

a season of **NO STRESS** romance for busy parents

# YOUR VALENTINE ACTIVITY CALENDAR

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do the activity, read the verse with your spouse (if listed) ...

|                                                                        |                                                                                  |                                                                                     |                                                                              |                                                             |                                                                |                                                                                      |
|------------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 1<br><b>DADS<br/>CARRY MOM<br/>ACROSS A<br/>THRESHOLD</b>              | 2<br>MOMS SIT ON<br>DAD'S LAP<br>FOR 3<br>MINUTES<br><br><u>PROV. 18:22</u>      | 3<br>EAT A<br>PIECE OF<br>CANDY<br>TOGETHER<br>(WITHOUT<br>KIDS!)                   | 4<br>SHARE<br>3 FAVORITE<br>THINGS<br>ABOUT YOUR<br>SPOUSE AT<br>FAMILY MEAL | 5<br>DADS DROP<br>AND GIVE<br>MOM FIVE<br>PUSH UPS          | 6<br>MOMS<br>CALL DAD<br>JUST TO SAY<br>"I LOVE YOU"           | 7<br><b>DADS<br/>GIVE MOM<br/>FLOWERS<br/>(WILD, FROM<br/>GARDEN OR<br/>GROCERY)</b> |
| 8<br><b>SLOW<br/>DANCE TO<br/>YOUR<br/>WEDDING<br/>SONG</b>            | 9<br>GIVE YOUR<br>SPOUSE A<br>HANDWRITTEN<br>NOTE                                | 10<br>GIVE EACH<br>OTHER A<br>SHORT BACK<br>RUB                                     | 11<br>DADS MAKE<br>OR BRING<br>MOM COFFEE<br>OR TEA                          | 12<br>SHARE A<br>3-MINUTE<br>HUG<br><br><u>MATT. 19:4-6</u> | 13<br>TEXT A<br>FUN PHOTO<br>TO EACH<br>OTHER FROM<br>YOUR DAY | 14<br><b>WATCH A<br/>(NOT<br/>VIOLENT)<br/>MOVIE<br/>TOGETHER</b>                    |
| 15<br><b>DADS<br/>READ MOM<br/>GENESIS 2<br/>OUT OF<br/>YOUR BIBLE</b> | 16<br>DO A CHORE<br>HOLDING<br>HANDS (NO<br>LETTING GO!)                         | 17<br>DADS REFER<br>TO MOM AS<br>MRS. [LAST<br>NAME] ALL<br>DAY                     | 18<br>WALK TO THE<br>MAILBOX<br>TOGETHER<br><br><u>ECCL. 4:9-10</u>          | 19<br>MOMS<br>MAKE OR<br>BRING DAD<br>COFFEE OR<br>TEA      | 20<br>GIVE A<br>COMPLIMENT<br>YOUR SPOUSE<br>HAS NOT<br>HEARD  | 21<br><b>SHOWER<br/>TOGETHER</b>                                                     |
| 22<br><b>HOLD HANDS<br/>IN THE CAR<br/>(PARKED OR<br/>MOVING!)</b>     | 23<br>DADS<br>KISS MOM<br>ON THE<br>FOREHEAD<br>& CHEEKS<br><br><u>EPH. 5:25</u> | 24<br>CALCULATE<br># OF DAYS<br>MARRIED AND<br>CHEERS TO IT<br><br><u>MARK 10:9</u> | 25<br>MOMS<br>WHISPER<br>"I LOVE YOU"<br>IN DAD'S EAR                        | 26<br>DADS<br>CALL MOM<br>JUST TO SAY<br>"I LOVE YOU"       | 27<br>PICK<br>EACH OTHER'S<br>BEDTIME<br>OUTFIT                | 28<br><b>PRAY<br/>TOGETHER TO<br/>THANK GOD<br/>FOR YOUR<br/>MARRIAGE</b>            |