tay in & Connect

YOUR AT-HOME **INTIMACY TOOLKIT**



Indulge in experience that bring you closer, right at home.

Welcome to Stay In & Connect: Your At-Home Intimacy Toolkit—a refreshing alternative to the usual. This guide is your path to meaningful, one-onone experiences that deepen both emotional and physical closeness. Whether you're looking to spark heartfelt conversations or explore new ways to connect intimately, these handpicked ideas are designed to meet you where you are.

With Stay In & Connect as your guide, you'll uncover inspiration to create lasting memories, deepen your bond, and rediscover each other—all from the comfort of home.

Let's begin this journey together.

EME

1. Relationship Check-In

Here's what you'll need to do:

- Choose a time and location where you can both be present and relaxed and schedule it for April 1st. Make it fun, create an intimate setting with wine and candles or make it more casual with wings, snacks and beer. Whatever your personal preference, as long as you feel relaxed.
- 2. Set a time limit.
- 3. Kick off the conversation with this relationship check-in checklist (you don't have to hit all of them just the ones that you feel apply to you)



Relationship Check-In Checklist

- What's really working in our relationship right now?
- What are we celebrating?
- Is there anything from the last week / month that feels unresolved?
- Do we feel close and connected to each other?
- Do we feel supported? Is there anything we can do to better support each other?
- Is there anything we've been avoiding?
- Is there anything we'd like to be acknowledged or appreciated for?
- Are we fulfilling our responsibilities and commitments in our relationship?
- How do we feel about our sexual connection?
- How do we feel personally? Do we feel like we're living aligned as the people we want to be?
- Are we feeling good about ourselves as a parenting team?
- Are we on track with our big-picture goals and relationship vision?
- Is there anything else we want to share?

Relationship Check-In

DATE:

TALK ABOUT IT

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\bigcirc	What's really working in our relationship right now?
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2. Action your Check-In

How well did you do with your check-in? Were there any surprises? Before you even read on, I want you to take a minute and just think of one thing your partner shared that was totally unexpected — good or bad. By now you're well aware that listening is only one part of being a great communicator. The other part — taking action on the things your partner shares with you. This is actually where the rubber meets the road.

You're halfway there but now it's time to action your check-in. Take the things that your partner expressed that require attention and give them the attention they deserve. Reciprocate their efforts and make an effort to do more for them. Listen to what they have to say, show that you're sorry, tell them you love them, help out in a way that requires you doing something out of the ordinary. These are your first steps in laying the foundation to effectively communicate with your partner and fulfilling his/her emotional needs. In case you didn't know, you can increase your odds of getting frisky more often by simply feeding their partner's emotional needs. Lean in to your sensitive side and you'll be surprised at how easily your partner is turned on to you.



3. A Night of Sensual Relaxation

Bubble baths have a way of turning on the sensuality. Drawing a bath for your partner is an easy, stress-free way to create the mood for relaxation and connection.

Try drawing a bath with all of the things your partner loves: bath bombs, oils, flower petals. Light some candles, bring in a Bluetooth speaker and play some soft music. If you want to take it up a notch, why not try adding food? Strawberries dipped in chocolate are always a hit—another way to entice the senses.

If the tub is big enough, get in there or sit just outside of the tub while you gently lather her with soap. Massage his scalp while you wash his hair. Gently caress and kiss her skin, especially her neck. The focus is on building on your connection through intimacy and the senses. So relax, and have fun with



fOR THE BATH

Bath Bombs Bath Oils Flower Petals Bubbles

FOR THE MOOD

Candles Music Incense

FOR THE PALATE

Champagne/Wine Chocolate Covered Strawberries Ice Cream

A Night of Sensual Relaxation

- O How did this experience help you feel more connected?
- O What sensations stood out to you the most and why?
- O How did it feel to create a calming space together?

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4. Make A Mixtape/Playlist

You are so lucky to have found each other. You know what else is lucky? Finding the perfect song to fit your mood. When you're feeling flirty, there's nothing better than a song that makes you want to dance and sing along. When you're feeling down, it's nice to have a tune that lets you float away from your stresses with a beat that's just right. And when you're getting intimate with your partner, finding music that helps set the mood (and isn't going to distract either of you) is key.

HERE ARE SOME TIPS TO HELP YOU GET STARTED

- Include songs that make you think of your partner These can be anything from songs that remind you of special moments in your relationship to songs that remind you of their personality
- Create a lovemaking mix to get into the mood. Put on this mix when it's time for a little romance and get ready for things to heat up
- Use songs that make you feel in love. It could be a song that makes you feel like taking chances and doing something adventurous together, or a song that inspires you and makes you want to be around your partner all the time.

Make a Mixtape/Playlist

REFLECTION

DATE:

- O What songs brought back memories, and how did that make you feel?
- O Did any of your partner's song choices surprise you? Why?
- What emotions did you experience as you listened together?

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5. Seduce Her



When people think of seduction they often think of a big move, like a deep kiss or an intimate dance. However, seduction doesn't have to be aggressive or obvious. In fact, it can be incredibly subtle and you might not even notice that you're doing it. Have you ever done something that you thought nothing of but turned to look at your partner and she is looking at you with eyes that pierce through you to your soul? In that moment, she is falling in love with you either for the first time or deeper than she was before. Seduction doesn't always mean getting her "in the mood"; women are emotional creatures and for a women, the seduction begins way before thoughts of the bedroom.

Here are five ways to seduce her without even trying:

- Are you a master in the kitchen? Maybe you have a few recipes up your sleeve. There is something incredibly sexy about sitting at the kitchen island while your man pours you a drink and you converse and watch him prepare a delicious meal for you.
- Do you have the music gene? If you can sing or play an instrument this is your ace in the hole. Having music played for you, whether it's playing an instrument for her, singing or a combination of both the feeling for a woman is otherworldly.
- Initiate a deep conversation that excites her. Cater to her intellectual senses and believe you me, she'll be falling hard for you without looking back.
- Make her laugh. That can't breathe, tearing up, accidentally let out a snort laugh. It will get her every time.
- Smell amazing. Scent is a powerful tool that is often overlooked. From your hair to your skin to your breath; when she can breathe all of you in and its all alluring you're burning yourself into her brain. Any and every time she smells that smell, thoughts of you will come flooding into her mind.

Seduce Her

REFLECTION

- O What did you enjoy most about creating this experience?
- O How did it feel to express affection in a new way?
- O How can you keep building this kind of intimacy in everyday moments?

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6. Build A Pillow Fort

Do you remember when you were a kid and you would build the most amazing blanket fort in the middle of the living room? You'd hide inside and immediately be transported into your own world. You were the king. Let's dive into the depths of your imagination and bring back that magical, whimsical joy that you felt anytime you completed your masterpiece.

You're going to channel your inner child and build a fort. You can set your fort in the living room, your bedroom or in the bed of your trunk or SUV.

- Set up the foundation with a blow up mattress, sleeping bag or comforters
 - Pile on the pillows
- Grab some string lights to hang
- Don't forget the Bluetooth speaker to help set the vibe
- \checkmark
- Snacks are a must; pizza, wings, beer or wine - pile it all in to complete your perfect fort

Now, go get your partner so you can both sit back and marvel at your creation. Relax and enjoy your snacks, good conversation and lots of laughs. If you choose to set it up in your vehicle, drive somewhere nice and dark and gaze up at the stars.

Build a Pillow Fort

REFLECTION

- O How did it feel to do something playful and nostalgic together?
- What moments made you laugh or brought you closer together?
- O How can you bring this sense of fun into your relationship more often?

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7. Take Photos, Make Memories

They say a picture is worth a thousand words...

but they don't say who took that picture. Generally, it's the women behind the camera capturing all of life's moments but that also means that they are rarely the subject (unless you're counting the camera roll full of selfies). Have you ever found yourself looking at old photos and reminiscing, laughing to yourself, and replaying the moment in your mind? Photos help us to remember our life's moments and they also help us to share those moments with others.

Let her see herself through your eyes and see yourself through hers. You're going to get creative and set up a photo shoot.

- Use your surroundings, indoor/outdoor, props
- The phone on your camera is all you need
- · Get creative with your outfits, hair, and makeup
- Cater it to your likes & interests
- Work to capture each other the way you see each other. If you love her thighs, capture the curves. If you can't get enough of her hips, make them the focus of a few shots. You want to focus on what you love about each other



Take Photos, Make Memories

DATE:

- O How did seeing yourself through your partner's eyes make you feel?
- O What qualities or physical traits of each otehr stood out during the photoshoot?
- \bigcirc How can you keep capturing and celebrating each other in daily life?

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8. An At-Home Tasting

Have you ever gone to a tasting? I mean for anything wine, whiskey, cheese. It just feels so upscale and classy to try those tiny portion sizes and get a feel for the product. Have you ever thought of brining the fun home?

Let's set up a tasting in your living room. You can set up your own cheese or whiskey tasting with some simple steps.

Choose your tasting item. Will it be cheese, chocolate or even beer? Select 5-6 of that item that are different enough from each other that you'll notice a difference.

For example, for Whiskey you can try

- A selection of whiskeys from different countries – one from Ireland, one from Scotland, one from Japan, one from Canada, etc.
- A selection of whiskeys that use different grains – one made with barley, one with corn, one rye and so on.
- A selection of whiskeys aged for different lengths of time – one aged 2 years

break up your week with a fun and new activity and try some new items in the process. Who knows, one might just become your new favorite.



An At-Home Tasting REFLECTION

DATE:

- O What did you enjoy most about tasting and discovering new flavors together?
- What qualities or physicals traits of each other stood out during the photoshoot?
- How can you keep bringing this kind of novelty into your relationship?

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9. Game Night

There is nothing like a little friendly competition to bring you and your lady closer together, especially when you're on the winning team! When it's just the two of you, there is a different dynamic to the way you spend your time together than when you're sharing time with others. This can be a good thing. It puts you both at ease as you relax in the comfort of enjoying the company of another couple or couples. It brings out your playful side as you crack jokes and tell embarrassing stories and breaking out of your normal routine and enjoying some company is always a good way to spend a Saturday night.

Call over your closest friends - and tell them to come over for a game night. You can order food from your favorite pizza spot, provide snacks and cocktails or do it up potluck style. Pull out your board games, cards, and dominoes and prepare for some side-splitting laughs and total foolishness by the time you all get to your 3rd drink.

Don't know what games to play? Here are our recommendations if you really want to make some memories:

• Guesstures

• Pictionary

• Cards Against Humanity

• Taboo

• Scene-it

Hot Seat



Game Night

REFLECTION

- O What surprised you about each other's competitive or playful side?
- O How did playing together affect your mood or connection?
- O How can you bring more lighthearted moments like this into your routine?

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10. Solo Self-Care



Partnering up can be one of the most fulfilling experiences a man can have - but it can also be a very stressful and challenging life. Being in a relationship means we need to take care of ourselves and our partners. And when you are feeling overwhelmed and distressed - it's difficult to show love to someone else.

Self-care is essential for ultimate partnership because it's so easy to get lost in the day-to-day of life, that you forget about the importance of taking care of number one - you!

Let's practice some self-care. Part of being a good partner is taking care of yourself first. You can't take care of others when you're ignoring your own emotions, needs, and wants. Take a day at the range, happy hour with the boys or just take your truck for a drive to a secluded area and watch the sunset. Focus on the things that make you feel recharged and re-energized so that you can come home refreshed and ready to love on your woman...and you'll have some new things to talk about too!

Solo Self-Care

REFLECTION

- O How did focusing on yourself for a bit impact your relationship?
- What did you discover about your own needs or interests?
- O How can you continue supporting each other's need for individual self-care?

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11. Ditch The Distractions

We understand that it's easy to cozy up in bed and scroll through social media or, sit on the couch and binge the latest Netflix show. But let's be honest, you're losing out on intentional time you could be spending with your partner.

Today, ditch the distractions:

- Play nice music in the background
- Lay in bed or on the couch with her head on your chest
- Romance her by reading a book to her aloud, preferably a book that you can both benefit from reading or one with a good story

You have no idea how powerful this is for a woman - The sound of your voice, your leadership in helping to educate her on a topic or tell her a story, it will make her weak in the knees.

Ditch the Distractions

DATE:

- what did you notice about each other with no distractions?
- O How did it feel to be fully present together?
- What can you do to maintain this sense of undistracted connection?

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12. Foreplay is the Main Course

No matter how long you have been together...

it's always fun to keep things fresh and exciting. Break out your toys, you'll need them tonight!

This evening, slow and steady wins the race. I'm sure you know how important foreplay is in the bedroom. It's like the beginning of a great meal - it sets the tone for what's to come and makes everything taste better. Today, foreplay is the main course. Your goal is to make her reach the big "O' without going all the way.

Take time to explore her body and find out what makes her squirm. Tease her. Engage all of her senses and yours too. Learn her spots, all of the things she loves, and what makes her go crazy. Don't be afraid to use all of your available resources but most of all, have fun!



Foreplay is the Main Course REFLECTION

DATE:

- O How did slowing down change the experience?
- O What did you learn about each other's likes and boundaries?
- How can you continue to explore each other's desires more openly?

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13. Turn Him into a Snack

Growing up, we're told that getting dirty is not allowed and playing with our food is a major faux pas. But now, we're grown-ass women. We can decide to drink one glass or one bottle of wine. We can eat dessert before we eat our dinner and, we can play with our food and get as dirty as we want in the process. Growing up means stepping into responsibility and making good, calculated decisions; but it also means having fun, letting go and having amazing experiences in the process - you need balance.

Get over any aversion you may have to getting a little dirty because today, you're gonna turn him into a snack that will satisfy even the sweetest sweet tooth.

- Pick up a cheap shower curtain. You're going to make a mess but I'll be damned if I let you ruin those sheets
- Grab some edible body paint, ice cream, chocolate syrup, whipped cream, strawberries... you get the idea. Any ingredient you can think of to make this your perfect "snack"
- Take turns turning each other into your favorite dessert - obviously, no bowls allowed. You're going to pile it on whatever part of his body you want to incorporate into your tasty dessert



FOR THE MESS

Cheap Shower Curtain Trash Bags Towels

FOR THE MOOD

Candles Music Incense

FOR THE PALATE

Edible Body Paint Ice Cream Chocolate Syrup Whipped Cream Strawberries Sprinkles

Turn Him Into a Snack REFLECTION

DATE:

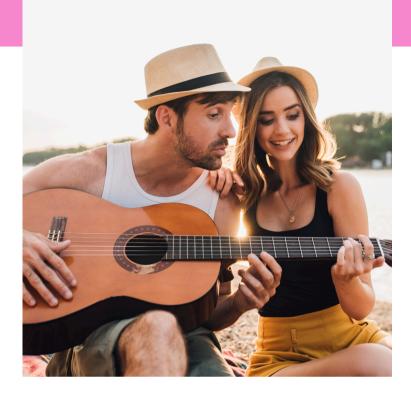
- O How did this playful activity impact your connection?
- What did you enjoy most about trying something out of the ordinary?
- How can you continue experimenting with fun and lighthearted intimacy?

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14. Teacher, Teach Her

As a man, women look to you for guidance, leadership, and the know-how behind many tasks that you make look so easy. We naturally connect with each other through our interests and most of us, as adults are constantly hungry for knowledge. We're all looking to become better versions of ourselves and improve our lives. Women are naturally curious so learning a new skill from a man that takes his time and is patient with us can really get our panties in a twist - in all the ways you want them to twist.

Today, you're going to teach her something that will add value to her life. Are you into Crypto or NFT's? Teach her more about investing and help her set up her own portfolio. You're great with finances? Teach her how to make her money make money for her and help her become as savvy on the topic as you. You're a master in the kitchen? Teach her one of your cooking techniques or a favorite recipe. Can't think of anything? Teach her something she might not know about you. It doesn't have to be a long, drawn-out lesson, give it to her in a bite-sized, condensed version like a TikTok.



Here's How:

1) Pick something that you're good at or that you have knowledge on

 Prepare some visuals or something that you can do together that is hands-on to enhance the experience

3) Add value by providing examples or personal experience

Teacher, Teach Her

DATE:

- O What was it like to learn from each other?
- How did it feel to share your experience or see your partner as a teacher?
- O What other skills or interests could you explore together?

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15. Take an Interest in His Interests

Men love to feel like they have an impact on others and like they're teaching and sharing something of value. This is why it's important for you to take an interest in the things he likes, even if it's not exactly your cup of tea.

Today, you're going to take an interest in his interests. Maybe he loves sports, and you think they're a waste of time. Maybe he likes dogs, and you prefer cats.

It doesn't matter! You want to show him that you care about him and want to know more about the things he cares about. This will make him feel like he can open up to you more.

Plus, who knows? You might end up actually enjoying some of the same things that he does!



Take an Interest in His Interests REFLECTION

DATE:

- O How did it feel to dive into something your partner loves?
- what did you learn about them that you didn't know before?
- How can you continue to show interest in each other's passions?

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16. Release Your Inner Child

Have you ever realized that your partner is one of the few people that you can really and truly let loose with? There are things that you can do in front of him that you wouldn't dare doing in front of anyone else. You can be as goofy and weird as you want with no judgment (okay, maybe a little). This is what makes being in a relationship with your best friend such an amazing experience.

So today, we're going to enjoy the comfort of being able to be ourselves and channel our inner child - it's playtime!

- Go to the store and grab some Nerf guns or water guns
- Leave them by whatever door he uses to get into the house with a note that says "boom"
- When he looks around to see where you are and picks up his gun, blast him
- Remember what it's like to run around without a care in the world and play



Release Your Inner Child

DATE:

REFLECTION

- What was the most enjoyable part of playing together like kids?
- How did it feel to let go of being 'serious adults' for a moment?
- How can you bring more carefree moments like this into your relationship?

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17. Role Play



Does your man have a fantasy? Have either of you toyed with the idea of playing a little dress-up or role-playing to spice things up? Well, are you thinking about it now? Good!

Stepping outside of ourselves and playing a role can give us the freedom to explore new things without the normal pressure we experience. When we're playing the part of someone else, the playing field isn't the same and the consequences of our actions or what we may say don't come back to us, they're applied to the character we're playing. This allows couples to explore conversations that they may have been hesitant to have or behave in a way they didn't feel fit them but they feel very comfortable as the character they're playing.

Today, you're going to dress up and add a little role play into the rotation. Fulfill his fantasies and your own. Meet at a bar and pretend that this is your first time meeting. Create a fun backstory and make it scandalous. Or take the girl-next-door approach and play the sweet and innocent girl who gets corrupted by this bad boy she met at a bar. Get creative with it.

Role Play

REFLECTION

- O How did it feel to step into a different role and see each other in a new light?
- O Did this activity bring out any unexpected side of your partner?
- What did you discover about your own boundaries or desires?

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18. Go In Blind



Do you close your eyes when you kiss him? What about during sex? This comes naturally to us but why? Closing your eyes enhances the experience - when you close your eyes, your other senses are amplified allowing your body to feel, taste, hear and smell more strongly. When it comes to sex, who doesn't want to enhance the experience.

Today, you're going to go in blind. Create an experience for the other senses by depriving yourself of one, sight. Blindfold each other and explore each other's bodies in new ways. Navigate by touch. Familiarize yourself with all of the curves and bends along the way. Without your sight guiding you, you also lose any insecurities you may have and fully allow your body to experience the moment without holding back.

Take your time to explore his body. Listen for his queues and allow all of your other senses to guide your next move.

Go In Blind

REFLECTION

- O How did removing sight impact your other senses and connection?
- What was the most memorable part of this experience?
- How can you continue to explore different ways to connect physically?

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19. Share Your Spiritual Journey



Spirituality is an important part of most people's lives. It can be something we struggle with, something we're really passionate about or it can be something that we don't think about at all.

I'm sure you've heard the saying that opposites attract in relationships. This concept extends beyond the physical traits of our partners and into our souls, our personalities, and how we see the world around us.

If you are in a relationship with someone who has a different belief system than yours or if you have a different level of spirituality from your partner then this can cause conflict within your relationship.

Share your spirituality - Incorporate your partner into your spiritual practice - whether that is meditation, prayer, or connecting with nature include them in the process. You can include them in as much or as little of your spiritual practice as you feel comfortable doing so but the act of opening this part of your life up to them, to show them how you align with your God, your source, or with the Universe gives your partner insight into your spiritual journey, the practices that you hold sacred and help them to understand and respect your beliefs and practices.

Share Your Spiritual Journey

DATE:

- O How did it feel to open up about your spiritual beliefs or practices?
- What did you learn about each other's views or values?
- How can you support each other's spiritual or personal growth?

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20. Put the Pieces Together

If you're looking for a fun, hands-on activity that strengthens your connection, try building something together. Whether it's a challenging puzzle, a set of Legos, or another creative project, working as a team allows you to step outside your individual routines and focus on creating something meaningful together. These activities encourage communication, patience, and collaboration—qualities that are essential for a strong relationship connection.



Activities:

- Lego Kits: Try building a detailed Lego Architecture set, like the Eiffel Tower or the Statue of Liberty.
- DIY Home Projects: Pick a small DIY project around the house, like creating a photo wall, building a small piece of furniture, or even setting up a garden together.
- Cooking Challenge: Try a cooking challenge where you both work together to create a complex dish or try new recipes.
- Build a Vision Board: For a more introspective twist, create a joint vision board.
- Craft a Custom Scrapbook or Photo Album: Revisit your memories together by assembling a scrapbook or photo album of special moments, trips, and adventures.

Put the Pieces Together

DATE:

- What part of the activity did you enjoy the most, and why?
- O How did it feel to work as a team toward a shared goal?
- What did you learn about each other's stregths and problem-solving approaches?

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Let Us Plan Your Next Date!

As you venture forth, armed with inspiration and ideas to enrich your connection to your partner remember that **The Date Night Orlando** is here to elevate your experiences to unparalleled heights.

From crafting unique itineraries to curating unforgettable experiences, our team of experts is committed to creating magical moments that will leave a lasting imprint on your relationship. Leave behind the stress and embrace the joy of being fully present with your loved one.

So, why settle for ordinary when extraordinary awaits? Take the leap and let The Date Night Orlando weave its magic into your lives. Explore our premade date options or opt for a custom experience tailored exclusively to your desires. Together, we'll design an enchanting journey that surpasses your wildest expectations.

experience@thedatenightorlando.com www.thedatenightorlando.com

