

School Sleepover Activities

Games suggestions –

The advantage of school is that you will usually have a hall or playground for your activities.

British Bulldogs

This is one of the most simple, but always popular, kids' activity games.

All the children are lined up at one end of the playground or hall apart from the Catcher who stands in the middle. The Catcher then shouts "*British Bulldogs Come*". All the other kids then have to run to the other end (Home), without being held on to while the Catcher shouts *British Bulldog 1-2-3*. Any child caught also becomes a Catcher for the next round when the bulldogs all come back again. Each time there will be more catchers and less Bulldogs. Eventually the last bulldog is caught.

(For the first catch a simple tag is usually allowed.)

Aces High

This is a very simple game and makes a good icebreaker.

You need a pack of playing cards. Before the start of the game divide them into aces, twos, threes etc

Count the number of pupils and, starting with aces, make up a pack so that everyone will get a card. You might not use all the cards.

The cards are placed face down on the floor / ground and everyone goes and stands on a card.

On a whistle everyone picks up and looks at their card. Anyone with an ace must then run and sit down on a designated spot and shout out the name of their suit. Meanwhile everyone else must run and sit down, lined up behind the ace whose suit their own card matches, in numerical order holding their card just above their head so that others can see it.

The winner is the first team in line and correct order.

Shirt Changers

For this game you need some baggy old men's shirts

Divide up into teams of about 8

The team stands in line with the first person wearing the shirt

They turn and hold (both) hands of the person next in line.

On "GO" they have to transfer the shirt over the head of one and on to the other without breaking hands. You will need **one** helper from your team to do this.

The shirt will now be inside out but on the next person.

They then turn round and grab the hands of the next person and the shirt is transferred again. Gradually the shirt makes its way along the line until reaching the end. Once you have worn the shirt you sit down. The first team to get their shirt properly on the last person wins.

Marshmallow Madness

For this game you need marshmallows and some paper cups.

Divide the children into pairs

Each pair is lined up 1 metre apart.

One person in each team then gently throws a marshmallow aiming for the cup held by their partner. If they catch it they eat the marshmallow. They then move back a metre and see if they can catch the next one. Work your way down the line with one couple throwing at a time.

This continues with couples dropping out when they fail to catch the marshmallow.

A winning couple are eventually found who continue until they miss.

Depending on numbers, ability and space you can make this harder or easier by simply throwing beanbags instead of marshmallows. You can sometimes work up to some impressive distances

Perfect Circle

This is a great game for 20 to 50 people

Everyone forms a circle holding the hips of the person in front.

At a given signal everyone slowly bends their knees and "sits" on the lap of the person behind them.

If you get this right you will have a perfect self-supporting circle.

Cut The Chocolate

This is a classic kid's party game. You will need to divide your children up into groups of about 8.

For each team you will need:

- A big bar of chocolate (the squared off type is best)
- A metal knife and spoon
- A pair of oven gloves / mitts
- A hat and scarf (the sillier the better)
- A dice

You will have several separate games of this running at once.

Players sit in a circle in their group and take turns to roll the dice. The first person to roll a six puts on the hat, scarf and gloves. They then have to use the knife to cut off chunks from the chocolate and eat them using the spoon. Have a board for the chocolate chopping.

Only regulation chunk sizes can be eaten at a time but the object is to cut and eat as much as you can.

Meanwhile all the other players frantically roll the dice hoping for another six. The minute six is rolled that person dresses up and takes over as chocolate eater while their friends try to roll another six in order that they can take over.

The game continues like this until all the chocolate is gone.

You can make it even trickier by making the first sixer unwrap the chocolate too.

Doughnuts on Strings

This is always popular but works best if you get set up in advance. To void the string cutting through the doughnuts its best to use a cable tie – don't pull it tight leaving a gap to thread and tie it to the string. The stringed doughnuts are then attached to long poles or a climbing frame or beam at the right height. The children have to stand in front of a doughnut with their hands behind their back. On "GO" they can try to eat the doughnut but still no hands allowed. First to finish their doughnut wins.

Cucumber Face

The children either all sit in a circle or do this in small groups facing the rest of the room. A thin slice of cucumber is placed on everyone's forehead. On "GO" everyone tries to use facial contortions (no hands allowed) to get their cucumber into their mouth. Get the camera ready you might want to share these facial expressions on the school notice-board!

Activities for calming down

Joke Fest

This works well when everyone is sitting round after supper perhaps during a singing session.

In advance of the sleepover you need to tell all the kids to bring 2 short jokes. You might be able to include this in a "jokey" way as part of the list of things they need to bring with them.

Go around the circle, everyone telling their best joke in turn. The second joke is a spare in case someone else says yours first. You can always do a second round for untold "spares" later. Rather than do all the jokes at once you might like to break up a singing session with a quick half dozen jokes every so often.

Singing

Well its back to the old singing round the campfire (maybe you could make a fake one) in a circle. If you have helpers or kids who play instruments make sure you include them. A good tip might be to ask the school music teacher for some suggestions. There will be particular songs that the children will have been learning in school.

Other sing-along kids favourites are:

She'll be coming round the mountains
One man went to mow
Alice the camel
On top of spaghetti
Oh you'll never get to heaven
12 days of Christmas
He jumped without a parachute
Heads, shoulders knees and toes

You can easily find the words to these and plenty of others on the internet.