

Sunday Morning Intimacy Ritual Checklist

Set the Mood

- ☐ Tidy up the bedroom and make the bed with fresh, soft sheets
- ☐ Prepare a breakfast tray (coffee, tea, pastries, fruit, or your favorites)
- ☐ Add a small vase with a fresh flower or greenery (look for the bunny logo for inspiration)
- ☐ Play soft music or open the window for gentle morning sounds

Gather Your Ritual Tools

- ☐ Sensual massage oil (Shop our favorites: https://followthebunny.com/shop/swoof/product_tag-massage-oils/)
- ☐ Soft blindfold (Explore options: https://followthebunny.com/shop/swoof/product_tag-couples/?product-page=2)
- ☐ “Dare Me” cards or couples’ game (Get inspired: https://followthebunny.com/shop/swoof/product_tag-games/)
- ☐ Bunny pouch or special keepsake bag
- ☐ Any other playful accessories (feather, silk scarf, etc.)

Create the Experience

- ☐ No alarms, no devices—just uninterrupted time together
- ☐ Serve breakfast in bed and enjoy slow conversation
- ☐ Take turns drawing a dare or prompt from the pouch
- ☐ Explore each dare with curiosity and playfulness
- ☐ Use massage oil and blindfold for added sensation and trust

Reflect & Connect

- ☐ Share a secret or fantasy in a safe, loving way
- ☐ Hold hands, cuddle, and enjoy the afterglow
- ☐ Make a note of your favorite moments to revisit next time

Bonus Ideas

- ☐ Hide a new surprise under the breakfast tray
- ☐ Try a new couples' game or quiz (Take the Couples Intimacy Quiz: <https://followthebunny.com/couples-intimacy-quiz/>)
- ☐ Explore more inspiration from our Say Something Sexy blog: <https://followthebunny.com/blog/>

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