

RECONNECT

IN ONE MINUTE

ATTACH THESE QUICK AND EASY IDEAS TO POPSICLE STICKS
& PULL ONE OUT OF THE JAR ANYTIME YOU NEED TO RECONNECT

HOLD BOTH HANDS

take 10 deep breaths

**LOOK INTO EACH
OTHER'S EYES**

GIVE A BEAR HUG

don't let go first

**REMINISCE ABOUT
SOMETHING HILARIOUS**

COUNT YOUR BLESSINGS

literally, out loud



WRITE A QUICK NOTE

a love note

**GIVE A THOUGHTFUL
COMPLIMENT**

COUNT YOUR BLESSINGS

literally, out loud

**SAY "THANK YOU" FOR
SOMETHING**

**RECITE YOUR FAVORITE
INSPIRATIONAL QUOTE**

SMILE AT YOUR SPOUSE

QUIET YOUR MINDS

together

**DESCRIBE YOUR
"HAPPY PLACE"**

**ASK HOW YOU CAN
HELP TODAY**

**TALK ABOUT YOUR BIGGEST
WISH FOR YOUR SPOUSE**

CHECK OUT THE SKY

watch the sun rise or rain fall

**SING THE CHORUS TO
YOUR LOVE SONG**

TOUCH FOREHEADS