



Girly sleepovers have got to be the best kind of party!

But just when you thought they couldn't get any cooler, we've come up with a stack of brilliant ideas to make your party the best ever! From making your own body glitter to knotting a funky friendship band, it's exactly what a girl wants!

DECORATION Friendship bracelets

Ingredients

- Embroidery thread in four different colours, 1.5m long.

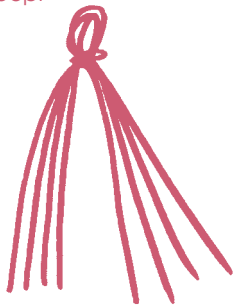
Equipment

- Tape measure or ruler
- Scissors
- Safety pin
- Cushion or pillow



Instructions

1 Cut four pieces of embroidery thread, each measuring 1.5m long. Fold them in half and knot together near the centre to make a small loop.



2 Attach the loop to a cushion or pillow with a safety pin. This will hold your bracelet in place when you start knotting.



3 Arrange the eight threads so they're symmetrical. The strands on the far left and far right should be the same colour, the next ones in on either side should be the same, and so on.



4 Take the thread on the far left and knot it twice around the thread that's next to it.



5 Knot the same thread twice around the next strand along, and then the one after that until your knotting thread is in the centre.



6 Repeat steps 4 and 5 with the thread on the far right (it's the same colour as the one you've just knotted).



...Friendship bracelets

7 The two threads which were on the outside edges to begin with are now next to each other in the middle. Knot them together twice.



8 Keep knotting from the outside in. The knotted threads will start to form a chevron pattern.



9 Once the bracelet is long enough to go around your friend's wrist, stop knotting and trim the remaining threads so there's just 10cm spare.



10 Plait the threads to make two separate strands and tie a knot in the end of each one.



11 To wear the bracelet, your friend needs to wrap it around her wrist, thread one of the plaited ends through the loop you made right at the beginning and then tie two plaits together.



DECORATION Body Glitter

Ingredients

- 2 tsp pure Aloe Vera gel
- 1/4 tsp fine glitter
- Essential oil or perfume oil (optional)

Equipment

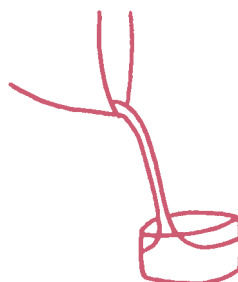
- Small bowl
- Teaspoon
- Small pot or container with lid

Instructions

1 Put the Aloe Vera gel into a small bowl and add the glitter, plus 2-3 drops of essential oil (you can make unscented glitter gel if you don't want to use this).



2 Mix all the ingredients together and then scoop into a small pot or container.



TOP TIP:

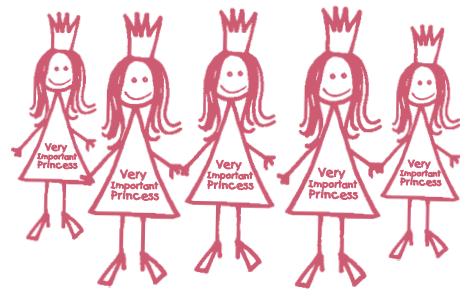
- Keep an eye out for tiny glitter shapes to use – little stars and moons or love hearts are perfect!
- When you've finished making the glitter, why not decorate the pots, too?

Top ten tips for great girls' sleepover parties

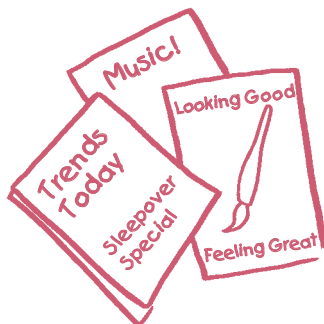
1 Plan where you're going to sleep before everyone arrives so you don't have to interrupt the party by moving furniture around. Make sure there's plenty of room for everyone by pushing things like sofas and tables right to the edges of the room.



2 Give your sleepover a theme. You could go for movies, music, a colour (lilac and silver are our favourites), your favourite hobby or try a spooky Harry Potter-themed party. Tie in your decorations, food and activities, and you could even ask your guests to dress for the theme!



3 Gather together a stack of magazines for inspiration in case you run out of things to do. They often have fun makeover ideas, song words to get you in a musical mood and quizzes that you can all do together.



4 Ask everyone to bring along their fave CDs – pop compilations are especially good – and then get dancing. Make up your own routines or copy those you've seen your favourite stars performing. You could even have a dance competition and ask mum or dad to be the judge.



5 Include a mini swap session as part of your sleepover. That sparkly top you never wear, or the book you've finished reading might be just the thing your best mate's looking for, and she's bound to have something you'd love, too. Make sure everyone checks with an adult that they're allowed to exchange their goodies before you start swapping.



6 Have fun designing your own pillowcases as a special sleepover souvenir. Ask everyone to bring along a plain white pillowcase, and then use fabric pens to decorate them. Don't just stick to your own, though – pass them around so everyone decorates a small section of everyone else's pillowcase and then autographs their artwork with a special message!

