

The  
**EVERYTHING**  
**Girls**



100+ ideas for  
sleepover games,  
goodies, makeovers,  
and more!



# Ultimate Sleepover Party

♥ Book ♥



Laura McIntyre



**The**  
**EVERYTHING.**  
**Girls**  
**Ultimate**  
**Sleepover**  
**Party**  
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## **Dedication**

Dedicated to: My three favorite people in this whole world, my amazing children; Ashlynn, Zoey, and Noah. Thank you for being my inspiration!



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# Chapter 1

## Let's Have a Sleepover Party!



Some call it a sleepover, others a pajama party or slumber party, but the one thing everyone calls it is *fun*! Whether you're celebrating a special occasion like your birthday, or a holiday, or just want to plan a super-fun party with all

your closest girlfriends, a sleepover is the best way to have a night (and morning) everyone will remember.



## Getting Started

You need to decide on a few major things before you go any farther in planning your party: Who will you invite? When will it be? Should you have a theme? And the one that's probably the most important to your parents: How much will it cost? These are the vital things that you and your parents should talk about *before* you start telling all your friends.

## The Guest List

First and most importantly: Who should you invite to your sleepover? Usually, it's a good idea to have no more than 4–8 girls at your party. If you're tempted to invite more, think about it—your friends will be there to see and spend time with you. If you have too many people at your party, it might be hard to pay attention to each one of them, and you might feel overwhelmed. And that is not how you want to feel when you're having a party! This party is about having some serious fun, and making sure that all your guests enjoy themselves. Even though you may want to invite everyone you know (so that you don't hurt anyone's feelings), try to keep your guest list small and manageable so that everyone (including you) can have a good

time. If there are friends that you feel bad about leaving out, maybe you can plan to do something with them another time to make up for it.

## **Pick a Date**

Second, you need to pick a date. Before you settle on a date for your shindig, you'll need to check with your parents first to make sure your proposed date is okay with them. They'll probably want to know the basic party plans, like how long your party will last, and if your guests will go home after breakfast the next morning or if you plan to extend the party to include more activities into the afternoon. You'll definitely need to get your parents' permission before you talk to anyone else.

Next, make sure that your friends will be able to come. After all, you don't want to choose a weekend when half your friends will be out of town. Talk to the people you'll be inviting to see if they'll be available on your proposed day. You don't have to fill them in on all your plans, just ask if they'd be around and interested in doing something special with you.

## **Theme Parties**

Does your party need a theme? It's not necessary, but a theme can add that certain something that turns your party from ordinary to extraordinary. A theme party is a great way to share your favorite interests with your friends. If you love baking and trying new recipes, you could have a cooking-themed party. A spa party is great if you and your friends love trying out the latest nail designs or makeup. Do you like to sing and pretend you're a rock star? Are you the queen of gross-out games? Do you love '80s dance music? Check out the theme party ideas in [Chapters 3 –13](#) to find one that matches your idea of fun. Or you can take some snippets from one theme and a little from another to create your own unique theme party.

## **Make a Budget**

Next, you'll need to make a party budget. Definitely not the most exciting task, but totally pivotal. How much money can you spend on your party? Again, talk to your parents about what you're planning and make sure

they're on board. Creating a budget is a good way to figure out how much everything will cost. Start by making a list of everything you think you'll need for your party. Here are some things to start with:

- Invitations
- Party food and drinks
- Disposable plates, cups, napkins, and utensils
- Decorations
- Games and activities
- Favors for guests
- Breakfast for the next morning
- Thank-you cards

Think of all the things you want to do with your friends during the party and add it to your list. If you plan on going to the movies or ice skating first, add the price of tickets to your list. If you don't plan on having special decorations or favors, you can remove those items. Once you have your list, find out how much each item will cost. For example, will you make or buy invitations? Store-bought invitations are the easiest option, and you can find out how much they cost by visiting a store that sells them or looking online. But if you have art supplies at home, the DIY method can cost almost nothing. (And then you can use that money for other party items!) Talk to your parents about how much food will cost. Think of the games and activities you want to do—do you need any props or prizes? Will you be watching movies? If you don't own the movies, don't forget to add the price of the rental.

Whoa! All that stuff adds up, doesn't it? If your budget seems too high, it's time to go through it again. Look for things you can do without or make yourself instead of buying. You might even be able to borrow some things, like games, decorations, or DVDs. Remember, spending a lot of money on your party doesn't make it special—being a creative party planner is the best way to make sure your friends have a fabulous time!

## **Sleepover Essentials**



Here comes the planning. This is when you'll need to think about the logistics of your party. You might need some parental help to figure out a few of these items, so be sure to discuss the following things with them:

- Who's supervising your sleepover? Most of the other parents will want to know this, and some will want to talk to the chaperone before they give permission for their daughter to attend.
- What will you need for food? Just snacks or dinner? What will you have for breakfast? Do any of your friends have allergies or food restrictions or preferences that your parents need to know about?
- Where will all your friends sleep? Do you have enough space for all of them?
- What are the rules for the party? Do your parents expect everyone to be quiet after a certain hour, or are they okay with giggling and whispering going on late into the night?
- Who will clean up after the party? (It will work in your favor if you offer to help or handle it mostly on your own!)
- What do you expect everyone else in your house to be doing during the sleepover? Are you okay with your siblings interacting with your friends, or would you rather they were kept busy in another part of the house? Do you want a parent to be part of the party, or do you want to be alone with your friends?
- What do your friends need to bring to the sleepover? Unless you have a lot of extra beds in your house, they'll probably need to bring a sleeping bag and pillow. (And pajamas and a change of clothes, of course!) If you want your friends to bring anything else (nail polish, DVDs, music, magazines, or games, for example), remember to let them know on the invitation.

## **Getting the Word Out**

Now that you've chosen the date and decided what kind of party you want to have, it's time to think about your guest's first sneak peek into your party—

the invitation. First, you need to make sure you have enough time; you should send the invitations 1–2 weeks in advance of your party.

Now, it's true that you can buy invitations at the store, but creating your own unique invite is a great way to set the tone and get your friends excited for your party. Plus it showcases your many talents! If you're having a theme party, the invitation will also let your guests know what to expect and how to prepare. Each of the theme party chapters later in this book includes instructions for making a fun invitation that focuses on a theme. You can either follow the instructions exactly, or use them as a starting point to come up with your own unique and stellar invite.

Of course, other than being eye candy, the first job of an invitation is to give guests all the information they need about your bash. Make sure your invite includes:

- **Why?** Is it your birthday? Are you celebrating a recent accomplishment? Is it a holiday party? Or “just because”?
- **When?** Don't just include the start date and time. Let your friends know what time they should be picked up from your party as well.
- **Where?** Include the drop-off address as well as any other locations you plan on visiting during the party, like the mall or the movies. Parents will appreciate knowing where their daughters will be throughout the entire event.
- **“RSVP”** stands for a French phrase, “*répondez, s'il vous plaît*,” which means “please reply.” Basically, this means you want guests to let you know whether they are coming or not. You could also use “Regrets Only,” which means that your friends should only let you know if they are *not* going to be able to make it. Make sure to include a phone number or e-mail address on your invitation. Even if you choose not to ask for an RSVP, parents may want to get in touch with you to ask questions before the event.

## Party Food

Parties mean party food! After all, a party is an excuse to have lots of fun, including fun foods that you don't eat every day. And since your party will be going on for a long time, you're going to need lots of food! It's time to make another list—your party grub list. Use this list to plan for your party food, and to make sure you have enough for everyone.



- How many people will you be feeding? Make sure you have enough for everyone.
- How many meals will you have? For most sleepovers, a light supper and breakfast are provided, plus plenty of snacks in between. You'll also need lots of beverages.
- Will your menu be part of your theme? Look for recipe ideas online, or check out the theme chapters for party food to match your celebration.
- Do any of your friends have food allergies? Find out before your party if any of your friends are allergic or sensitive to something, like peanut butter, wheat, or dairy, or if they have other dietary restrictions.
- How long will it take to get everything ready? Make sure you start early enough to have everything prepared or ready to go by the time your guests

arrive.

- Do you have everything you need for serving food—platters, plates, cups, napkins, and utensils? Will you use disposable items, or stuff already in your kitchen? Remember, if you don't use disposable plates and cups, someone will have to wash them all!

## Deciding on Decorations

Decorating can kick your party up a level and give your space a festive feel. Decorations can range from super simple, like balloons and streamers, to quite elaborate, like a haunted house or a hopping dance club. Your party decorations will depend on your budget and theme, plus your space, taste, and creativity.

You'll find some killer decorating ideas throughout this book. Most of them can even be made at home with just a few simple supplies. There are also lots of ideas for party decorations online. Just search for "DIY party decorations," and you'll be amazed at what you find!

## Choosing Games and Activities

Undoubtedly, the greatest thing about a sleepover is getting all your friends together and having as much fun as is humanly possible. You should plan at least three to four activities that you can do throughout the evening. Think about what you and your friends are into. Are you energetic and sporty? Then plan an outdoor game to keep everyone moving. Is everyone into arts and crafts? Visit a crafts store for ideas on something you can all make. (This kind of activity also serves as a party favor. Bonus!)

Activities for a theme party are easy to come up with. See the theme chapters for ideas. Or you can tweak a game or activity so it matches your theme. For example, charades or Mad Libs can be played with '80s clues, or you could have a scavenger hunt with a fashion theme.

Think about whether your friends will prefer cooperative or competitive games. In *competitive* games, you and your friends play against each other.

One person or team will be the winner. *Cooperative* games do not usually have winners and losers. They often involve everyone working together to try and reach a certain goal.

Consider how much down time your games will have. Down time is the time other players have to wait to play or take their turns, like games where only one or two players can play the game at a time. Some games that require players to wait their turn are okay, because it's the kind of game where it's fun to watch people take their turn. However, if you choose a game that has a lot of down time and is *not* entertaining for others to watch, you might want to think of another activity your friends can be doing while waiting their turn.



## Chapter 2

# The Traditional Sleepover



The most popular type of sleepover (because it is awesome!) is a traditional slumber party: hanging out with your best friends, eating all your favorite foods, laughing and playing games until all hours, and continuing the party at breakfast. All you need for this all-night funfest are sleeping bags, munchies, a few games or movies, and, of course, friends. Here are some ideas to make your traditional sleepover legendary.



## **Eye Mask Invitations**

These cute eye mask invitations are a unique way to invite your friends to your sleepover!

### **What You Need**

*8.5 × 11 white card stock (1 sheet for every 2 invitations you want to make)*

*Pencil*

*Scissors*

*Pens or fine-tip markers*

8.5 × 11 fun patterned paper (1 sheet for every 2 invitations you want to make)

*Glue gun*

*Glue*

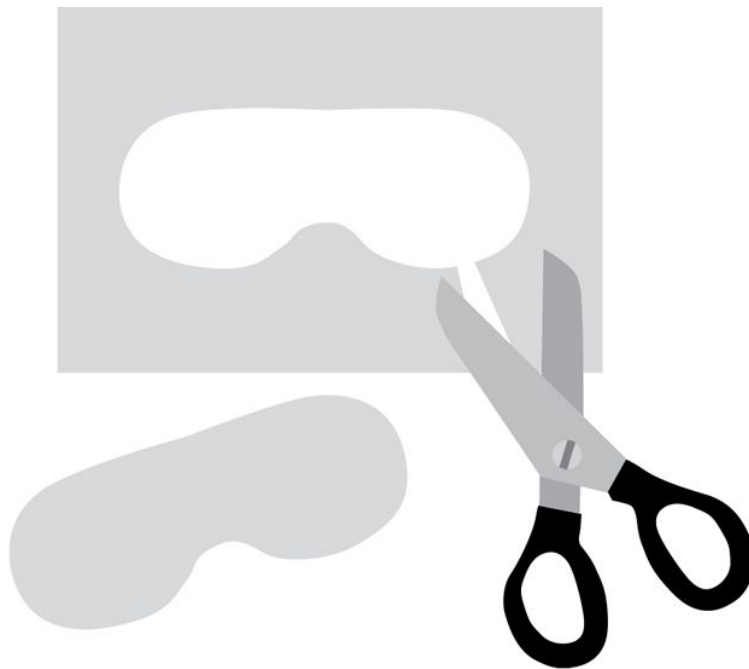
*Rickrack trim (1 28-long strip per invite)*

*Single-hole punch*

*Ribbon (1 24-long piece per invitation)*

## **How to Make**

**1.** Draw and cut out an eye mask shape onto white card stock. The mask should be approximately 6.5 wide by 3 tall (you should be able to fit two on one sheet of card stock).



**2.** Use this shape as a template to trace as many eye masks from the white card stock as you need. *Don't* cut them out yet. Using a pen or fine-tip markers, write your party details on each eye mask.