



Sweet Love

DATE NIGHT IN BOX

DATE GUIDE

Welcome Lovebirds

Dear Date Night In Box Seekers,

Greetings to you and your significant other. If you are joining us for the first time, WELCOME! If you have been with us for previous dates, WELCOME BACK! It is truly our honor to provide you with a date night to be enjoyed from the comfort of your home and thank you for allowing us to come into your home and make memories.

With February being the *"month of love"*, we wanted to create the perfect Valentine's date centered around romance. This date will focus on the sweet, yet simple, gestures that can help bring a physical sense to the love you have for one another. Conveying your inner feelings for your partner in a way they can physically see comes with so many benefits. You would be surprised at just how much of an effect "feeling loved" can change the way a person acts, thinks, and carries themselves in general.

We hope through this date you are able to truly take the time to cherish the love you have for each other. During this date, you can expect to discover your individual love languages, sweet chocolate tasting, romance through music, a bit of added spice through a game of truth or dare, and even an activity that will last you long after the date is over. We want to encourage you to show sweetness to one another every day, not only on February 14th. Love is truly in the air - embrace it!

If you were given this date as a gift, we would LOVE for you to join us again. We offer a variety of plans to fit your needs and even have Kids Night In Boxes and Sensory Kits! Simply visit www.nightinboxes.com and use code 15OFFNIB for a 15% discount when you join us again.

All our best wishes and love,
Date Night In Team

DATE NIGHT ITINERARY

- SET THE MOOD
- COOK YOUR SUGGESTED DINNER RECIPES
- TABLE TALK
- LOVE LANGUAGES QUIZ
- CHOCOLATE TASTING
- SWEET SONGS
- SWEET & SPICY
- LOVE COUPONS
- REFLECTION & WAYS TO CONTINUE YOUR DATE NIGHT

Set the Mood



Setting the mood and creating ambiance for your date is so essential! In the spirit of Valentine's Day, we wanted to be sure to give you an extra romantic way to set the mood this month. Decide where you want to complete your date, dim the lights, light your included candles, and sprinkle out your included rose petals.

As an added portion to setting the mood for this date, we have a game to be played throughout the entirety of your box activities. Take this time to each pick a secret word, but don't tell each other what your secret word is (we suggest picking a more common secret word for the game to work best). Go about your date as normal. Every time your partner uses your secret word in conversation, you give them a kiss and they do the same. First person to guess the other's secret word wins. Spice things up by setting an incentive for the winner!

Don't forget to access your custom Sweet Love playlist at datenightinbox.com/sweet to enjoy a romantic date night soundtrack.



Contest Alert

UPLOAD A PHOTO OF YOUR DATE TO FACEBOOK OR INSTAGRAM, MENTIONING @DATENIGHTINBOX AND USING HASHTAG #DATENIGHTINBOX FOR A CHANCE TO WIN THIS CUSTOM GIFT.

Details: One lucky couple will win a custom keepsake. Submissions must be posted on a public Facebook or Instagram profile. Join us on Facebook (@DateNightIn) or Instagram (@datenightinbox) for more contest details. Contest valid until March 31, 2022.



Cook Your Suggested Dinner Recipes

Pull out your recipe card and get ready to make some super sweet recipes! Enjoy making optional spiked strawberry lemonade, cinnamon sugar sweet potato fries, brown sugar green beans, honey garlic pork chops, and salted caramel cheesecake bites for dessert!

Change things up and switch your typical roles in the kitchen. Sample food along the way and have some fun with your significant other! For an added challenge, try having one partner blindfolded while the other directs them on what to do!

Table Talk

For so many of us, the days surrounding February 14th are filled with intimacy, romance, and love. Valentine's Day is a day dedicated to cherishing the love you have for each other. There's nothing more magical than performing sweet gestures and being able to physically see your partner feeling loved by you. We want to encourage you to be sweet to one another through loved filled actions, words, and gestures ALL the time - not only on February 14th.

Showing your partner love is not always as easy as it sounds. Relationships can involve two very different people united by their love for one another. Science has shown that based on personality types and personal experiences, each person expresses and experiences love differently. Many times, we tend to express love in the way we experience it best. And although there are good intentions behind this, we must step back and recognize the emotional needs of our partners. Whenever we are showing our partner love in a way that is not fulfilling their personal love language it can many times go unnoticed and even leave you with a feeling of not being appreciated. It's crucial to know how to love your partner in the way that is best for them.

Sweet Love Recipes

Access your shopping list online at
datenightinbox.com/sweet

Spiked Strawberry Limeade (serves two)

Prep Time: 5-7 mins
Total Time: 5-7 mins



Recipe by: marinamakes.com

INGREDIENTS

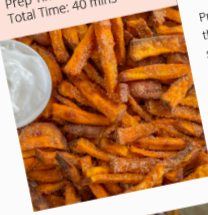
- 2 cups of fresh or frozen strawberries, diced
- Ice
- 2 cups of limeade juice
- 2 shots of vodka (optional)
- 4-6 mint leaves

DIRECTIONS

Using a blender or food processor, blend diced, frozen strawberries until mostly smooth. Pull out 2 glasses (that can hold 20 oz or more) and add ice. Fill each glass with a cup of limeade juice, a cup of the pureed strawberries, a shot of vodka (optional) and a few mint leaves. Stir with a spoon to combine.

Cinnamon Sugar Sweet Potato Fries

Prep Time: 5 mins
Total Time: 40 mins



INGREDIENTS

- 2 medium sweet potatoes
- 1/2 tablespoon vegetable oil

DIRECTIONS

Preheat the oven to 400 degrees. Slice the sweet potatoes into 1/4 inch thick fries. Toss them in the vegetable oil and spread them onto a baking sheet lined with parchment paper. Bake in the oven for 20 minutes, then return to the oven for another 10-15 minutes (or until desired crispness).

While the sweet potato fries are baking, toss the cinnamon and sugar together. When the fries are done baking, toss them in the cinnamon sugar and enjoy warm!

Dark Chocolate and Salted Caramel Cheesecake Bites

Prep Time: 20 mins
Total Time: 20 mins



INGREDIENTS

- 2/3 cup heavy whipping cream
- 4 ounces cream cheese
- 1/4 cup sugar
- 3/4 tsp vanilla extract

DIRECTIONS

Whip heavy whipping cream until stiff. Combine cream and vanilla extract. Beat until creamy. Fold whipped cream into cream cheese mixture. Fill fillo shells with cheesecake using a plastic bag with the corner cut off.

Microwave chocolate chips for 30 seconds. Stir, then microwave again for 30 seconds or until completely melted. Drizzle chocolate bites. Drizzle caramel over cheesecake. Top with chocolate shavings (optional) and enjoy!

Recipe and photo by: funmon.com

Author Dr. Gary Chapman wrote **The 5 Love Languages**, which outlines five ways to express and experience love. The most common "love languages" Dr. Chapman found are words of affirmation, quality time, receiving gifts, acts of service and physical touch. Most people feel that more than one love language applies to them, and to some degree, most of us respond to all five. Speaking or acting in the love language your partner understands or processes best will help communicate your love in a more effective way. By learning to recognize these preferences in yourself and in your loved ones, you can learn to identify the root of your conflicts, connect more profoundly, and truly begin to grow closer.

Using the five love languages listed above, discuss the following questions with each other:

- Which love language do you think you use to express love most often?
- What do you think your most prominent love language is?
- What do you think your least prominent love language is?
- What do you think are the negative effects of not being aware of your partner's love language?
- How do you think love languages and communication go hand and hand?

Here's to making an effort to show your love for one another each and every day in 2022 and the years to come

Love Languages Quiz

Since you just discussed the importance of knowing both your own and your partner's love language, we only felt right to have you each complete a love language quiz! Sometimes people truly do not know what their love language is, or may think their love language is one thing when it's actually something else.

PS: Even if you have taken this quiz before, research shows that like many great things in life, love languages are fluid, not fixed. This means that as your relationship grows and evolves, so will your love language!

Taking this quiz will help you know for sure what each of your love languages are! Knowing this information will go a long way in your relationship. Locate your love languages quizzes and begin filling them out individually.

Once you are done, turn to the back of the sheet to tally up your scores. Then compare and discuss the results you each receive! We highly encourage you to read the portion below the scores together to discuss what each love language means and suggestions on actions for showing love according to each language.

Chocolate Tasting

Time for a sweet taste test! Get ready to indulge your taste buds in some **SERIOUSLY** delicious flavors. Enjoy this intimate experience with each other. Follow the instructions below to begin:

1. You and your partner will share a tasting mat. Cut each chocolate piece in half and place the pieces into a square on your tasting mat.
2. Start by deciding which partner will be blindfolded first. Once blindfolded, have the other partner place a piece of chocolate up to your nose. Take your time smelling the chocolate and describe what you smell. The partner who is not blindfolded will write down the smells you describe on your score sheet.



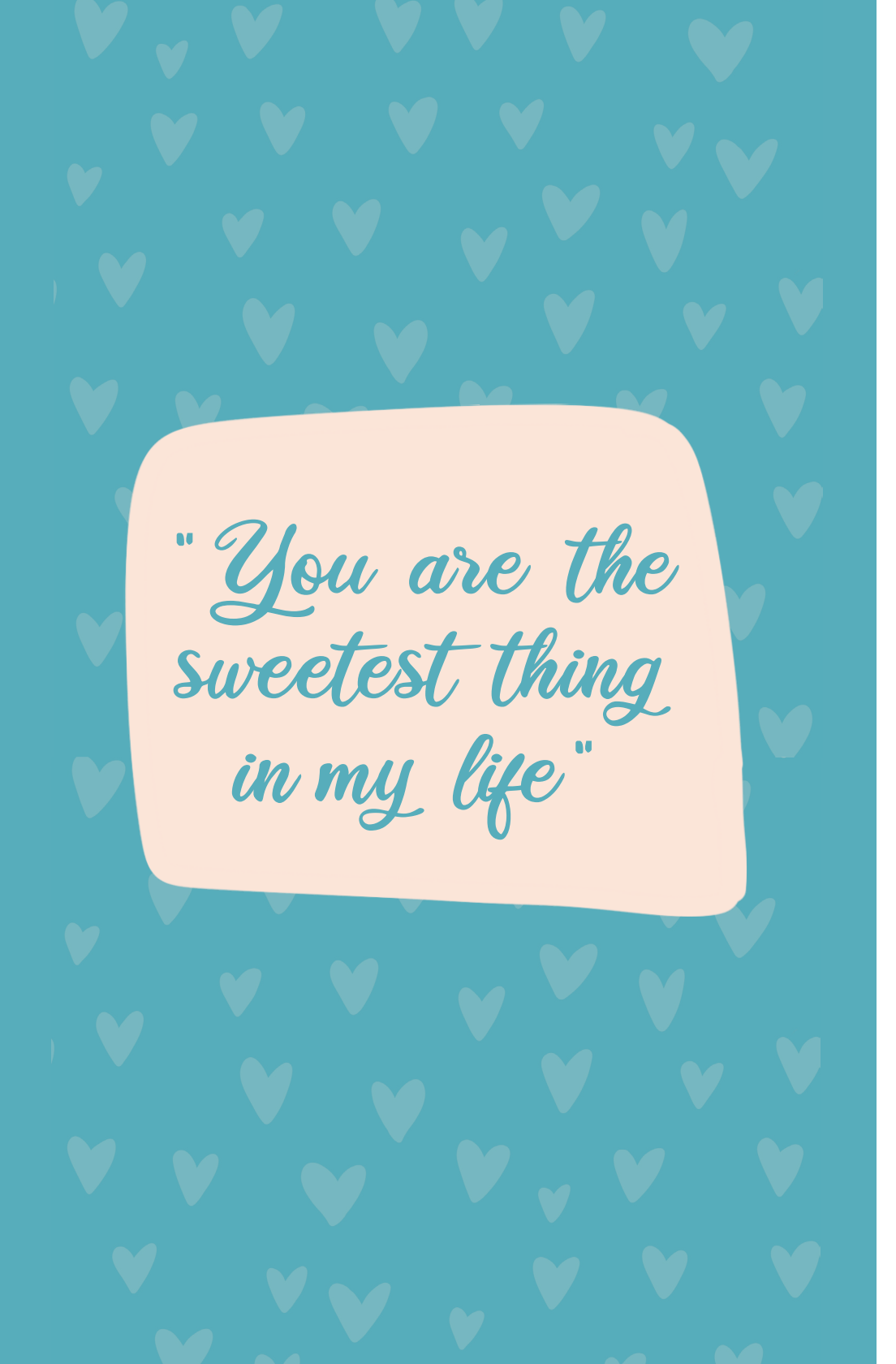
ITEMS NEEDED

Included chocolates | Blindfold
Tasting mat | Tasting scorecard | Knife
Writing utensil from home

3. Then, using the same piece of chocolate you smelled, have the partner who is not blindfolded place the chocolate in your mouth. Take a minute to savor the taste and then describe what you taste - have your partner write down the tastes you describe on your score sheet.
4. The blindfolded partner will then guess which chocolate they think they just tested. The other partner will record both their guess and the actual chocolate they tested. Then, give the chocolate a score from 1-10 (10 being the best), and record it on your score sheet.
5. Repeat steps 2-4 with each of the other chocolates. Once you have tested each chocolate, take off the blindfold and review your results. See how many chocolates you guessed correctly and which chocolate you scored the highest. Then, switch roles and go through the process again with the other partner being blindfolded.

We hope you enjoyed your tasting journey! There is something extra sweet and intimate about having your partner feed you delicious chocolate.





*"You are the
sweetest thing
in my life"*

Sweet Songs

Music can be a deeply personal and intensely meaningful way to connect with one another. Through this activity, you will share sweet songs as a way to express your feelings for each other. Each of you will pick three songs that fit each of the following scenarios below. Take a moment before you play each song to explain to your partner why you chose it and get up and dance your heart out to connect on a more physical level.

SONG NUMBER ONE: I chose you as my person for a reason. This song makes me think about why I chose you.

SONG NUMBER TWO: Our love story is one like no other. This song describes how I see our love story.

SONG NUMBER THREE: Each relationship comes with its fair share of bad times. This song reminds me that, together, we can get through anything.

Sweet and Spicy

Now it's time to add a bit of spice to this sweet date with a twist on truth or dare. Pull out your Sweet & Spicy scratch off card. Take turns scratching off each of the squares and completing the sweet or spicy prompt. Have fun with this game and cherish the intimate moments together.





Love Coupons

We wanted to end this date with an activity that can go beyond the box. Locate both of your Love Coupons notepads. Sit somewhere comfortable together and begin filling out your coupon booklet. You will exchange these booklets once you are finished so each of you will have love coupons to cash in with your partner.

While filling out the coupons, we suggest thinking back to what your partner's love language is and zooming in on actions of love that fulfill their language. Once you are both finished, exchange the coupon booklets. Over the next few days, weeks, or even months, find times that work best for both of you to cash in your coupons!



Until Next Time

Reflection

TAKE A MOMENT TO REFLECT ON YOUR SWEET LOVE DATE NIGHT IN EXPERIENCE. DISCUSS THESE QUESTIONS TOGETHER:

- What surprised you about both you and your partner's love language quiz results?
- What was your favorite part of this date?
- Which coupon are you most excited to cash in?
- How can you both make an effort to make sweet gestures a norm in your relationship throughout the weeks, months, and years to come?

HERE ARE SOME WAYS TO CONTINUE YOUR DATE NIGHT:

- Have a romantic movie marathon
- Give each other massages
- Take a bubble bath or hot shower together
- Write each other letters
- Do a craft together



date

NIGHT IN BOXES

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Don't forget to share pictures from your date with our hashtag #datenightinbox for a chance to win a FREE date.