

Sleepover Challenge



Zzz... Are you ready for the best sleepover ever?

Put your PJ's on, plump up your pillows and grab your favourite teddy. It's time for 40+ activity ideas that you won't want to sleep on!

For even more programme ideas check out our 'Sleepover' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK - solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint_family

HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

Age 3 - 5							Craft	Food	Games	Other	PICK
Age 5 - 7											
Age 7 - 11		+									
Age 11 - 14		+									
Age 14 - 18		+									
Age 18+		+									

Leaders, Teachers & Parents
Award yourselves a badge for supporting your young adventurers in their activities!

TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

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Craft

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Sew, knit or crochet your own teddy. Why not create a pair of pyjamas or even a night cap for your teddy's sleepover?



Decorate your own pyjamas or pillow case with fabric paint or pens.



Create your own placemat and learn how to set the table. Why not decorate our Placemat resource and then laminate it to protect it from spillages? You could even sprinkle some glitter into the laminating pouch for some sparkle!



Build a den or fort from blankets, chairs and pillows.

Here's an idea!

Why not use clothes pegs to attach your blankets to the chairs to make a canopy? You could even sit in your den to watch a film for your Other challenge.



Make some bunting or to decorate the room or den where you'll hold your extra-special sleepover.



Cut up some magazines and collage the pictures together to make your own mood or inspiration board.



Decorate crowns or party hats to wear during your sleepover.



Have a pamper session by plaiting your hair and painting your nails. If you're having a sleepover with your friends, why not do this for each other for an even more relaxing activity?



Make your own friendship bracelets from embroidery thread, yarn, beads or even lace shaped sweets.

How?

There are lots of different ways to tie or weave the threads together such as plaiting, overhand knots or threading beads onto elastic. Why not try some Kumihimo by cutting 9 slits around the edges of a circle of cereal box and a hole in the middle? Tie eight threads together and drop the knot through the hole in the centre. Then separate the thread and place each one into a slit. Take the thread opposite the gap and move it up into the empty slit; then repeat with the new gap. Rotate the disc clockwise by 90° and repeat the swapping process. Keep rotating and swapping until your braid is long enough.



Learn how to make your own dream catcher to protect you from bad dreams during your sleepover.



Decorate an eye mask to help you sleep at night.



Food

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Make sandwiches in the shapes of moons and stars.



Cook dinner for your friends or family. What's your favourite meal to make?



Treat yourself to dinner on the sofa or a takeaway tea.



What's your favourite snack? Why not make some for your sleepover guests?

Remember!

Don't forget to check if your guests have any allergies or dietary requirements before they come to your sleepover. If they do, make sure you've got some suitable alternatives for them so they don't feel left out.



Enjoy some pancakes for breakfast. What's your favourite type of pancake and what will you top yours with?



Make some popcorn and add your favourite topping or flavour. Why not accompany your snack with a film for your Other challenge?



Put together a buffet or snack bar for your sleepover.

Here's an idea!

Why not choose a theme for your sleepover and make the snacks themed too? For example, everything could be your favourite colour or all about dogs. Alternatively, just collect all of your favourite foods in one place!



Bake a cake or some cookies to enjoy during your sleepover. If you have guests coming, why not wait for them to arrive and bake or decorate your treats together?



Whip up a mug cake in your microwave.



Make your own face masks from edible ingredients.

How?

Check which ingredients are best for your skin - for example avocado is moisturising, honey is a natural anti-inflammatory and yoghurt is a good exfoliator. Mix these together, spread on your face and let it soak in for a few minutes before washing off.



Decorate pizzas with all your favourite toppings. Why not count this towards your Pizza Challenge too?



Put together an edible sleepover scene.



Games

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-  Take part in a game of Sleeping Lions.
-  Make up a secret handshake with your friends that are sleeping over.
-  Complete a scavenger hunt. Why use glow sticks or fairy lights to create your trail once it's gone dark?
-  Have a game of sardines.

Why?

The Guinness World Record for the largest sleepover was claimed by Girlguiding North West England in 2014. With 2,004 participants, that must have been quite a squish!

-  Play some board games. Why not make your own game or add a twist to a classic for your Craft challenge?
-  Take part in a game of Bingo!
-  Have a game of Pin the Topping on the Hot Chocolate or Pin the Cherry on the Sundae using one of our free resources. Why not use the eye mask you made for your Craft challenge as a blindfold?
-  Play noughts and crosses, squares, consequences or another paper based game with your sleepover buddies.
-  Take part in a gentle pillow fight.
-  Go head to head or race the clock in a quiz. Alternatively, why not write your own quiz for your friends or family to complete at your sleepover?
-  Play hide and seek. Why not attach glow sticks to the hidiers and play in the dark to make the game more challenging?
-  Write a bedtime story by taking it in turns to add one word to the tale.
-  How many different places to sleep can you name in 60 seconds?
-  In a group, have a game of 'In my bag I've packed...' as a twist on the alphabet shopping list game. For example, T might be for toothbrush!
-  Pass the time with some card games such as Snap, 21 or Cheat.
-  Burn some energy in an active game such as Charades or Musical Chairs.



Other



Watch a film with your friends.



Tell a scary story. Not too scary though, you still want to be able to sleep...



Get some fresh air by going for a morning walk. What's the most surprising thing you can find?



Sleep somewhere that isn't your own bed. Why not have a sleepover in a...

- Bath (make sure it's empty first!)
- Tree house
- Friend/family member's house
- Hammock
- Caravan
- Hostel/Hotel
- Tent



Put together a handy packing list that you can use every time you go away for the night. That way, you'll never forget the essentials like your teddy!



Have an indoor campfire and sing your favourite songs.



Write or read a bedtime story.



Sleep...

- On the floor
- Under the table
- At a tourist attraction
- Under the stars
- Off the ground
- Underground



If the sky is clear, have a go at stargazing before you go to bed. Which constellations can you see?



Can you identify which lunar phase the moon is in tonight?



Rise and shine! Have you ever seen sunrise and sunset in the same day? Try and see both during your sleepover. Why not make this into a mindful moment and enjoy some yoga at sunrise and sunset?



Read or watch a sleepover themed story, such as the 'Sleepovers' book by Jacqueline Wilson.



Curate your own playlist to listen to during your sleepover.

Adventure Complete?

Reward your young adventurers with their Sleepover Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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