



Sleepover adventures

tasks and challenges



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Introduction



Do you love sleepovers? Are you looking for some fun activities? If you are, then this sleepover adventure pack was made for you and your buddies!

Get ready for a night full of giggles, teamwork, and exciting challenges. This isn't just any sleepover; **it's a task and challenge packed adventure!**

This pack has been written by us, **Pioneer – Girlguiding's adventure and international youth panel**, and we hope you love it!

It will give you ideas on how to work with each other (and sometimes against!) to complete different activities, solve puzzles, and wind down for a good night's sleep. Each challenge is designed to help you **have fun, be creative, and make amazing memories!**

Sleep is important for the mind and body, as it lets you rest, recharge, and repair while you dream. Sleepovers help with this. After all the activities you'll definitely be tired. Sleepovers also strengthen friendships, boost your mood, help you de-stress and create lasting memories.

So, get ready to laugh, get creative and enjoy the challenges together!

Have fun -
Pioneer ❤️

Decorating your sleepover space

Before you dive into the pack, here's some ideas on how to decorate your sleepover space before the fun really begins!

- You could decorate using lights, for those who are scared of the dark, maybe use some fairy lights, lamps or battery candles.
- Bring your torch for the campfire stories, or when you need to find the bathroom when the lights are turned off.
- You could build a giant fort, or make a few small ones made up of pillows, chairs, tables and blankets. Why not sleep in them or hang out and do some of the activities inside?

Top tips for completing the pack

- Stay focused on the challenge.
- Make sure you have some tasty treats along the way to encourage you.
- Enjoy it – time goes fast when you're having fun!

How the pack works

The sleepover pack is organised around 6 different sections:

- Fantastic feasts
- Puzzle ponderer
- Get active
- Adventure outdoors
- Get crafty
- Cool, calm and collected

Each Rainbow, Brownie, Guide or Ranger will complete tasks and challenges from each of the sections to earn stars. To get this badge, you must take part in a sleepover event.

Easy tasks are worth 3 stars, medium tasks are worth 6 stars and hard tasks are worth 9 stars.

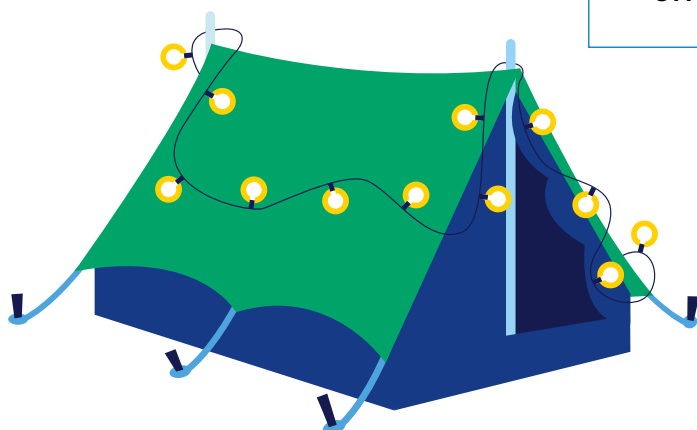
Girls will need to complete at least 1 task or challenge from each section to earn the badge.

How many stars do you need?

- **Rainbows** need at least 18 stars
- **Brownies** need at least 24 stars
- **Guides** need at least 30 stars
- **Rangers** need at least 36 stars

Note to leader

- If you'd like to add a competitive element to the pack, you can do timed tasks. For example, you could say 'You have XX minutes. Your time starts now.'
- Why not set up your sleepover space with a few different challenges? Girls can then pick the ones that they would prefer to do, or they could have a certain amount of time to complete as many as possible.
- You can choose to do either individual or team challenges throughout the pack.
- Make sure you ask the girls which ones they'd like to do.



Safety notices to leaders

Cooking

- Check for food allergies.
- Have adult supervision, if needed.
- Follow good hygiene rules – tie back long hair and wash your hands before you start.
- Use oven gloves for hot items.
- Turn off cooking appliances when you're finished.
- Follow user manuals and safety guidance for cooking appliances.
- Always direct knives away from your body and use a chopping board when cutting. Always firmly hold what you're cutting and keep your fingers away from the blade. Never try to catch a falling knife.
- Allow food to cool down before eating.

Fire safety

- Never leave a fire unattended and wait until it is fully extinguished.
- Always have a bucket of water/sand/earth nearby to extinguish the fire.
- Never light a fire on peat, under a tree or near shrubs and bushes.
- Tie your hair back and make sure clothes and jewellery are tucked in.
- Be aware of how the direction of the wind could blow your fire.

Lighting candles

- Never leave a lit candle unattended. If you light it, you are responsible for putting it out.
- Always put candles on heat proof surfaces.
- Keep your hair and loose clothing away from the flame.
- Don't burn a candle for more than 4 hours.
- Let the candle cool before moving or relighting.
- Don't play with hot wax – it can burn.

Striking a match/lighting fire

- For this activity every group needs an adult for supervision. If there are not enough adults present, either merge the groups or take it in turn.
- Do not leave any girl alone whilst lighting the fire.

Using water

- The floor might get wet during this activity.
- Choose a space where this doesn't matter, or cover the floor to protect it.
- Clean up any spills quickly to make sure no one slips.

Out and about

- Pay attention to what's happening around you, and only stop when it's safe to do so.
- Remember to listen to your leader and stay with the group while you're out and about.
- If the Guides and Rangers are walking without a leader: check your routes with your leader before you go. Agree a way to check in with your leader while you're out and about.
- Check the outside area for any unsafe materials such broken glass before you start.

Balloons

- If anyone in your group has a latex allergy or fear of balloons popping, substitute the balloons for (depending on the activity) sheets of paper/ rolled up pieces of paper/ sheets of paper that can be rolled up instead of popped.

Example programme

Add your own timings in here to suit your group.

Time

Activity

Arrival, set up your sleeping space

Welcome, fire drill, safety talk

Get active tasks

Fantastic feasts tasks

Dinner

Cool, calm and collected tasks

Quiet time and get ready for bed

Lights out

Wake up

Breakfast

Adventure outdoors tasks

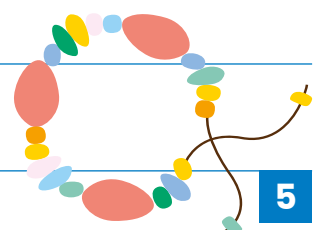
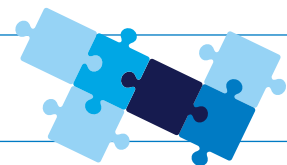
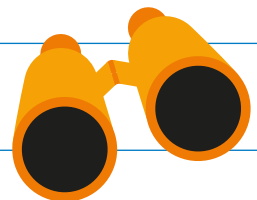
Break

Puzzle ponderer tasks

Lunch

Get crafty tasks

Departures



Fantastic feasts



1 Taste 10 foods/drinks while blindfolded or with your eyes closed

★★★ 3 stars

You could pick fruits, cheese, foods from different countries, biscuits, crisps, chocolate, sweets or different flavours of juice/squash.

Note to leader: Check dietary requirements and make sure that nobody in the unit is allergic to any of the items you use.

2 Play the chocolate game – who can eat the most chocolate in your group?

★★★ 3 stars

- Put a bar of chocolate on a plate with a knife and fork.
- Have a hat, gloves and scarf next to the plate.
- First player rolls 1 dice, keep going around the circle, with each player rolling the dice.
- When someone rolls a 6, they race to put on the hat, gloves and scarf. They then pick up the knife and fork and start cutting the chocolate into squares.
- When the chocolate has been cut into a square, it can be eaten with the fork.
- The player keeps going until the next 6 is rolled. If someone else rolls a 6, the player that has just rolled the 6 races to put on the hat, scarf and gloves, then tries to cut the chocolate.
- The game ends when all the chocolate has been eaten.

3 Plan and make a teddy bears picnic

★★★ 3 stars

Choose a cosy spot, bring your favourite snacks, and plan fun games for your teddy bears to enjoy together.

4 Decorate a cupcake to look like a leader

★★★★★ 6 stars

Bonus star if the rest of the group guess which leader.

5 Create the ultimate ice cream sundae with the ingredients provided

★★★★★ 6 stars

Layer your favourite scoops, sauces, and toppings to design a delicious treat full of colour and flavour.



6 S'more time – create a new flavour of S'more

★★★★★★ 6 stars

S'mores are usually made with biscuits, chocolate and a marshmallow. You could make a:

- Savoury s'more with cheese and jam
- Sweet s'more with peanut butter or mint
- Fruity s'more with bananas
- Salty s'more with pretzels
- Themed the s'more to the time of year (for example, adding popping candy for bonfire night).

Experiment with different biscuits or fillings. If you don't have access to a space to make your s'more's, you can design them.

7 Play trefoil beetle

★★★★★★ 6 stars

Roll the dice, make a trefoil out of sweet treats, then learn what the different parts of the trefoil mean. You could use strawberry laces, skittles, marshmallows, biscuits or something else.

Each part of the trefoil is a number. Going round a circle, each person takes it in turns to roll a dice. You need to roll the numbers in order from 1-6. For example, you can't add the star (6) without having added the circle, stem or leaves. The first person to complete their Trefoil, wins.

1 = circle background

2 = stem

3, 4, 5 = leaves

6 = star

8 Cook a meal for your group on a budget

★★★★★★ 9 stars

Your leader will tell you how much money you have to spend per person. Plan a 2-course meal, then visit the shop to buy your ingredients. Make sure you don't go over budget. When you're ready, cook your meal. Bonus star for using 5 fruits and vegetables in your two courses.

Add in an extra challenge. You could theme your meal. For example: Disney, international, pasta party or breakfast foods.

9 Make armpit fudge

★★★★★★ 9 stars

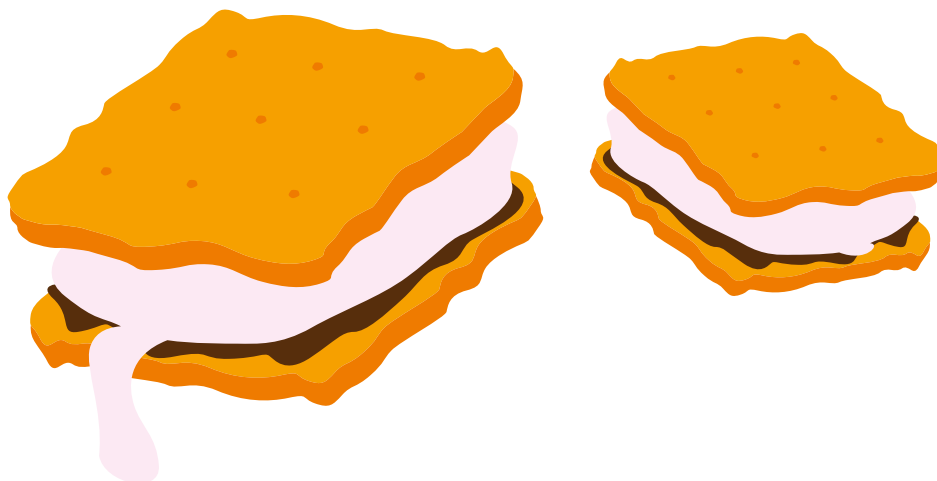
Sugar, butter, vanilla... put these together to create a treat using your body.

Learn how to make armpit fudge:
<https://www.girlguidingscotland.org.uk/for-volunteers/how-to-run-your-unit/activities-to-do-with-your-unit/cooking/armpit-fudge/>

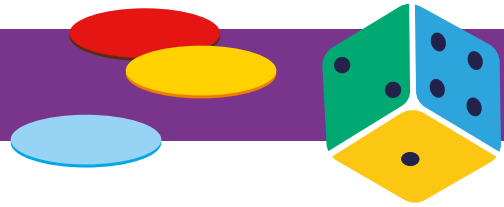
10 Use strawberry laces to learn how to tie 3 different knots

★★★★★★ 9 stars

You could challenge yourself to learn how to tie a new knot, teach someone else your favourite knot, or make the longest strawberry lace line with different knots.



Puzzle ponderer



1 See how many feathers you can get in the bowl in 2 minutes

★★★ 3 stars

Blow a feather from one side of the room to the other and land it in a bucket or bowl.

Note to leader: Check allergies to feathers, make sure that nobody in the unit is allergic to them. Alternatively, you could use artificial or synthetic feathers, or juggling scarves.

2 Solve as many riddles, wordsearches, and/or crosswords as you can in 10 minutes.

★★★ 3 stars

These could be themed around sleepovers or camping.

3 Play Kim's memory game. How many items can you remember in 2 minutes?

★★★ 3 stars

Put a few different items on a tray. Give the group 1 minute to remember the items then cover the tray with a towel. See how many items you can remember. To make it harder you could take away an item and/or add a different one to the tray. Who can remember what's new and/or what's gone?

4 Play snakes and ladders using playing cards instead of the dice

★★★ 3 stars

For this challenge you don't need a dice, turn over a card and that is the number of spaces you move. For a jack, queen, king or ace decide as a group what action should be taken.

5 Create a board game for another team and then play someone else's game

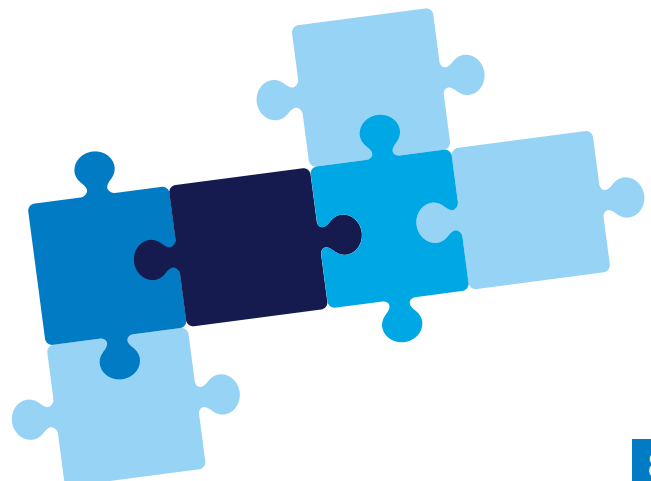
★★★★★ 6 stars

Design rules, a game board and challenges. Test your game by swapping and playing another team's creation.

6 Challenge yourself with a game of human knot – which team can detangle fastest?

★★★★★ 6 stars

Get into groups of 4-8. Stand in a circle. Everyone reaches their right hand in and grab someone's hand that's not next to them. Then everyone reaches their left hand in and grabs a different hand, again someone who's not next to them. Without letting go of hands, untangle the circle.



7 Try to be a code breaker. Can you crack the code and write a code for another team?

★★★★★ 6 stars

You could use just one or few different types of code. Some ideas of different codes include morse code, ciphers, pig pen, invisible ink or semaphore.

8 Play human battle ships

★★★★★ 6 stars

- Mark out a grid on the floor. The squares should be big enough for 1 person to stand in. There should be double the number of squares than there are players.
- Place a sheet in the middle of the grid and number and letter the squares in the grid.
- Get into 2 teams.
- Each team member stands in squares on their side of the grid to create ships. You can have a ship of 4 people, 3 people, 2 people or 1 person. They can only be horizontal or vertical. They also can't be touching each other.
- Teams take it in turns to guess a square.
- If someone's standing on the square, they should shout 'hit' and sit down.
- If it is the last of a square of ship to be sunk, they should call 'you sunk our battleship'.
- The game ends when a team sinks all the other teams' ships.

9 Complete an escape room

★★★★★ 9 stars

This could be escape room in a box, online or in-person. You could create your own mini escape room for the rest of the group to try.

10 Make a catapult and shoot a soft ball into or onto a target.

Decide as a group how you want to challenge yourself.

★★★★★ 9 stars

Some challenge ideas are hitting the bullseye 3 times in a row, seeing how far you can get the ball, collecting a certain number of stars, or hitting every colour on the target.



Get active

1 Challenge yourself to a game of monkey football or elephant football – the winner gets a bonus star

★ ★ ★ 3 stars

Form a circle and ask everyone to stand with their legs apart, feet touching. Everyone should try to score goals by knocking a ball through the legs of other players. You can only touch the ball with your hands. If the ball goes between your legs, you face a penalty:

1 goal let in = use one hand

2 goals let in = turn around and use two hands

3 goals let in = stay turned around and use one hand

4 goals let in = you're out

2 Play a game of rounders with an additional challenge

★ ★ ★ 3 stars

The additional challenge could be one of the following: you only get 1 chance to bat, you must skip between bases, make up your own rules, each team has 10 minutes to get as many rounders as possible or play the game in silence.

3 Make up a dance without knowing the music

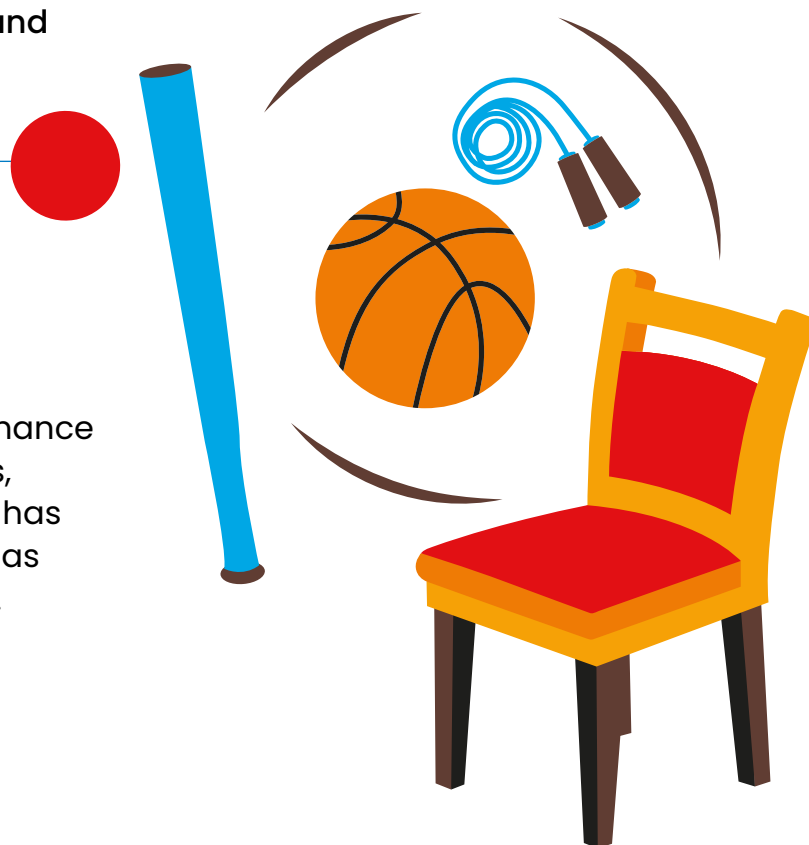
★ ★ ★ 3 stars

Put together your favourite dance moves. After practicing add in some music. Does your dance fit the music?

4 Have a go at giant skipping

★ ★ ★ 3 stars

Can you get all your team skipping in the rope at one time?



5 Play the circle card game and see who can get back to their seat in the quickest time

★★★★★★ 6 stars

- Sit on chairs in a large circle facing centre.
- Give each girl a card.
- They look at their card and remember the suit (hearts, spades, clubs or diamonds).
- Leader collect in the cards again and shuffle them, then place them in a pile.
- Take the top card and shout out the suit.
- Everyone who had a card with that suit should move 1 space clockwise round the circle. If someone's already sat on the seat, the person moving should carefully sit on their lap.
- Keep calling out cards. You can reuse the deck if you get through all the cards.
- Only the girl at the on top in of the 'pile' can move seats. If you're sat underneath someone, you can't move.
- The winner is the first person to get back to their original seat.

6 Make an obstacle course for another group

★★★★★★ 6 stars

Swap courses with another group and have a go.

7 Take your shoes and socks off without using your hands

★★★★★★ 6 stars

Can you do it in less than a minute?

8 Using newspaper, make your own hockey stick and ball

★★★★★★★ 9 stars

Create some goals with cones. Score 5 goals using your homemade kit.

9 The floor is lava

★★★★★★★ 9 stars

Cross the room without touching the ground using the materials provided.

10 Hold a sports day or mini-Olympics

★★★★★★★ 9 stars

You could use our activity ideas:
www.girlguiding.org.uk/what-we-do/our-badges-and-activities/adventure-for-girls/mini-olympics



Adventure outdoors



1 Start a fire safely – stars awarded for lighting the fire in the following way:

Match

★★★ 3 stars

Flint and steel

★★★★★★ 6 stars

Battery and steel wool

★★★★★★ 6 stars

Bow and drill

★★★★★★★ 9 stars

Magnifying glass

★★★★★★★ 9 stars

2 Hold a puddle jumping competition

★★★ 3 stars

Set some rules and compete to make the loudest, biggest, or funniest splash.

3 Take 5 tree bark rubbings and create an abstract picture

★★★ 3 stars

Layer, cut, or arrange your bark rubbings to build a unique picture full of texture.

4 Go on a night walk

★★★ 3 stars

Depending on the route of the night walk, add in challenges along the way suitable for your group: find something of every letter of the alphabet, walk in silence and see how many sounds you can hear or ask another group to plan your walk and see if you can follow their directions.

5 Complete a scavenger hunt

★★★★★★ 6 stars

Ideas for scavenger hunts: as many different colours and arrange the colours in order of their shades, something from every letter of the alphabet, something with all colours of the rainbow, something that represents each Girlguiding section.

Your scavenger hunt could be inside or outside depending on the space you have available.



6 Have a water and spoon race

★★★★★ 6 stars

It's just like egg and spoon, but with water instead!

If you don't have access to an outdoor space, you could use a ping pong ball instead of water.

7 Play wildlife bingo

★★★★★ 6 stars

Look out for certain animals, insects, trees or flowers. This can be adapted by the leader for the location of your sleepover. You could get the groups to make bingo cards and then swap them.

8 Take part in clue treasure hunt

★★★★★ 6 stars

Hide clues out and about. Each clue leads to the next clue, leading back to the sleepover location. The clues could be riddles, pictures or words. Your clue treasure hunt could be inside or outside depending on the space you have available.

9 Play a wide game of your choice

★★★★★ 9 stars

Ideas for wide games: capture the flag, predator and prey, smugglers and spies, sardines, and giants, wizards and elves.

10 Create a den or shelter using the materials given

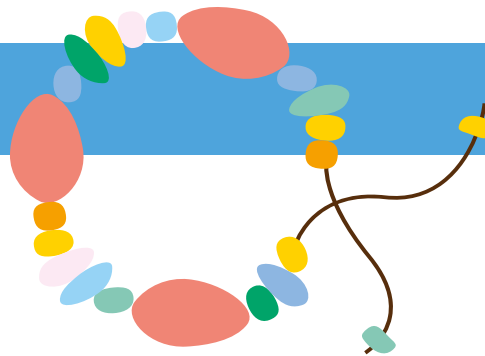
★★★★★ 9 stars

Your den could be inside or outside depending on the space you have available. Choose the best challenge for your group. The den needs to either:

- Be waterproof
- Fit 5 people in it
- Have a roof



Get crafty



1 Make a friendship bracelet and give it to a friend

★ ★ ★ 3 stars

You could use beads, thread, wool, string, ribbon. Knot and thread to create something to show your friendship.

2 Try a drawing challenge

★ ★ ★ 3 stars

Each member of the group draws part of an animal, folds the paper over and passes to the next person. Come together and colour, name and add details to your new animal.

3 Create a world map using finger painting

★ ★ ★ 3 stars

This could be done as a whole group or individually.

4 Make an origami boat and hold a competition

★ ★ ★ ★ ★ ★ 6 stars

The competition could be:

- Seeing how many pennies/tokens you can put in your boat before it sinks
- Floating your boat for a certain amount of time
- Racing/getting it from A-B without sinking

5 Create a pebble painting masterpiece then make a display in your local area

★ ★ ★ ★ ★ ★ 6 stars

Find some smooth pebbles. Using colours and patterns create a colourful design for others to admire.

6 Using beads create an animal

★ ★ ★ ★ ★ ★ 6 stars

You could either glue beads to paper, or use beads and string to create your animal.

7 Use junk modelling to make the tallest tower

★ ★ ★ ★ ★ ★ 6 stars

Use recycled materials to design and build a strong tower, how tall you can make it without it falling down?

8 Upcycle an item using tie dye

★ ★ ★ ★ ★ ★ ★ ★ 9 stars

Take something that you don't wear or use anymore. Use tie dye to brighten up the item into something you would use.

9 Take on a sewing challenge

★ ★ ★ ★ ★ ★ ★ ★ 9 stars

Try sewing something new or setting a challenge for something you already do. This could be making a tote bag, sewing on a few badges on your blanket, following a pattern or learning how to sew.

10 Make a clay sculpture of your favourite animal

★ ★ ★ ★ ★ ★ ★ ★ 9 stars

Bonus star if the rest of the group guess which animal it is.

Cool, calm and collected



1 Play sleeping lions

★★★ 3 stars

Lie on the floor and try to remain perfectly still. 1 player acts as the hunter who walks around trying to make the lions move, laugh, or make noise without touching them. Any lion that moves is either out or joins the hunters.

2 Challenge yourself to doodle or colour for 5 minutes letting your hand move freely

★★★ 3 stars

Think about how you're feeling and express different emotions with colour and patterns, try to keep one continuous line, create something without lifting the pencil.

3 Go cloud or star gazing

★★★ 3 stars

How many different types of clouds or constellations can you identify?

4 Draw scenes inspired by sound

★★★★★ 6 stars

Listen to music and draw what you feel when listening to the music.

5 Have a go at meditation. Try some different types and work out which works best for you.

★★★★★ 6 stars

This could be breathing exercises, observing thoughts and feelings, chanting, body scanning, zen or movement based.

6 Take part in a nature observation walk

★★★★★ 6 stars

Slowly walk around an area. What can you see, hear or smell that you don't usually notice?

7 Play charades in silence

★★★★★ 6 stars

Before you start, write down some words or charade ideas on pieces of paper, fold them up and put them in a bowl. Get into smaller groups. 1 person picks out a piece of paper, and they act out the word without talking. The team guesses what the word is. If they get it right, move on to the next person in the group until time is up.



8 Design and make a fidget toy

★★★★★★★★★ 9 stars

You could use beads, pipe cleaners, balloons, paper clips and paper.

9 Complete a sensory trail

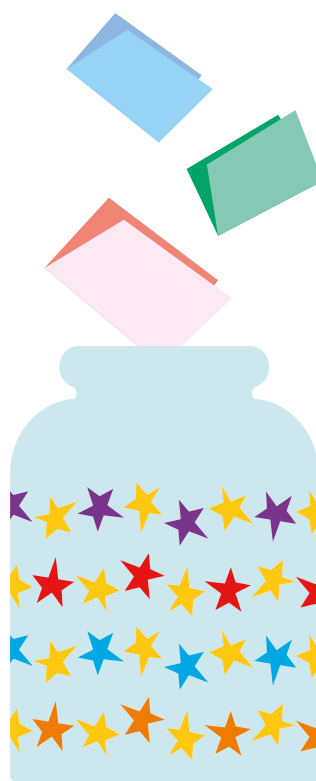
★★★★★★★★★ 9 stars

You could try: Touch – feel the object. Is it rough, smooth, big, small? Smell – what does it remind you of? Sound – listen to the sounds around you. Taste – try herbal tea tasting.

10 Create a gratitude jar

★★★★★★★★★ 9 stars

Decorate a jar or pot using the materials provided. Write down some things you're thankful for on small bits of paper, fold them up and add them to your jar. When you feel grateful or thankful for something, add it to the jar. Open the jar each week or month and reflect on the things you've been thankful.



Thank you!

Well done, Rainbows, Brownies, Guides and Rangers. You've reached the end of the tasks and challenges sleepover adventure – **well done for your amazing effort and thank you for taking part.**

We hope you've enjoyed the challenges, learned something new and had fun along the way.

A big thank you to all the volunteers who made it possible.

Your planning, time and enthusiasm makes every Girlguiding meeting or event special.

Until next time, keep exploring, keep creating and keep being awesome!

Remember to buy your **tasks and challenges sleepover** badge for completing this pack, as you've earned it!



This sleepover adventure was created by **Pioneer**, Girlguiding's adventure and international youth panel.

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