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One of the best things about sleepovers is that you hardly ever get any sleep!

And with so many fab activities to pack into one party, it isn't really surprising! From treasure hunts to popping your own corn, check out our guide to throwing the coolest-ever sleepover!

ACTIVITY Treasure Hunt

Ingredients

- Two sets of treasure
- Paper bags
- Cardboard
- Thin card or stiff paper

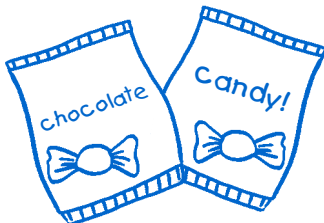
Equipment

- Pencil
- Scissors
- Coloured pens

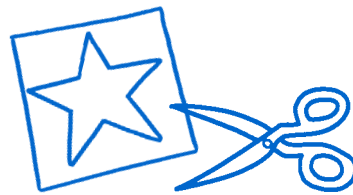


Instructions

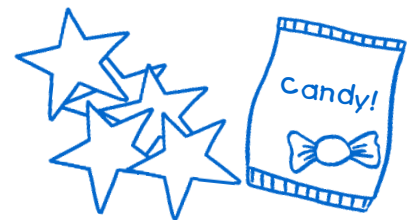
1 Ask your mum or dad to provide two lots of treasure for you to hunt. The treasure needs to be something you can share like a bag of sweets or some fun party favours. It's important that they don't tell you exactly what it is, so ask them to keep it in two paper bags until you're ready to hide it.



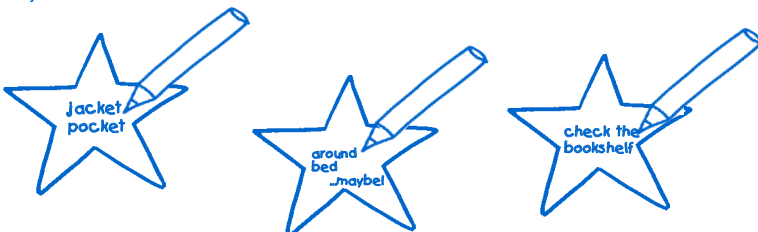
2 Draw a star onto a piece of cardboard and cut it out. Use this as a template to cut out about 30 stars from thin white card or stiff paper.



3 Divide your guests into two teams and give each team half of the card stars and some coloured pens. Ask your mum or dad to give one bag of treasure to each team.



4 Working in your groups, you now need to hide the treasure and leave clues which will lead the other team to it. Hide the treasure first and write your clues backwards from there. For example, if the treasure is hidden under your bed, write a clue to lead the hunters there. Hide the clue in the pocket of your favourite jacket and then write another clue to help the hunters find that one. Keep going until you have just one card left.



5 On the final card, write a clue which will lead the other team to the first hidden star card.



6 To make sure you don't find any of the other team's clues whilst you're still hiding yours, agree to stick to separate areas. One team could set theirs upstairs whilst the other team plan theirs downstairs, or you could stick to a single room for each team.

7 When you've finished writing and hiding your clues, swap your first star cards and get hunting!

FOOD Caramel Popcorn

Ingredients

- 100g popcorn
- 2 tbsp vegetable oil
- 100g brown sugar
- 75g butter or margarine
- 100g golden syrup
- Vanilla essence
- 1/2 teaspoon baking soda

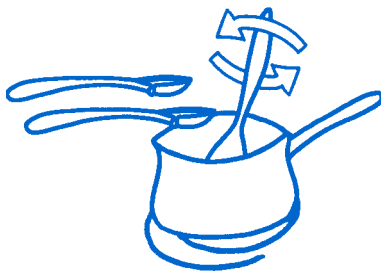
Equipment

- 2 large saucepans, one with a well-fitting lid
- Oven ring
- Tablespoon
- Weighing scales
- Wooden spoon
- Serving bowl



Instructions

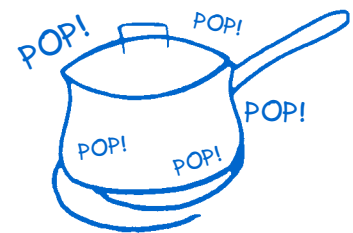
- 1** Pour 2 tablespoons of oil into your saucepan and swirl it around so the bottom of the pan is completely covered in oil. Put the saucepan on a medium-hot oven ring and heat the oil for 1-2 minutes.



- 2** Add the popping corn, shaking the pan gently so that each kernel gets coated with oil.



- 3** Turn the oven ring down to a low heat and put a tightly-fitting lid on the saucepan. Within a few seconds you'll hear the corn begin to pop. Carefully shake the saucepan now and again to stop the corn burning or sticking to the bottom.

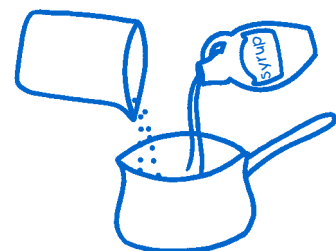


! The oil and caramel mixture will be very hot, so take special care not to splash any on your skin. Ask an adult to help with this to be safe.

- 4** When the popping slows down (you should be able to count 4-5 seconds between pops), take your pan off the heat and pour the popcorn into a bowl.



- 5** Add the butter, brown sugar and golden syrup to a clean saucepan and melt over a hot oven ring.



- 6** Turn the ring down to a medium heat and simmer the ingredients for 5 minutes.



- 7** Take the pan off the heat and stir in a few drops of vanilla essence and 1/2 teaspoon of baking soda.



- 8** Pour the caramel sauce over your popcorn and allow to cool for at least 5 minutes before tucking in.



Top ten tips for great boys sleepover parties

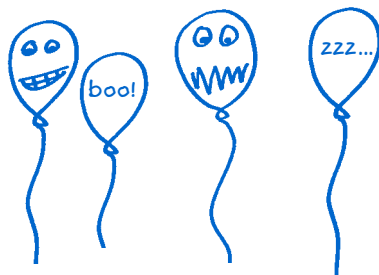
1 Plan where you're going to sleep before everyone arrives so you don't have to interrupt the party by moving furniture around. Make sure there's plenty of room for everyone by pushing things like sofas and tables right to the edges of the room.



2 Give your sleepover a theme. You could go for movies, sport, a colour, 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.



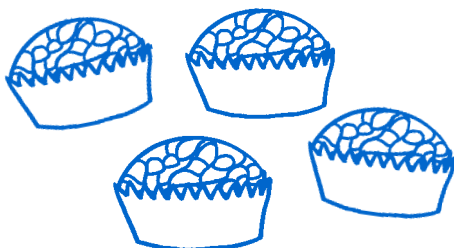
3 Make personalised balloons to decorate the room for your party. Use a marker pen to write words – names or cool slogans are good – or draw pictures on plain-coloured balloons and then leave the ink to dry for about ten minutes. Blow the balloons up and watch your word or design expand with them.



4 If you've got a tent, think about holding your sleepover in the back garden, or if the weather's too chilly, camp out indoors instead. Just string some sheets across your room to make a fake tent and wiggle down into your sleeping bags. You could even add some glow-in-the-dark stars or planets to make it feel like you're really out in the open!



5 Fancy serving up some gruesome snacks? Try making yucky brain-cakes! Find a recipe for Rice Krispie cakes, but replace milk chocolate with white chocolate. Add a teaspoon of strawberry jam to the mixture to turn it pink and then form the cakes into squashed balls. The knobbly cereal and pink colour will make them look like little brains!



6 A sleepover just wouldn't be the same without spooky stories, but why not add a twist to this traditional favourite and play spooky consequences? Everyone starts with a piece of paper and writes down someone's name at the top. It might be a person you know, or a spooky character like Dracula or Frankenstein. Fold the paper over to hide the name and pass it round to the next person. They write another name, fold it over and pass it on. Keep all the pieces of paper moving round and add what the first person said, what the second person said, what happened next and then how the story ended. Don't forget to keep things nice and spooky. When you've added the last part of the story, everyone unfolds their paper and reads the tale out loud.



Top ten tips for great boys sleepover parties

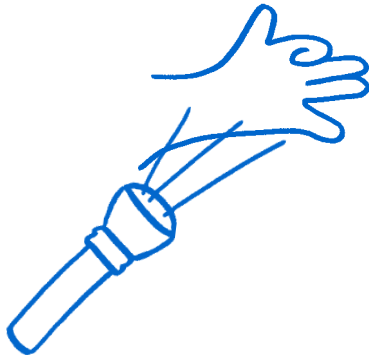
7 You don't have to go to an alley to have fun bowling! Fill ten small bottles with sand or gravel and line them up in a pyramid shape (one at the front, two behind, three behind those and a row of four at the back) at the end of a landing or corridor. Players stand as far away as possible and use a tennis ball to try and knock the pins over, scoring in the same way as you do at a bowling alley.



8 Ask each of your guests to bring along a plain t-shirt and use marker pens to go graffiti-crazy! Don't just stick to your own shirt, though. Pass them round, so everyone contributes part of the design for each t-shirt. Draw pics, add patterns, shapes and squiggles or write silly messages for each other.



9 Switch off all the lights and use torches to make creepy shadows on the wall. Take it in turns to create shadow animals using your hands - everyone knows at least one - and try to guess what they are.



10 Your sleepover doesn't end until the guests go home, so plan a cool breakfast to finish things off in style! Serve tasty muffins and doughnuts and watch a favourite film as you scoff them.

