



## Free Online Marriage and Relationship Skills Activity Library

Power of Two, with funding from the Federal Department of Health and Human Services' Healthy Marriage and Responsible Fatherhood program, has created a library of free, online relationship skills activities.

These activities are available to embed into your website for free.

- Give your website visitors a taste of the fun and utility of learning marriage skills.
- Easily add an interactive component to your website.

**What to do When You're Mad brings you into the action. Learn to focus on calming instead of heating thoughts when tensions brew. Each episode features a couple with different demographic characteristics.**

- <http://content.poweroftwo.org/publib/anger/cable/>
- <http://content.poweroftwo.org/publib/anger/coffee/>
- <http://content.poweroftwo.org/publib/anger/tv/>
- <http://content.poweroftwo.org/publib/anger/car/>

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**Develop the skills to be a first-rate listener. Learn to identify the features that make for Effective Listening while laughing along with these light-hearted scenes. Activities feature an expectant couple talking about baby and non-baby related topics.**

- <http://content.poweroftwo.org/publib/listening/bongos/>
- <http://content.poweroftwo.org/publib/listening/bacongrease/>
- <http://content.poweroftwo.org/publib/listening/restaurant/>

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**Clear, simple interactive instructional activity teaches the why's and how to's for exiting before tensions get out of control. This activity is a must for anyone in a relationship where arguments get heated.**

- [http://content.poweroftwo.org/publib/exiting\\_class/](http://content.poweroftwo.org/publib/exiting_class/)

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**What makes a super supporter? Learn how to coach loved ones through challenging times.**

- [http://content.poweroftwo.org/publib/support\\_class/](http://content.poweroftwo.org/publib/support_class/)

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## Quiz show games teach statistical information about the value of marriage and relationship safety in a playful setting.

- *Family Facts*: Does marriage matter? Find out what research demonstrates about the value of tying the knot. <http://content.poweroftwo.org/publib/ep7/>

*Embed code:* `<iframe src="http://content.poweroftwo.org/publib/ep7/" height="465" width="785" scrolling="no" frameborder="0"></iframe><br/> <div align="right"><font face="verdana" size="2">Content provided by <a href="http://www.po2.com/">Power of </a><a href="http://www.poweroftwo.org">Two</a></font></div></td></tr></table>`

- *Relationship safety*. What are the red flags that signal a relationship is at risk for domestic violence. Learn critical information about relationship safety in this activity. Great discussion starter. <http://content.poweroftwo.org/publib/dv/>

*Embed code:* `<iframe src="http://content.poweroftwo.org/publib/ep7/" height="465" width="785" scrolling="no" frameborder="0"></iframe><br/> <div align="right"><font face="verdana" size="2">Content provided by <a href="http://www.po2.com/">Power of </a><a href="http://www.poweroftwo.org">Two</a></font></div></td></tr></table>`

## What kinds of skills do couples need to build loving and lasting partnerships? This interactive introduction presents they types of skills taught in Power of Two and other marriage skills classes.

- [http://content.poweroftwo.org/publib/po2\\_intro/](http://content.poweroftwo.org/publib/po2_intro/)

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**E-zines provide an overview of a wide variety of skills. They feature young expectant couples.**

- *Day Out.* How will our featured couple spend a last Sunday together before the baby arrives? Learn tips for keeping the good times rolling.  
<http://content.poweroftwo.org/publib/ep1/>

*Embed code:* `<iframe src="http://content.poweroftwo.org/publib/ep1/" height="465" width="785" scrolling="no" frameborder="0"></iframe><br/> <div align="right"><font face="verdana" size="2">Content provided by <a href="http://www.po2.com/">Power of </a><a href="http://www.poweroftwo.org">Two</a></font></div></td></tr></table>`

- *The Apartment.* Yikes. She thinks it's time to move-in together already. He's not so sure. And the baby's coming soon. Learn tips for making tough joint decisions together and discover the common pitfalls couples encounter in challenging circumstances. <http://content.poweroftwo.org/publib/ep3/>

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**Arcade Game Skill Builders are a quick way to teach simple skills that keep talking in the positive zone.**

- *A Day in the Park.* Separate the toxic from the tactful in this quick arcade game.  
<http://content.poweroftwo.org/publib/ep4/>

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- *Movie Theater.* Quick paced game demonstrates the advantages of positive "would like to. ." phrasing over negative "don't wants."  
<http://content.poweroftwo.org/publib/ep6/>

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The Bob and Kelly series is a light-hearted sitcom featuring expectant parents. Each episode includes a light-hearted vignette, analysis by Dr. Susan Heitler, and a quiz show highlighting the differences between I-statements and questions as compared to you-statements.

- Under the Weather: <http://content.poweroftwo.org/publib/sick/>
- Low Deal Larry: <http://content.poweroftwo.org/publib/car/>
- Busted!: <http://content.poweroftwo.org/publib/cop/>
- Some Friend: <http://content.poweroftwo.org/publib/cafe/>
- Awww Mom: <http://content.poweroftwo.org/publib/fridge/>
- Bumping into the Ex: <http://content.poweroftwo.org/publib/flirt/>
- Loud Friends: <http://content.poweroftwo.org/publib/loud/>
- Going Bananas: <http://content.poweroftwo.org/publib/bananas/>
- Waiting Room: <http://content.poweroftwo.org/publib/waiting/>

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The Tom and Vera series teaches how to make win-win decisions using playful action-adventures.

- Saving Sas: <http://content.poweroftwo.org/publib/sasquatch/>
- Attack of the Momma Bird: <http://content.poweroftwo.org/publib/bird/>
- Escape from the Mad Scientist: <http://content.poweroftwo.org/publib/mad/>
- Close Encounters: <http://content.poweroftwo.org/publib/moon/>
- Save our Ship: <http://content.poweroftwo.org/publib/sub/>
- Jungle Adventure: <http://content.poweroftwo.org/publib/tiger/>
- Escapade in Egypt: <http://content.poweroftwo.org/publib/tomb/>
- Ride em' Cowboy: <http://content.poweroftwo.org/publib/wildwest/>
- Zombie Attack: <http://content.poweroftwo.org/publib/zombie/>

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This series, designed for tweens and teens, introduces a wide variety of basic relationship skills.

## Teens - Time Travel

- Lincoln: <http://content.poweroftwo.org/publib/lincoln/>
- Caveman: <http://content.poweroftwo.org/publib/caveman/>
- Titanic: <http://content.poweroftwo.org/publib/titanic/>

## Teens - High School Choose

- Cheerleading: <http://content.poweroftwo.org/publib/cheer/>
- Lunchroom: <http://content.poweroftwo.org/publib/lunch/>

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The New Dads Emergency Preparation package teaches practical tips on basic care for your new baby and for new mommy too! Series is also available in Spanish on request.

- Crying: <http://content.poweroftwo.org/publib/crying/>
- Diapers: <http://content.poweroftwo.org/publib/diapers/>
- Playing: <http://content.poweroftwo.org/publib/playing/>
- Arguing: <http://content.poweroftwo.org/publib/arguing/>
- Caring for Baby's Mom: <http://content.poweroftwo.org/publib/babymom/>
- Transitions: <http://content.poweroftwo.org/publib/scared/>

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Need help? Contact us at [info@po2.com](mailto:info@po2.com).  
New activities come out regularly. E-mail us at [info@po2.com](mailto:info@po2.com) to be alerted about new releases.