**Relational Coping Skills List**

*Ideas for creating your Marital/Friend/Family/God Coping Skills Lists*

Hike

Skateboard

Rollerblade

Roller skate

Ice Skate

Bowling

Batting cages

Golfing/driving range

Service

* Target
* Soup kitchen
* Visit elderly
* Yard work
* Cookies/food

Movie theater

* Drive-in

Hot tub

Playground

* Obstacle course

Fly a kite

Play pinball

Bochas

Slumber party

Air hockey

Go to the lake

Skip rocks

Feed Ducks

BBQ

Board/Card games

Festivals

Fruit picking

Amusement parks

Garage/Yard Sale shopping

Letterboxing

Auction

Take a walk

Car washing party

Out for ice cream/dessert

Dessert contest (making

or eating)

Chocolate making/dipping

Candy making

Fortune cookie making

Out for dinner Basketball

Billiards

Make a video with child- hood photos and home movie clips

Dutch oven cooking

Crepe/pancake breakfast

Horseshoes

Drive

* to small towns
* around your town
* Downtown in a nearby
* city
* Motorcycle/moped
* a scenic route

Bookstore Concert

Sporting event Ballet

Drama/play/musical event

Art gallery

Drawing class/instruction

Dance Instructions (ballet, country, tap, swing, square dance, highland, etc)

Aquarium

Museum

Ceramic/pottery store

Build-a-Bear

Dance (country)

Story writing contest

State parks

Canoeing at a local lake

Nickel-cade

Swap meet or flea-market

Rodeo

Theater

Ice show

Demolition derby

Lecture

Rewrite the newspaper

History tour

Go visiting (surprise)

Give blood

Historic church trip

Temple

Hot chocolate and talk (highlights of month)

Take a class together

Animal Habitat

Bubble blowing contest

Creative Story (write/say

one or two lines of a story, the next person continues with another line or two)

Crock pot party

Dehydrate fruit

Donate blood

Fashion show (modern/oldies/clothes from scriptures/other cultures)

Bonfire (hot dog/ marshmallow roast)

Factory tour

Family history (genealogy)

Fireside

Boating

First aid class

Fondue party

Chili cook-off

Food storage

Football

Balloon volleyball

Street or field hockey

Bowling

Formal dinner

Games

Gardening (plant a tree!)

Charades

Badminton tournament

History class

Hold a free musical concert (instruments/ choirs/etc.)

Puzzle party

Hot air balloon ride (make sure your date/group is okay with this!)

Water park

Instrument class (everyone tries using different instruments)

Scavenger hunt

Leather working class

Subway trip

Make a video

Miniature golf (can even make your own course)

Bikes (Tandem/individual)

White water rafting

Revisit old memories from growing up

Sundae party

Musical show

Opera

Painting

Petting zoo

Pillow fight

Pizza party

Poetry readings

Popcorn fight

Potluck meal

Pottery class

Sculpting class

Progressive dinner

Racquetball

Jogging

Rock climbing

Roller blading/skating

Sand castle building

Museum

Self-defense instruction

Paper folding

Chalk drawing

Miniature marshmallow fight (big ones can hurt, I know!)

Homemade pizza

Sign Language class

Skiing (water or snow)

Volleyball

Tennis

Softball

Watch sunrise or sunset (tell stories/share testimonies)

Snow ball fight

Yoga (or other type of relaxation/exercise)

Walk-a-thon

Story telling

$5 to spend on the best item at the mall

Tie-Dye shirts

Relay ping pong (run around the table)

Name that tune

Paint your own pottery

Fishing

Take turns playing advice columnist and help seeker (who can come up with the best problems and the best answers

Capture the flag

Mark off boundaries throughout the town, and play hide and go seek with cars. You and your date go hide, and then call the other couple with a clue

Lego building contest

Family Feud

Public Garden

Hollywood Squares

Paper boat races

Swimming

Litter clean up party

Taffy pulling

River Float

Snow sculpting

Theme parties (medieval, Hawaiian, etc.)

Train ride

Nature walk

Marathon run

Treasure hunt

Skits

Tubing down a river

Ultimate Frisbee

Sledding

Sleigh ride

Visit the elderly (read to them too!)

Patriotic class/history of your country

Wood working

Pool/Darts

Roller Skate (Rink)

House “Hunting”

Indoor Rock Climbing

Archer/Firing

Range/Rifles

Dress Rehearsal Tickets

Restaurant.com (Dinner

Deals)

Share spiritual experiences

Test Drive Cars

Photography (everyone has a camera, takes pictures, develop in one hour/upload to a computer, and look at pictures together)

Chocolate/Candy Factory Tour/Visit

20 Questions (open-ended about each other) or everybody brings a question everybody answers

Act Pretentious at an art show

Window shop on the square

Classes (Art, Dance, etc.)

Baseball game

Middle/High School Plays

Home videos

Book of remembrances

Bubble bath

Hot shower

Massage

Watch clouds

Finger paint

Water colors

Hopscotch

Sidewalk chalk

Trampoline

Wet/Sprinkler

Jump in leaves

Coloring

Wash car

Run in sprinklers

Make music videos

Garden

Makeovers

Family history

Make a collage

Puzzles

Learn a language

Dance

Mutual Hobbies

* Class

Cook

* Fondue
* Green eggs & ham
* Taffy

Learn a relative’s story

Missionary letters

Sunset/sunrise – watch or activities such as:

* Push-ups/sit-ups
* Aerobics
* Yoga
* Jump Rope
* Bochas/Bocci Ball

Pajama party

**Read**

Fiction

* Kid’s literature
* Sci-Fi
* Church

Reader’s digest

Scriptures

Jokes

Ensign

Self-help (Colors)

Journals

Study religions

History (person or period)

**Write**

* Stories
* Journal
* Letters
* Notes
* Poetry
* Personal Histories (one talks, the other types & asks questions)

**Music**

Sing

Karaoke

Play

* Piano
* Duets
* Guitar
* New instrument

**Short Times at home**

Video Game (DDR, Dr. Mario, Atari, etc.)

Trade massages

Hot tub

Talk about the day

Watch a show (only 1)

Read a short story

Read a magazine article

Listen to an inspirational talk

Karaoke

Piano or guitar duets

**Seasonal**

Haunted House

Santa at the mall

Gingerbread house contest & apple cider

Christmas music

Caroling

**Dates at home**

Make birthday cards for the upcoming year

Story writing contest

Play a game (make a list)

Picnic in living room

Video games

Piano/guitar and sing

Pick a historical person/period and read about it together

Rewrite the newspaper

Take an online class together

Get to know a relative’s life story

Write missionary letters

Look at photo albums from since we’ve known each other

Country dancing video

Stargazing (use a book to help)

Rent a movie

Read a book together

Invite extended family over

Cook (taffy, fondue, green eggs & ham)

Homemade Ice Cream

Make a gingerbread house

**Group/Social Dates**

Ancestor potluck dinner

Banana Splits, Fondue, appetizers, snacks or desserts

Pizza decorating contest

Passover feast

Supermarket sweep

Play games

Race (“Olympics” – skip, 3-legged, wheelbarrow, egg, etc.)

Play basketball at park

Scavenger hunt at mall

Bowling

Country dancing

Frisbee golf

Horseback riding

Picnic

Nickel-cade

Rodeo

Theater

Demolition derby

Miniature golf

Go to the temple

Laser Tag

Pump-it-up/extreme sports

Planetarium

Out for dinner

Flip a coin to turn until you arrive at a restaurant

**LIMITED**

Computer

Search web