Balance privacy and sharing
6. Use technology to ask questions
7. Find the right technology tools
8. Have fun with it

**19**

## **Create an Online Workout Routine**



**PEAR Personal  
Fitness Coach**  
(Android, iOS: Free)



**Fitbit Coach**  
(Android, iOS: \$39.99/year)



**Workout Trainer**  
(Android, iOS: Free)

20

## Listen to Radio Shows



U选好歌,非听不可!





# 21

## Share Jokes or Riddles



**Molly Tolsky**  
@mollytolsky



Pro-tip for couples suddenly working from home together: Get yourselves an imaginary coworker to blame things on. In our apartment, Cheryl keeps leaving her dirty water cups all over the place and we really don't know what to do about her.

♡ 684K 1:14 AM - Mar 17, 2020



💬 84.5K people are talking about this



**Thoughts of Dog®** ✓  
@dog\_feelings



the human has been working from home the last couple days. and every so often. they let me participate in the video calls. all the other humans cheer when they see me. i am the only thing holding their company together

♡ 394K 2:52 AM - Mar 11, 2020



💬 64.1K people are talking about this



**isha**  
@ikasliwal



me and my coworkers logging into all of our meetings remotely for the next couple of weeks



♡ 88.5K 7:18 AM - Mar 10, 2020



💬 15.4K people are talking about this





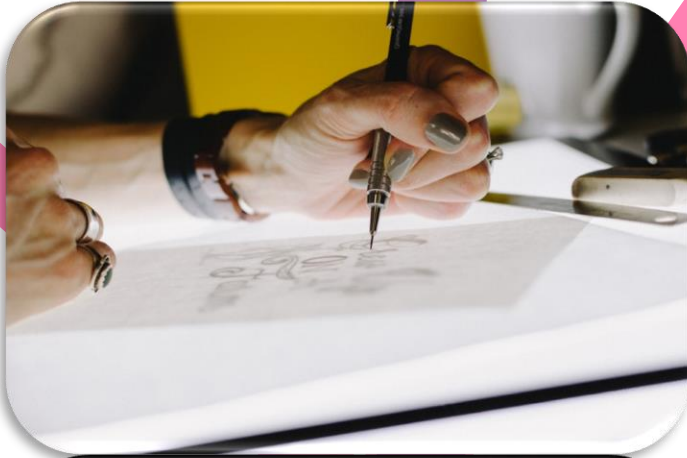
# 22

## Create a Couple Scrapbook



1. Sort through your photos
2. Choose a Focal Point Photo
3. Choose Paper and Embellishments
4. Create a Background
5. Double-Mat the Focal Point Photo
6. Group Mat the Supporting Photos
7. Add Photos
8. Add Journaling
9. Add Simple Embellishments
10. Add the Scrapbook Page to Your Album
11. Free Scrapbook Page Sketch





**How To Draw A Realistic Eye:  
Narrated Step by Step**

<http://tiny.cc/pufkmz>

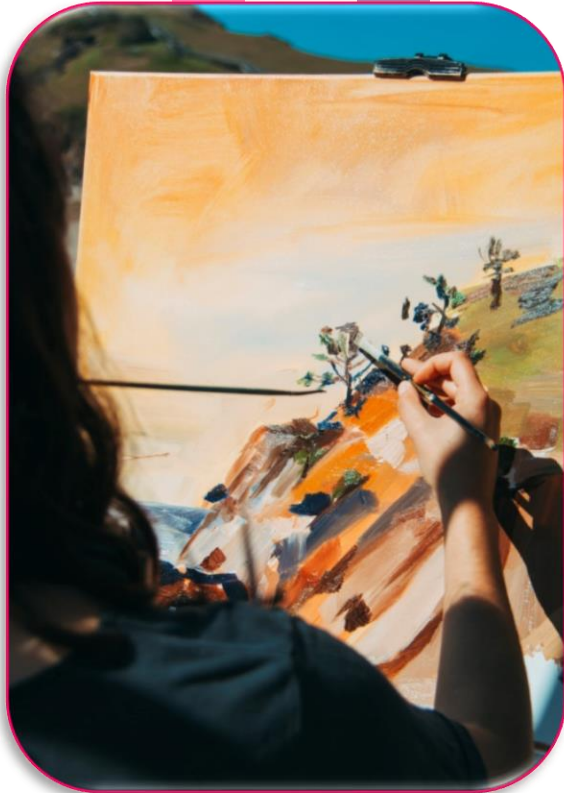


**Get The Most From  
References When Drawing  
Anatomy**

<http://tiny.cc/1xfkmz>

**How to Draw Faces**

<http://tiny.cc/izfkmz>



## 1. Choosing an Easel

- a. Know the types
- b. Buy a travel easel
- c. Use a compact easel
- d. Try a large easel

## 2. Getting Your Materials

- a. Decide on your paints
- b. Pick the brushes
- c. Gather other materials

## 3. Sizing the Canvas

- a. Choose your canvas
- b. Pick your size
- c. Apply the first coat
- d. Apply a second coat

## 4. Priming the Canvas

- a. Understand the technique
- b. Start priming the canvas
- c. Apply more layers
- d. Create a smooth surface
- e. Prime the canvas for watercolors

## 5. Painting the Canvas

- a. Paint a background
- b. Start your work
- c. Apply the high and low lights

# 25

## Decorate Mugs for Each Other



1. Wash and dry your mug, if new. Decide on a design and prep design with masking tape, if necessary.
2. Use a pencil to rough out a design for any words or lines. Remove masking tape.
3. Carefully draw your design with Sharpie paint markers.
4. Add accent colors, if necessary.
5. Bake dishes at 350 degrees for 20 minutes to set paint; let cool completely.

## 26

# Write Each Other Love Letters



1. Start off by stating the purpose of your letter
2. Recall a romantic memory
3. Now transition to a section about the things you love about each other
4. Tell the other all the things you love about them
5. Tell the other how your life has changed since meeting them
6. Reaffirm your love and commitment
7. End with a line that sums up your love



# Recreate your First Date indoors



## 1. Physically Prepare

- a. Wear the same clothes as first date or similar
- b. “Bring the roses”
- c. Eat the same food

## 2. Mentally Prepare

- a. Actively think about your partner
- b. Be on your best behavior
- c. Watch your conversation

# 28

## Make Origamis

1. Fold the Paper in Half Twice
2. Fold One End Down and Fold Over It With Another End
3. Do the Same on the Other Side
4. Fold the Side Folds Up to the Middle
5. Open Up the Folds and Fold Them Down Into Squares
6. Repeat the Same Step on the Other Side
7. Fold the Triangle Down
8. Push the Triangles Down and Flip
9. Fold Up the Triangle
10. Fold 2 of the Squares Up Pinch the Top, Then Twist It
11. Fold Down the Sides to Create Petals, the Twist Some More to Shape the Flower Nicely!



29

## Share your Top 10 Favorite Memories



# 30

## Create a Memory Book

1. Create a Beginning
2. Make a Cast List
3. Do not Rely on Just Your Own Photos
4. Include the Hard Moments in Life
5. Embrace Technology
6. Interview People
7. Don't Stage All Your Photos
8. Record at Least One Memory a Day





# 31

## Order Food In and Have a Feast



<https://www.whyq.sg/>



<https://www.grab.com/sg/food/>



<https://deliveroo.com.sg/>



<https://www.kfc.com.sg/>



<https://grain.com.sg/>



<https://www.foodpanda.sg/>



<https://www.mcdelivery.com.sg/sg/>



## Negroni

**Ingredients:** Campari, sweet vermouth, gin

**Starter recipe:**

1 oz London dry gin

1 oz sweet vermouth

1 oz Campari

Stir with ice for 20-30 seconds. Strain into coupe glass. Garnish with orange peel.

## Gin & Tonic

**Ingredients:** London Dry gin, tonic water, lime wedge

**Starter recipe:**

Gin (amount to preference)

Tonic water (amount to preference)

Pour over ice, garnish with lime wedge





# 34

## Make Homemade Pizzas

### Ingredients

- 1 can Pillsbury™ refrigerated classic pizza crust
- 1 can (8 oz) pizza sauce
- 1  $\frac{3}{4}$  cups shredded mozzarella cheese (7 oz)
- 1  $\frac{1}{2}$  cups leftover cubed sliced ham
- $\frac{1}{2}$  cup drained canned pineapple tidbits in juice

### Steps

1. Heat oven to 400°F. Unroll dough on ungreased dark nonstick cookie sheet. Press into 15x10-inch rectangle.
2. Bake about 8 minutes or until lightly golden brown. Top with pizza sauce, half of the cheese, the ham, pineapple and remaining cheese.
3. Bake 10 minutes longer or until crust is deep golden brown and cheese is melted. Cool 5 minutes before serving.





## No Bake Peanut Butter Cookies

- 1  $\frac{3}{4}$  cups white sugar
- $\frac{1}{2}$  cup milk
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  cup peanut butter
- 3 cups quick oatmeal
- $\frac{1}{2}$  teaspoon salt



## Chocolate Chip Cookies

- $\frac{1}{2}$  cup unsalted butter, room temperature
- $\frac{3}{4}$  cup brown sugar
- $\frac{3}{4}$  cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 12 ounces chocolate chips
- 2  $\frac{1}{4}$  cups plain flour
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon baking soda

# 36

## Roast S'mores

### Ingredients

Graham Crackers, Milk Chocolate Bars, and Marshmallows

### Steps

1. On a baking sheet or broiling pan, lay out as many graham cracker halves as S'mores you'd like to make.
2. Place a portion of chocolate bar sections on each cracker.
3. Top each piece of chocolate with a marshmallow.
4. Place the pan in the broiler for 2-3 minutes, depending on your oven and how toasty you like them.
5. Top with a second graham cracker half. Squish the elements together into a melty, gooey sandwich.





37

## Binge Watch on Netflix



# 38

## Write a Story

1. Think about who is going to read your story
2. Just start writing
3. Write the Scenes of Your Life
4. Decide How to Organize Your Story
5. Choose a Theme
6. Use Friends and Family
7. Use Photos to Jog Your Memories
8. Add a Range of Emotions
9. Use Audio or Video to Record Your Memories
10. Enjoy Therapeutic Writing



# 39

## Do Science Experiments

### Tornado in a Bottle

Two bottles, a tube to connect the bottles, and some water. Whirl the liquid in the top bottle, it creates a vortex as it drains into the bottom bottle. That's because as the water flows down, air must flow up, creating a spiraling tornado.

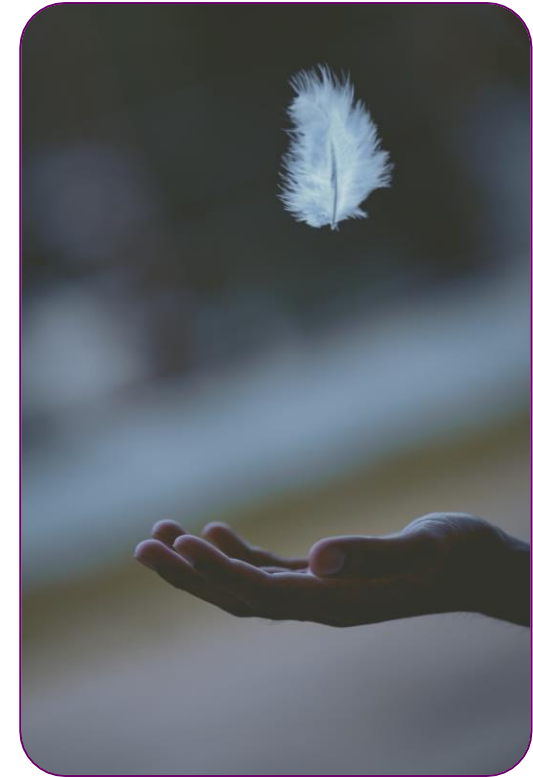
### Rainbow in a Glass

This experiment takes advantage of density to create a rainbow in a glass. When you add sugar to a liquid, it causes the solution to become more dense. The more sugar you add, the more dense the solution is.

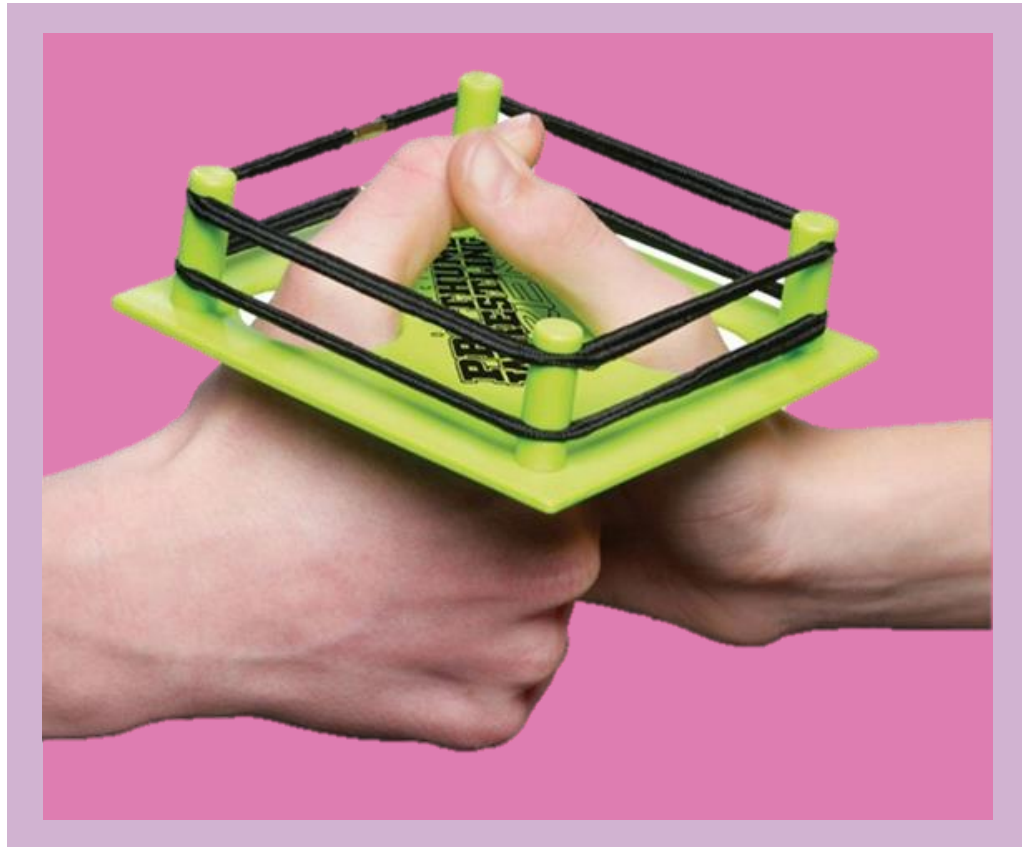


## Show Your Psychic Power

1. Ask a single person to select a number between 2 and 9. Ask them to then multiply that number by 9.
2. Ask them to add the two digits of the answer. (It will always be 9).
3. Ask them to subtract 5 from that number (It will always be 4).
4. Ask them to assign an alphabet letter to the number based upon A=1; B=2; C=3 and so forth (They will get D).
5. Tell them to think of a country that begins with that letter, but not to say it out loud. 99.9% of the time they will choose Denmark (who's heard of Djibouti?)
6. Now, tell them to take the second letter of that country's name and think of an animal that begins with that letter, but keep it secret as well.
7. Pause and appear to be giving this some thought. Then quite casually, say, "I don't think Denmark has elephants, except in zoos."



# 41 Conduct Thumb Wrestling Competition







# 43

## Learn a Language

1. [Duolingo](#) is one of the most popular websites to learn a new language for free.
2. [FluentU](#) teaches you new languages using videos.
3. [Rype](#) is another language learning website with an interesting business model.
4. [Memrise](#) is another language-learning website designed more for getting started with a language than for real fluency.
5. [Babbel](#) takes a personalized approach to teach you new languages.



# 44

## Play Card or Board Games

Buy them from...



» **amazon**

» **ebay**

» **AliExpress<sup>TM</sup>**



# 45

## Play Charades



1. Write phrases or words on slips of paper
2. Fold slips in half and put them in a container
3. Decide who will be the starting player
4. Convey general info
5. Act things out until the other person gets it right or you run out of time
6. Play until you run out of slips or there is a clear winner

46

## Have a Video Game Marathon





47

## Solve a Puzzle





## 1. Setting Up the Game

- A. Unfold the mat and spread it out on the floor
- B. Assemble the Twister spinner
- C. Dress comfortably
- D. Take off your shoes

## 2. Playing the Game

- A. Step onto the mat
- B. Spin the needle
- C. Place your right/left hand/foot on a vacant dot of the called color
- D. Try not to fall

## 3. Winning the Game

- A. Stay balanced
- B. Crowd your opponent toward the edge of the mat
- C. Let your opponents defeat themselves



1. Fold the paper in half vertically.
2. Unfold the paper and fold each of the top corners into the center line.
3. Fold the top edges into the center line.
4. Fold the plane in half toward you.
5. Fold the wings down, matching the top edges up with the bottom edge of the body.
6. Add double stick tape to the inside of the body. The finished plane should look like this.

## Send Someone a Love Package



1. Printed photos
2. Kids crafts from school
3. Calendar with family birthdays printed
4. Photo pendant
5. Flash drive of home videos
6. Stationery and stamps
7. Personal care items like baby wipes, deodorant and toothpaste
8. Interesting articles clipped or printed from the local newspaper or a magazine

# 51

## Perform a Few Random Acts of Kindness

1. Thank the front liners
2. Write a letter of appreciation
3. Send anonymous flowers to someone
4. Smile and say “Good morning” or “Good afternoon” to everyone
5. Give a compliment
6. Give a huge tip
7. Give someone flowers
8. Help a co-worker complete a project without being asked
9. Write a thank you letter to your parents
10. Encourage someone





amazon.sg



LAZADA  
•SG

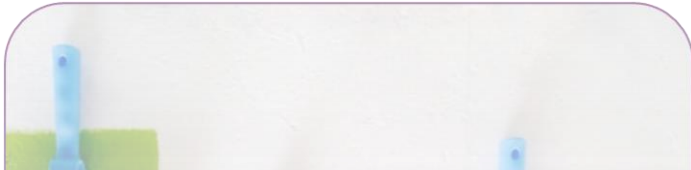


AliExpress™



 Shopee





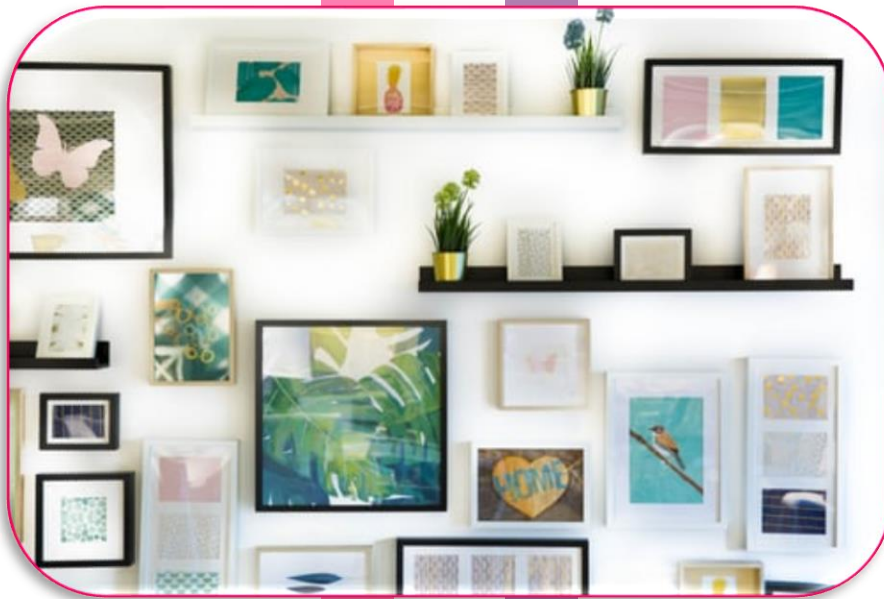
**Neon Pink:** Use it in a foyer for a warm, welcoming, impossible-to-forget entrance, or to embolden a lackluster hallway.

**Gray-Brown:** Use it as an opportunity to play with unusual seating and colorful artwork that may be harder to integrate into other rooms.

**Red and Lavender:** Start with a fun pair of throw pillows and then pull out your two favorite colors to highlight on the walls and ceiling.

**Pale Green:** Green-infused grays will feel like a breath of fresh air and adds just the right touch of intrigue as a backdrop for the gallery wall.

**Sky Blue:** Opt for a lighter shade of blue on the largest section of the wall and then a more saturated shade of blue on a small piece, like a fireplace.



1. Painted Tarp
2. Porcelain Gallery
3. Fabric Wall Hanging
4. Children's Art
5. Clipped Art
6. Beaded Hanging
7. Found Objects
8. Statement Paint
9. Pegboard
10. Hat Wall
11. Garlands
12. Mirror Gallery

# 55

## Declutter

1. Start with 5 minutes at a time
2. Give one item away each day
3. Fill an entire trash bag
4. Donate clothes you never wear
5. Create a decluttering checklist
6. Take the 12-12-12 challenge
7. View your home as a first-time visitor
8. Take before and after photos of a small area
9. Use the Four-Box Method



# 56

## Work on a Home Improvement Project

1. Bathroom mini makeover
2. Wallpaper one wall
3. Halogen track lighting
4. Kitchen rollouts
5. Trim and paint
6. Backyard oasis
7. Closet organizer
8. Laundry center
9. New bath accessories





## 16 Personalities

Covers five broad personality aspects: mind, energy, nature, tactics and identity

## Human Metrics

If you've ever wondered which famous personalities share your personality type, you're in luck -- Human Metrics shows you that information, along with your four-letter personality type (again, based off Jung and Myers-Briggs theories).



## Personality Perfect

Similar to 16 Personalities, Personality Perfect is also based on Jung's and Myers-Briggs' personality theories, and uses four broad categories - extraversion vs. introversion, sensing and intuition, thinking and feeling, and judging and perceiving - to compile a four-letter abbreviation of your personality type (e.g. "INFP").



1. Name Your Bucket List
2. Find a Place to Store Your Bucket List
3. Pick the Length of Your List
4. Push yourself, but also be realistic with your deadlines.
5. Find Ideas
6. Make Your Bucket List!

59

## Plan your Future



60

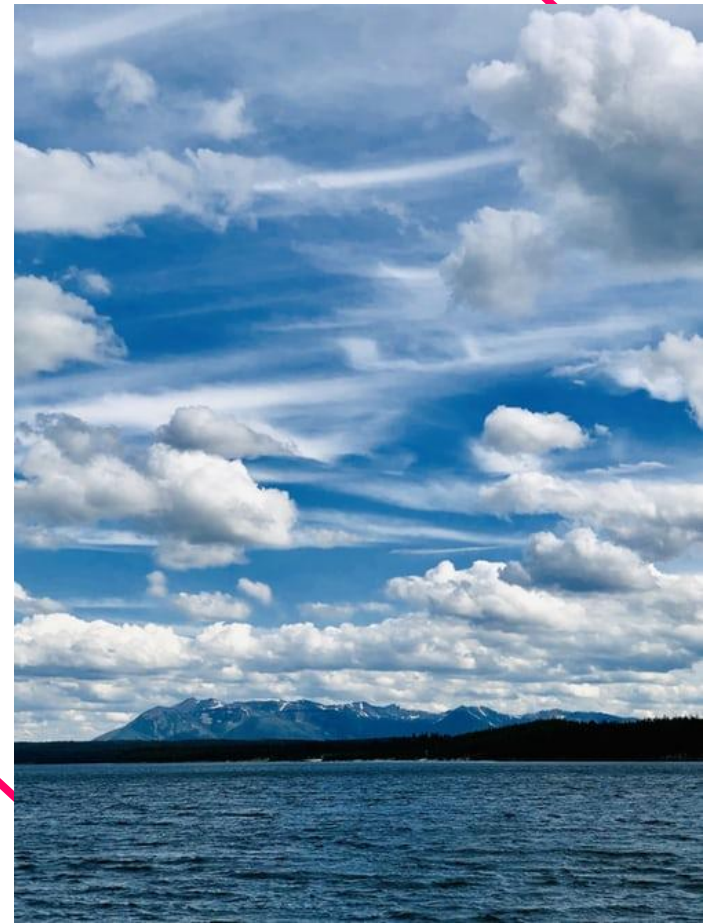
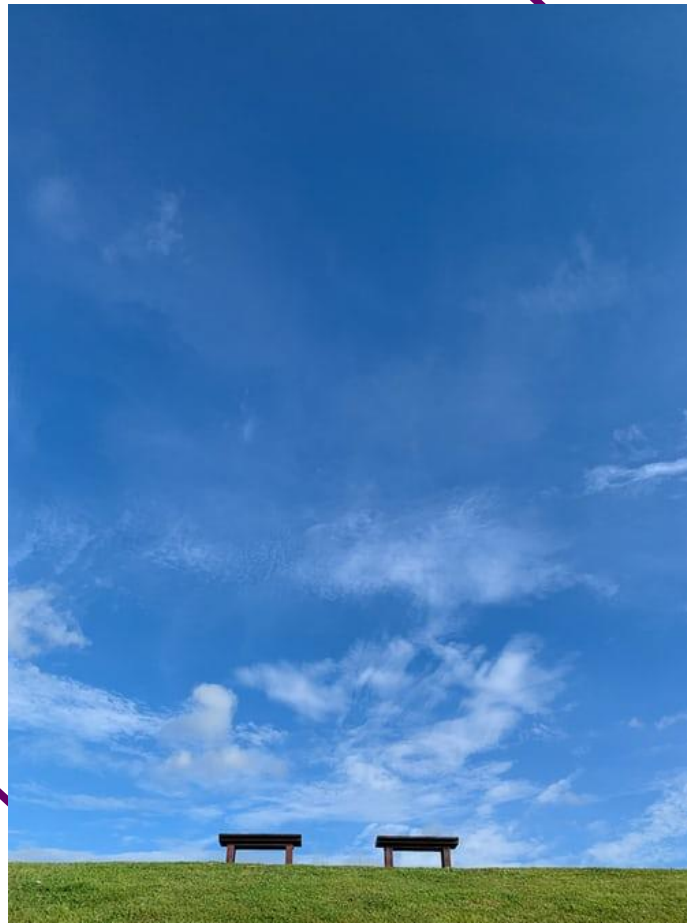
## Stargaze from your Balcony





61

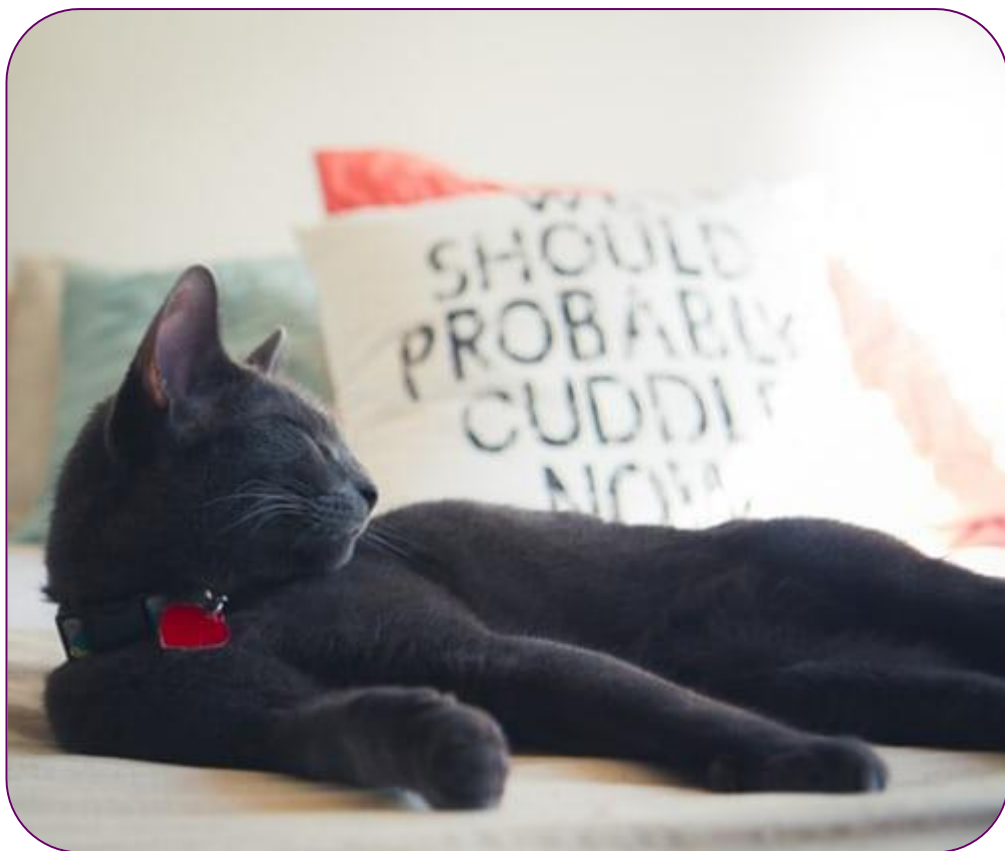
## Appreciate the Day Sky





62

## Spend Time Cuddling





1. Plan Efficient Use of Space
2. Research suitable seeds
3. Keep Crops Moving
4. Ensure a Continuous Harvest
5. Print Your Plans
6. Keep Good Records

# 64

## Design a Vision Board together

1. Create a list of goals you'd like to achieve in the next year
2. Collect a bundle of old magazines with beautiful pictures
3. Find pictures that represent your goals and inspire you
4. Make a collage out of your photos
5. Add motivational “affirmation words” that represent how you want to feel
6. Take a few moments to contemplate your vision board every day



65

Further your Careers together

STJobs



my  
careers  
future.sg



JobsDB.com



JobStreet.com  
Asia's Best Talent Sourcing Partner



eros  
COACHING PTE LTD



# 66

## Create a Scavenger Hunt

1. Choose A Theme
2. Write Out Clues
3. Choose A Prize
4. Place Clues Around The House
5. Have Fun!

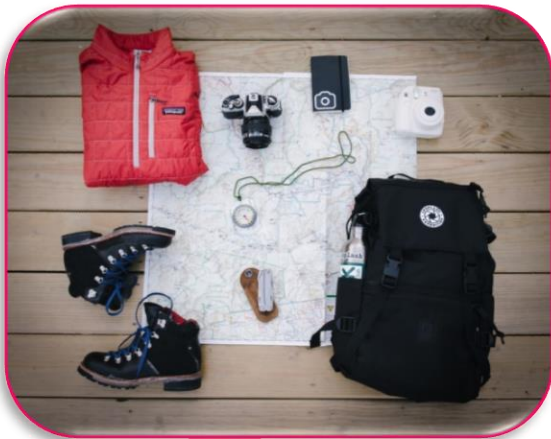




# 67

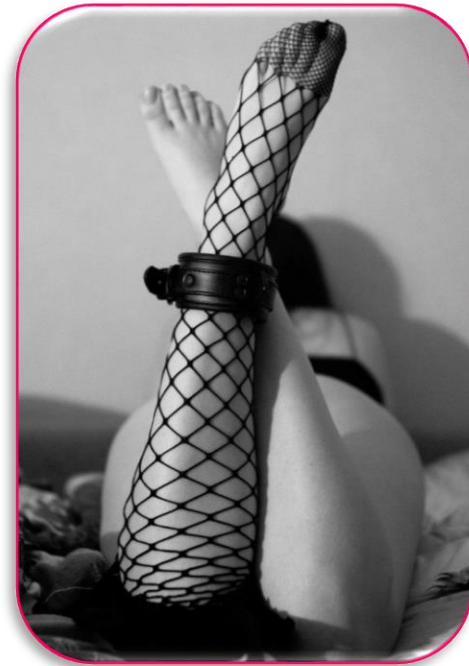
## Have a Living Room Campout

1. Make Your Tent
2. Indoor S'Mores
3. Share Stories
4. Ready, Set, Camp!

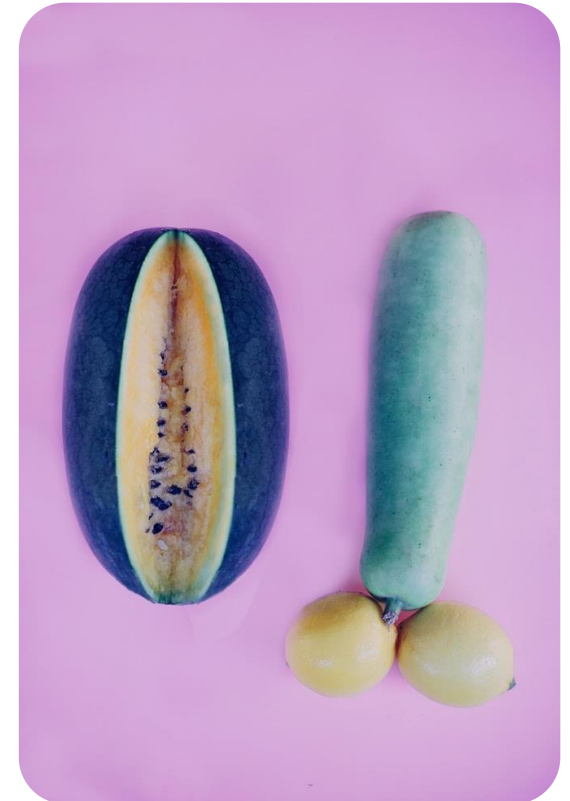


# Let your Imaginations Run Wild

1. Take creative license in your own brain
2. Push through the weird and the daunting
3. Let your imagination set the pace



1. Try an electric toothbrush — just not one you're going to use after
2. Feathers are your friends
3. The tongue is a fantastic tickle tool
4. Breathe new life into your old paintbrushes and makeup brushes
5. Master the love bite
6. Experiment with vibration toys — your options are endless
7. Play footsie.
8. Play with ice.
9. Be a naughty housemaid with your feather duster.
10. The skin responds to massage oils. Experiment!



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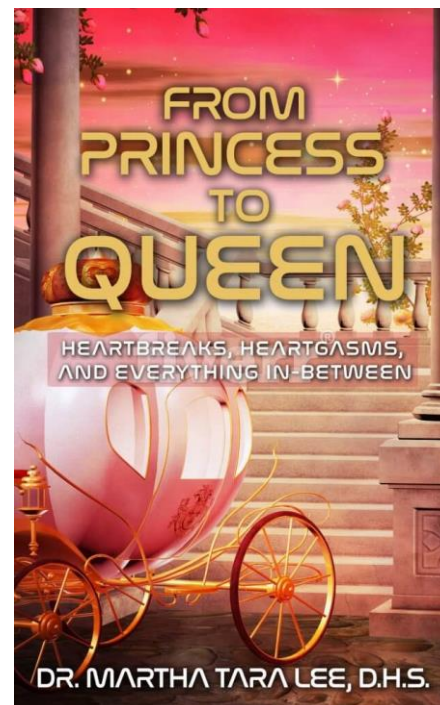
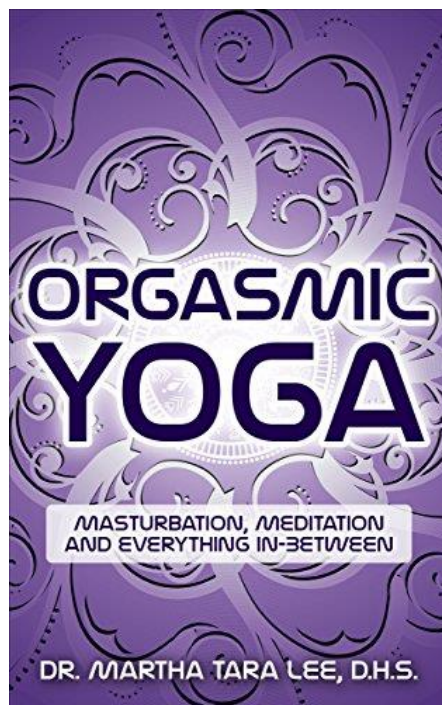
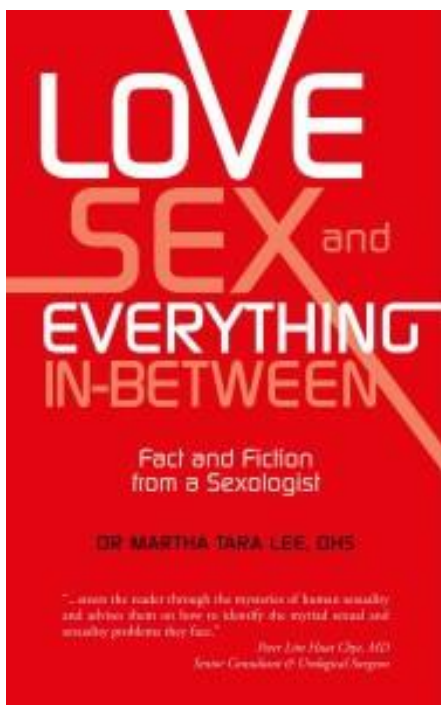
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