

GREEN

G1

Slow kisses

≈ 2 min

Kiss your partner gently. Start with short kisses and let them grow longer. Let your hands rest on their cheek, neck or waist.

GREEN

G2

Close on the sofa

≈ 2 min



Sit close beside your partner. Kiss their cheek, lips and neck while gently holding their body.

GREEN

G3

Tracing a back

≈ 2 min

Use your fingertips over clothing to slowly draw lines on your partner's back. Alternate between light touch and a flat hand.

GREEN

G4

Three compliments

≈ 2 min

Give your partner three compliments: one about their body, one about their personality, and one about something you miss or enjoy between you.

GREEN

G5

Close dance

≈ 3 min



Dance close with your partner to a gentle song. Let your hands rest on their back, hips or waist without going under their clothes.

GREEN

G6

Kissing without hands

≈ 2 min

Kiss your partner without using your hands for the first minute. Afterwards, hold them and continue.

GREEN

G7

Cheek to cheek

≈ 2 min

Move close to your partner. Let your cheeks, foreheads and noses touch before you kiss gently.

GREEN

G8

Three places

≈ 3 min

Ask your partner to choose three places on their body that may be touched or stroked over clothing. Spend about 20 seconds on each place.

GREEN

G9

A guiding hand

≈ 3 min

Let your partner take your hand and show you where touch over clothing feels good. Follow their pace.



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G10

Kiss map

≈ 3 min

Kiss your partner in five places: forehead, cheek, lips, neck and hand. Make every kiss gentle and deliberate.

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G11

Stop and continue

≈ 2 min

Kiss your partner for 20 seconds, pause for five seconds, then start again. Repeat a few times.

GREEN

G12

A good memory

≈ 2 min

Tell your partner about a time you felt especially attracted to them. Finish with a kiss.

GREEN

G13

By the wall

≈ 2 min



Let your partner stand or lean comfortably against a wall. Come close, but gently, and kiss their lips, cheek or neck.

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G14

Neck and hair

≈ 2 min

Kiss your partner's neck and slowly stroke their hair. Keep the touch soft and safe.

GREEN

G15

Small promises

≈ 2 min

Say one thing you want to do more of in everyday life so that your partner feels wanted. Give a long kiss afterwards.

GREEN

G16

The six second kiss

≈ 3 min

Kiss your partner for six seconds — count slowly to yourself. Let your shoulders drop and your thoughts quiet while the kiss lasts. Afterwards, agree to give each other a kiss like this every time one of you leaves the house this week.

GREEN

G17

Face your partner

≈ 3 min

Turn your whole body towards your partner. Ask your partner to share something small from their day, and ask two follow-up questions before sharing something of your own. Finish with a kiss on your partner's temple.

GREEN

G18

Guess your partner's touch

≈ 3 min

Guess out loud where on the body the partner would prefer to be touched outside the clothes right now, and whether it should be light or firm. Touch the spot like this for one minute while your partner adjusts you with "more", "less" or "same". Finally, let the partner show the facet with his own hand.



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LEVEL 1 · GREEN

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G19

Two minutes in the blink of an eye

≈ 3 min

Sit face to face, so close that your knees meet. Look each other in the eye for two minutes without speaking. Smiles and laughter are allowed, but keep your gaze. Then say one thing each about what you saw in the other's eyes.

GREEN

G20

The kiss on the upper lip

≈ 3 min

Kiss your partner's upper lip while your partner kisses your lower lip. Stay in the shared kiss for a few calm breaths, then switch lips. Hold your hands softly around your partner's face or neck.

GREEN

G21

Climb the tree

≈ 3 min

Stand firmly with both feet on the floor. The woman puts one foot on top of the man's, puts her arm around his neck and pulls herself up towards the man as if in a climb after a kiss. Hold tightly around your partner's back — the woman decides how long the kiss lasts.

GREEN

G22

Half saw slowly

≈ 3 min

Stroke your partner's arm from shoulder to wrist at what you think is a leisurely pace. Halve the pace, and then halve it again — feel how your own hand wakes up. The partner chooses which of the three tempos you continue with for one minute.

GREEN

G23

Completely quiet hand

≈ 3 min

Place one warm, flat hand between your partner's shoulder blades and hold it completely still for one minute while you exhale slowly together. Then move it to the lower back and rest there for the same amount of time. If the partner says "more", the hand remains for a while longer.

GREEN

G24

The heart circle

≈ 3 min

Face to face. Place your right hand on your partner's sternum, above the heart, while your partner places his right on yours. Then place your left hand over the hand on your own chest, and your partner does the same. Look each other in the eyes and breathe calmly together for ten breaths, without words.

GREEN

G25

Breathe in your partner's rhythm

≈ 3 min

Sit behind your partner with your chest against your partner's back and your hands calmly on your stomach, outside your clothes. Feel your partner's breathing through your back and match your own breathing to the exact same rhythm — your partner's rhythm, not yours. Continue for two minutes and notice what changes in both of you.



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