



50 things to do on your Girlguiding Worcestershire BIG BIG Sleepover!

Complete a minimum of 10 to gain your special badge.

- ☺ Choose a theme for your BIG BIG sleepover. What will it be?
 - Pirates
 - Unicorns
 - Under the sea
 - Woodland
 - Or something else that's really fun

- ☺ As a group make a Banner to celebrate taking part in the County BIG BIG Sleepover.
e.g. you could use wallpaper or an old sheet

- ☺ Take a group photograph (being mindful and sympathetic to participants having photograph permissions). Add your photograph to the County Leaders Facebook page.

- ☺ Make something to remember taking part in the BIG BIG Sleepover. Some ideas could include:
 - Paint a stone, putting the date and venue of your event
 - Make a Teddy Bear Fridge Magnet
 - Paint a mug or a plate

- ☺ Decorate a paper plate in your chosen theme.

- ☺ Hold a "Nightwear" Fashion Show.

☺ Make a hot chocolate, why not add cream, marshmallows or anything else you fancy to make it a luxury one!

☺ Make a Campfire Biscuit. Use Matchmakers, marshmallows, jellies etc



☺ Hold a Soft Toy Animal Pet Show.

☺ Decorate a piece of toast, with a smiley face.

☺ Make some delicious “smares” or toast marshmallows.

☺ Enjoy an active activity. e.g:

- [Bowling](#)
- [Canoeing](#)
- [Kayaking](#)
- [Swimming](#)
- [Walking](#)

☺ Visit a local attraction.

☺ Play a game of bingo.

☺ Play beetle drive or come up with your own version to suit your theme.

☺ Wait til it’s dark - then make a picture on the floor with glow sticks.

☺ Play the “Pillow Game”.

Split into two teams, number each person, then call out a number. This number on each team runs forward and grabs a pillow to have try to knock a large foam through their designated goal.

☺ Make a trefoil brooch - using beads. Follow the instructions below:

You need:

42 small pony beads

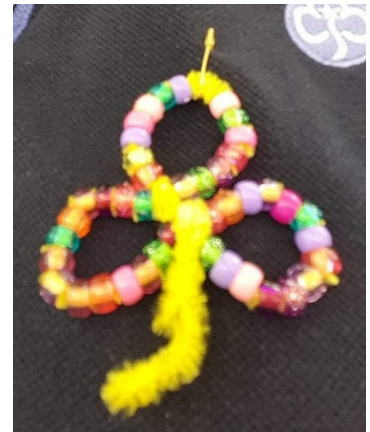
1 pipe cleaner

Small safety pin

Bend the pipe cleaner in half and thread the small safety pin so that it is in the middle.

Thread 7 beads on one side of the safety pin and 7 on the other, twist the pipe cleaner so that the beads form a circle.

Thread 14 beads on each of the pipe cleaner ends, twist the pipe cleaner to make 2 more loops with the beads. Twist the remaining bits of pipe cleaner together to make the stem of the Trefoil.



☺ Try the Mouth Wash Challenge.

Everyone together brushes their teeth, using their toothbrush, toothpaste and a cup of water!

☺ Enjoy a good book.

☺ How about making up a group dance? Could be to the tune of a well known song e.g. hokey cokey.

☺ Produce your own “Sleepover” Song or Rap.

☺ Make a wind chime or a dream catcher

☺ Take it a step further and make your own instruments to create your own band.

☺ Make a new friend.

☺ Have a competition to blow the biggest, longest or most interesting bubble you can (not with chewing gum).

☺ Scavenger Hunt. Some ideas;

☺ How many items can you get in a matchbox?

☺ Find something related to each letter of your theme name

☺ Colours of the Rainbow

- ☺ Make a Gadget (small or large!)
- ☺ Learn a new campfire song. Sing it on your own or as a group.
- ☺ Make a mini raft and float it in a bowl of water. Try lighting a night light on it.
- ☺ Follow a trail. This could be a day or night time one.
- ☺ Try stick weaving. Lots of instructions online.



- ☺ Hold an early morning keep fit session. For example, try Tai Chi, Yoga or some simple stretching exercises.
- ☺ Have a puppet show. This could either be making your own or how about trying shadow puppets.
- ☺ Watch a film - ready for bed in your pyjamas etc. Make sure you are nice and cosy.
- ☺ Lie in your sleeping bag and with your torches perform a light show on the ceiling. You could put a piece of coloured cellophane over the end of your torch, so you have different colours.
- ☺ Go one better and do it to music.
- ☺ Sleep out under the stars.
- ☺ Play woodland noughts and crosses with sticks and stones.
- ☺ Make pancakes and try different fillings. Guides and Rangers could try this on a Trangia.
- ☺ Decorate a cake or biscuit to celebrate taking part in the BIG BIG Sleepover.

- ☺ Do an “I Spy” Challenge on your journey to your BIG BIG Sleepover venue.
- ☺ Have a go at bark rubbing.
- ☺ Go one further and make it into a card to give to your new friend.
- ☺ Make contact with another Unit taking part in the County BIG BIG Sleepover through Skype, Facetime etc. Help can be given to link Units up with each other.
- ☺ After the event email 5 photographs into the County Office showing the fun you have had. We look forward to seeing some big smiles and some action shots!
- ☺ Listen to some relaxing and soothing music to help you go to sleep.
- ☺ Another activity for when it is dark - try Glow Stick Bowling - fill pop bottles with water and add a glow stick!
- ☺ Have a water relay race.
- ☺ Decorate your venue, make a gateway for your camp or decorate a pillowcase.

***Have fun whatever you
choose to do!***

