

More Than A Touch

Did you know that by engaging all 5 senses you could take your sexual encounters to a whole new level? Below are 5 activities. Each activity will engage at least one sense. Try one at a time to heighten the intensity and pleasure for you and your partner. After you try these, try your hand at writing your own. **Print two copies of this worksheet: one for you, and one for your partner.**

TOUCH

- You will need a blindfold and a stopwatch.
Optional: Ice cubes, feather and massage oil.
- Set a timer for 20 minutes.
- Blindfold your partner & have them lie down.
- Start the timer.
- Stimulate your partner in areas they least expect.
- Experiment with different touches, light to firm. The goal is to make the touches last 20 minutes.
- Slowly drip the massage oil on their body. Rub it in.
- With the ice cube in your mouth, drag it all over their body, letting it melt and drip to create new sensations.
- Lightly run the feather all over their body. The power of a feather will shock you

TASTE

- You will need a blindfold and 3-4 flavors of chocolate from your local chocolate shop.
- Don't tell your partner which flavors you chose.
- Blindfold your partner
- Feed your partner each of the them individually.
- Using only taste and smell, have your partner guess what flavors you are feeding them.

SMELL

- You will need a candle in your favorite scent that you only burn during sex.

SOUND

- You will need a few candles and sexy music.
- Turn off the lights, light the candles and turn the music on low.
- Have your partner sit in a chair.
- Sensually whisper in each ear.
- Tell them what you would like to do to them.
- Tell them what you'd like them to do to you.
- Tell them about a fantasy scenario involving the two of you.
- The person in the chair is not allowed to talk back.
- Once one partner is finished, it's the other's turn.

SIGHT

- You will need a timer.
- Play music to set the mood.
- Stand in front of each other in your sexiest outfit.
- Take turns telling each other something that turns you on about the other one based only on what you can see.
- Each of you should remove an article of clothing for each thing your partner says about you.
- Do this slowly.
- Each piece of clothing is a mini strip-tease.
- No touching until you are both naked if you can resist that long.

WRITE YOUR OWN
