

# JACKSON COUNSELLING and FAMILY THERAPY

*Family, Couples, Individual & Adolescent Counsellor*

Helpful Articles by Jenny Jackson



## **30 Low Cost Dates for Couples**

Research has proven that healthy relationships keep us healthier too. You may even live longer. One of the things that keeps a couple relationship healthy is nurturing it by spending time together and having fun. This is a really important way to avoid taking your relationship and your partner for granted. Here's some ideas to get you started:

1. Candlelit dinners when the kids are in bed.
2. Beach or bush walks.
3. Explore art galleries and museums.
4. D.I.Y. massages – don't forget feet, hands, head – very relaxing. Buy cold pressed oil and add drops of essential oil.
5. Free concerts in parks.
6. Picnics.
7. Dance in your lounge, in the moonlight at the beach or park.
8. Play tennis on courts at your local school.
9. Fishing.
10. Play cards or board games.
11. Watch sunsets and sunrises.
12. Bike rides.
13. Star gazing – rug on the back lawn.
14. Find and explore markets.

Abelard House, 518 East Coast Road, Mairangi Bay, North Shore, Auckland  
T: 09 478 2501 M: 021 167 0308  
[www.jacksoncounselling.co.nz](http://www.jacksoncounselling.co.nz)  
Email: [jenny@jacksoncounselling.co.nz](mailto:jenny@jacksoncounselling.co.nz)

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15. Cook together.
16. Have dessert and coffee out.
17. Take each other on mystery tours.
18. Ten Pin Bowling
19. Buy an article of clothing or an accessory at an op shop and wear it on a date.
20. Ice/ roller/in line skating.
21. Overnight camping at a DOC or ARC campground.
22. Borrow kayaks.
23. Wine tasting at vineyards.
24. Hot pools/swimming pools.
25. Do a night class together or learn a new skill.
26. Indoor rock climbing.
27. Reminisce and dream together.
28. Swap houses with friends or contacts out of town for a weekend away.
29. Attend a sports game together.
30. Fish and Chips at the beach.

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