

Foreplay games/ideas:

Go back and have a look at the intimacy games in week 4.

Paperless pictictionary - Draw something on each other's back/chest/breast anywhere and guess what the person is drawing.

Water colour - Buy some water colour and create art on each other. Remember to tease as much as possible.

Throw the dice - Get two normal dice and write a list 1-6 with 6 different body parts and one with 6 different things to do (kissing, sucking, massage, licking, tickle, rubbing, biting, spanking, nibble, stroke) Throw the dices and do what it says on the list for a minute and swap.

Rise the spark - Sit down and look into each other's eyes and share your best/most intimate or favourite sexual moment with each other that you have experienced so far and why it is your favourite and what you liked most about it and your partner.

Strip poker - Play poker or any card game and the person who loses has to take off an item.

Color competition - Blindfold your partner and then you have 2 minutes to grab 5 items of different colors in your house. Use the item one by one on your partner for about one minute and then let them guess the color of the item. Keep the score of how many items they could guess right and swap. (Remember teasing is the key)

Ice cubes - fun, sexy, exciting, different

Minty fresh - Add a mint before you give oral sex to spice things up

Ideas in a jar - Sit down together or in your own time and write down 20 things each on a post-it note and pop them into a jar. Pick a post-it when you are getting intimate or randomly to get the intimacy started.

Outside the bedroom - Start touching in the car, in the restaurant or at the beach. Get a bit naughty early in the day to get the blood rasing.

Candle wax - super hot and so much fun. (No some candles do not hurt they are melting at a lower melting point) Create art and get intimate with this really erotic experience.

Soul gazing competition - sit together and gaze into each other's souls and the first one to break has to do XYZ that you decide together. (massage, oral sex, cook dinner, clean the bathroom, buy a sex toy)

Strip tease - Undress really sensually in front of your partner or even do a strip tease dance. Or ask them to do it for you.

Sex toy shopping - Go to a sex shop and pick one thing each to bring into the bedroom. (Or more or decide together)

Mutual masturbation - Hell yes, self pleasure together and watch each other.

Photo challenge - Before during the day or during the week give each other a task to send a sensual photo with a challenge. Like it has to be with something red, outdoors, with something cold, in black and white, with something you can eat. Challenges are fun and will always make things exciting.

Get wet together - Shower, have a bath or jump in the ocean and get really intimate together. As you come out, spend time and very slowly and sensually dry each other off with the towel. Don't miss any body parts and kiss the last water drops away.

Undress each other - Very slowly, keep eye contact, use your teeth, mouth or nails. One item each or one person at a time. Look into each other's eyes and admire each other's bodies. Tell each other what body parts you like most and why. Share appreciation, kiss each other there and go slow, slow, slow.

Desire - Couples game app (Download from apple)

Sensual massage - Set the space, put on some really erotic music, get nakes and massage their body in the most sensual way. Don't forget to use your body and slide your body over them and their different body parts. Body slides are the best.

Story time - Find literotica, dirty poetry or a erotic story and read for each other. (Or read for your partner or challenge them to find something and read for you)

Deep kissing - set a timer for 10 minutes and just kiss. (This can be unbelieve intimate and emotional. Almost like meditation)

Same Same - Set a timer for 2 minutes and partner A starts to touch their partner in a way somewhere on their body. Swap and partner B need to touch in exactly the same way and same place. (If this is within the boundaries) A great way to teach and show your partner how you like to be touched.

Sexting - Just yes! Photos, texts, gifs, memes, vidoes, voice notes.

Buy foreplay and sex games online or in a sex shop and play

Play with sensations - Remember the sensory activation? Play with all the senses and focus on them one by one. Take the sight away and then activate the senses one by one with something that is really arousing.

Role play and dress up - Get dressed up and get into some fun and naughty role play. Either it's your sexiest lingerie or costumes.

Erotic zones - Kiss or touch one area of your partner's body for a little bit and ask them to give you a number between 1-10 where 10 is their favourite most energetic zone and 1 means that they don't like to get kissed/touched there at all. Do 10 body parts/areas each to find out your partner's favourite places for kisses and touch and for him to find yours.

Oral sex - Take turns and give each other oral sex. Set a timer to 15 minutes to start with and of course you can keep going if the two of you are enjoying what you are doing.

Tantra - go to a tantra workshop or have a look at different practices on youtube.

Extend it - We know now that foreplay should be around 20-40 minutes minimum. Double the time and have a minimum of 1h and 30 minutes of foreplay. Play, tease, play around and drive each other crazy. You want them or you to be begging for the next step if you choose to go into penetration or something else.

Feed each other - Sit on the kitchen bench, table or anywhere and feed each other with nibbles or food. It's just super hot and not much will drive a man more crazy than sucking and licking his fingers. It will directly associate the feeling of getting his cock sucked and he will go wild. Sucking his fingers in the bedroom is a winner.

It would turn me on more - You take turns and say "it would turn me on more if you....." and add something that would turn you on more. It can be: It would turn me on more if you took off your socks, if you took off your jumper, if you put on your red underwear, if you massage my neck, if you kiss my hip bones, if you tell me 3 reasons why you love me, if you take off that shirt really slowly, if you feed me chocolate, if you undress in front of me, if you put your hair in a ponytail.