

Good Advice for Your Marriage

(Place the bolded items on a tray and walk them around the group, then cover and have participants list what they remember. Person who gets the most, wins the prize.)

1. **Hershey hugs and kisses** - you *both* deserve them; give them to each other a lot and always before bed
2. **Penny** - for your thoughts; talk things out
3. **Clock** - to remind you that time will pass too quickly
4. **Mirror** - to reflect on who you are and what both of you want in the relationship
5. **Marbles** – no matter how long you're married, one or both of you will sometimes feel as though you lost yours when you agreed to this!
6. **Jewel** - to remind you how valuable you are to one another
7. **Rubberband** - flexibility is the key to marriage, stretch and grow and strengthen your love
8. **Lifesavers** - to save you on "one of those days"
9. **Tissue** - to dry those tears – happy and sad
10. **Toothpick** - to pick out the good in all situations
11. **Starburst** – remember that spark that started it all
12. **Lollipop** - to lick your problems
13. **Eraser** - to remind you everyone makes mistakes and nothing heals or strengthens more than apologies and forgiveness
14. **Puzzle piece** - you are all part of the bigger family picture; cherish it and your time together
15. **Nuts** - to remind you to get a little nutty and have fun
16. **Tootsie roll** - to remind you to let the small stuff roll off your shoulders; don't drudge up old little stuff when arguing
17. **Do not disturb sign** – because all parents need some grown-up time
18. **Aspirin** - for when all else fails - take two
19. **Peppermint** – what you've made together is worth a mint
20. **Velcro** - when you need to get a grip
21. **Balloon** - to remind you the sky is the limit and hang on to your dreams, individually and as a family.
22. **Cotton swab** - for better listening
23. **Foil** - to remind you of the things that make you shine
24. **Glitter** - a glimpse of how your world looks through each other's eyes