

# Why Couples Need to Play

Like a “SandCastle” a relationship is a product of planning and execution, attention to detail, the right mix of ingredients and a little bit of magic. At the start, one is caught up in the moment of building a SandCastle; it is easy to play while the magic unfolds. However, once built, a SandCastle must be consistently tended to and constantly rebuilt as nature wears away at it. If you turn your back on a SandCastle, it may be easily carried away by the tide. To keep a SandCastle from being washed away one must keep playing and take pleasure in the process of ongoing construction!

Is your SandCastle in danger of being washed away? When was the last time you played with it?

When was the last time you and your partner shared your favorite summertime experiences of sun tanning, swimming, BBQ’s, campfires, horseback riding, biking and eating ice-cream with each other?

Not the last time you slathered SPF 45 on little sandy wet bodies but the last time you luxuriously massaged coconut oil over your partner’s body - enjoying the feel of their skin beneath your fingertips.

Not the last time you supervised your teenager’s pool party while serving ice tea and popsicles but the last time you lounged by the pool enjoying your partner’s conversation while someone else served you.

Not the last time you sat down to a cold hamburger after having to cut up everyone elses, but the last time your partner cut up a morsel of sizzling steak and fed it to you.

Not the last time you sang children’s songs around a campfire but the last time you snuggled up with a blanket under the stars and listened to the crackle of the fire while your partner sang to you.

Not the last time you dropped someone else off at a riding class or sport camp, but the last time you indulged in your own expression of physical movement through a horseback ride, bike ride or walk.

Not the last time you wiped ice-cream off of dirty tear streaked faces but the last time your partner licked ice-cream from a shared cone.

*When was the last time you and your partner really played?*