

The #StayHome Bingo

For Married Couples

Which of these have you done with your spouse?

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| Create a list for your spouse: "I Love You because..." | Make your spouse's favourite hot drink in the morning. | Give your spouse a good back rub or a leg massage. | Surprise your spouse with a gift. | Watch your spouse's favourite movie or TV show. |
| Challenge: Cook each other's favourite dish. | Video call your spouse's family together. | Know your spouse's Love Language. Take the test: www.5lovelanguages.com | Hold hands and cuddle in bed together. | Ask your spouse: "What can I help you with today?" |
| Dim the lights, turn on the music and dance together like nobody's watching. | Help with all the house chores without your spouse asking. | Duduk di rumah diam-diam. | For marriage tips, follow us on Facebook and Instagram! | Compliment and appreciate your spouse. |
| Make meaningful conversations. Visit family.org.my/downloads | Offer to run errands for your spouse. | Turn off social media for the night and just talk and listen to each other. | Revisit your wedding photos and share what you love about your marriage. | Help reorganise a part of your home together. |
| Do something your spouse enjoys even if it's not your thing. | Stay fit and healthy by working out together. | Hug and kiss your spouse for no reason. | Snap a couple photo and post it on social media. Tag #StayHome withSpouse | Serenade your spouse with a love song. |