

DATE #3: LET'S PLAY A GAME!

One of the best ways to relax and connect is to play a game with each other. Games help us to drop our guard and let our true personalities come forward. They can even help us to connect with the child that still lurks in the heart of every adult.

In this date, you'll spend 10 minutes playing a game on a smartphone. More important, you'll spend some time laughing with each other . . . and that's vital to every marriage.

GET READY

Most people get almost as much enjoyment out of anticipating a date night as they do the actual date, so start your preparations in the morning. Make the most of having something to look forward to.

Clean Up

You know what? Go casual on this one. Practice basic hygiene, but if you want to play in your pajamas, go for it!

Pick a Time

Figure out the best time for your date. When can you create 10 minutes of uninterrupted alone time with each other? If you have older children, you might give them access to a screen or game console to buy yourself some time. If your children are young, you might have to wait until their asleep. Here's the thing: you know the rhythms of your family. Pick a date time that prioritizes *you and your spouse* and prevents any distractions.

Get Your Supplies

For this date, all you'll need is a smart phone, an Instagram account, and a sense of humor.

GO TO

When the time comes, go to your designated date place—preferably somewhere quiet and secluded. Remember: The next 10 minutes are about you and your spouse. Be present with each other.

DO IT

Play the game!

1. Open Instagram and select **Your Story** at the top left of the screen.
2. Select the filter options to the right of the camera button at the bottom of the screen, and scroll all the way to the right to get to the search option.

3. Click on the search icon, and search "who is more" to find the game.
4. When you're ready, click **Try It** in the bottom left of the screen.

As you look at the phone together, the filter will prompt you with "Who is more . . ." questions. All you have to do is tilt your head in the direction of which of you is more likely to do whatever the question asks.

The object of the game is to match as many answers as you can.

When you're done with the game, you can choose not to post it to your Instagram Story if you don't want to.

DARE ME

If you have a little extra time, play a second round of the game.



KEEP IT GOING

Your date may end after 10 minutes, but that doesn't mean the fun (and connection) has to. Post a picture of you and your spouse with #10minutedate. Then share this date night with your married friends.