Take 15

Taking 15 minutes to focus on a relationship is important to build communication skills and help build the relationship. List ten activities two people in a relationship can do to interact with each other for 15 minutes. Describe the benefits of the interaction to each party involved. Write a summary sentence at the bottom of the page.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Benefit to male</th>
<th>Benefit to female</th>
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</table>
| Take a walk around the neighborhood | - Provides exercise  
- Less distractions; could led to open communication your partner | -Comfortable to open up to be aware of your opinions and feelings so you can adequately convey them to your partner |

Summary:_____________________________________________________________________________
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