



Refreshing Your Marriage

Games and Activities

One of our intentions every year with RYM is to keep the atmosphere fun and uplifting. We always program upbeat music, games that get you on your feet, and experiences that make you laugh.

So with that in mind, choose some activities and games from the following list to sprinkle throughout your time as you make your way through the messages (or make up your own!). This will keep your energy up and your endorphins firing- and you'll have a more alert state of mind to really absorb the concepts our speakers are teaching about.

Physical Games

1. Gift Again

Items needed- 2 empty grocery bags (that are not see-through)

Each spouse starts with an empty grocery bag at a designated "base camp". Set a timer for two minutes. When the timer begins, each spouse must find a gift for the other somewhere in the house/garage, placing it in the bag. The gift cannot be something that is already a personal belonging (don't give your wife a piece of her own jewelry, for example). When the timer goes off, return to base camp. You must present your spouse with the gift, explaining why you think s/he is deserving of this gift.

2. Cookie Move

Items needed- 2 sandwich-style cookies or small cookies (or more!)

The object of the Cookie Move game is for players to be the first one to move the cookie from their forehead to their mouth without using their hands. Each player starts with a small sandwich cookie, like an Oreo, placed on their forehead.

The players get one minute to move the cookie from their forehead to their mouth without using their hands. Set a timer for 1 minute for each round. Whoever is able to accomplish this first within the one minute time limit wins!

3. Marshmallow Catch

Items needed- Small paper or plastic cups, small marshmallows (or similar small ball/item)

Players try to catch marshmallows in a paper cup that are thrown to them by their teammate. See how many you can catch in the cup within a one-minute timer. One round can be done competing against each other, throwing the marshmallows into cups sitting on a table. Another round can be to see who can catch the most marshmallows in a cup as the spouse tosses them.

4. Pasta Pickup

Items needed- Uncooked spaghetti noodles / uncooked penne pasta noodles

The object of the Pasta Pickup game is for players to pick up pieces of penne pasta with a spaghetti noodle without using their hands. Provide each player with one uncooked piece of spaghetti and six uncooked pieces of penne pasta. Lay out the penne pasta onto a flat surface, such as a table or kitchen island, in front of each player.

The players must put the piece of spaghetti in their mouth and use it to pick up six pieces of penne pasta within one minute. The players cannot use their hands during this game. If the spaghetti noodle breaks they can get another one and keep trying.

The player who has all six pieces of penne pasta on their spaghetti noodle first wins, or the player who has the most penne pasta picked up after the minute timer is over is the winner.

Phone Games

You'll want to use these sparingly since most of your time will be spent in front of a screen.

Free from the app store)- Or search "2 player games"

- Heads Up! (A version of charades)
- Trivia Crack
- Four In a Row (like Connect Four)
- Hangman

Word Games

1. Storytelling Word by Word

Start a story with a single word. The next player says that word and builds the story with another word. The next player says the first two word and adds a third, and so on. Alternatively you can build sentence by sentence. TIP: keep sentences short.

2. Words Within A Word

Write out a long word on a piece of paper or a white board if you have one. Set a timer for 3-5 minutes and see who can come up with as many smaller words as they can using only the letters in the designated word.

3. Would you Rather

Go for a walk or grab a snack and take turns asking each other these fun questions... (See next page...)

Would You Rather Questions

Would you rather buy something you don't really need or have money for food?

Would you rather hang out with me at a beach or movies?

Would you rather live one life that lasts 1,000 years or live 10 lives that last 100 years each?

Would you rather go camping in the woods or stay at the 5 star restaurant at the beach?

Would you rather go without your car or the Internet for a month?

Would you rather play tennis or ping pong?

Would you rather be vegan or follow paleo diet?

Would you rather spend 2 months living in a nursing home or spend 2 weeks eating only from Taco Bell?

Would you rather sit or stand for the rest of your life?

Would you rather be able to stop time or fly?

Would you rather be the first person to explore a planet or be the inventor of a drug that cures a deadly disease?

Would you rather spend one year sailing around the world or one year living in the heart of London?

Would you rather have no sense of smell, or have a sense so strong you could smell everything around you like it was in front of your face?

Would you rather have someone clean for you or cook for you?

Would you rather go for a bungee jump or hot air balloon ride?

Would you rather travel with a circus or a minor league baseball team?

Would you rather live for 6 months in a light house, accessible only by a 3 mile boat ride, or live for 6 months in the most crowded room of a youth hostel?

Would you rather be able to stop time at will or age at half the normal human rate?

Would you rather have unlimited respect or unlimited power?

Would you rather be stuck in a house with someone you can't stand, or be stuck alone?