

# How to Throw the Most Epic Sleepover Ever

Sleepover Party Shop



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Introduction .....	<b>3</b>
Set the Vibe: Pick a Theme .....	<b>4</b>
Count Your Guests (and Your Sanity!) .....	<b>4</b>
Tents vs. Sleeping Bags: Choose Your Style .....	<b>5</b>
Snack Attack: Plan the Menu .....	<b>6</b>
Fun Activities to Do at a Kids' Sleepover .....	<b>7</b>
Activities for a Fantastic Teen Sleepover Party .....	<b>8</b>
5 More Teen Sleepover Party Activities (To Mix Things Up) .....	<b>9</b>
Sleep Strategy: The Bedtime Routine .....	<b>10</b>
Morning Matters Too .....	<b>10</b>
Final Thoughts: You've Got This .....	<b>11</b>

# Table of Contents



# *introduction*

Throwing a sleepover sounds like a dream come true for the kids.

But for you? It might come with a tiny side of panic.

Five or more kids under one roof overnight? What will they eat?  
Where will they sleep?

How do you keep them entertained when the party doesn't end  
at cake and candles?

Breathe.

We've got the sparkly answers to help you pull off a sleepover  
that's just as fun for you as it is for them.

***Let's plan the most epic sleepover ever!***

# Set the Vibe: Pick a Theme

A theme turns a basic sleepover into something magical. It gives you a starting point for everything—decorations, activities, snacks, and pajamas.

Think “Parisian Picnic,” “Glow-in-the-Dark Galaxy,” or “Spa & Sparkle.”

Having a theme makes it easier to stay organized, making the party extra memorable for your little guests.



## DON'T FORGET TO INCLUDE

- Drop-off and pick-up times
- What to bring (pajamas, sleeping bag, toothbrush)
- Allergy or dietary notes
- Your contact info for parents

## Count Your Guests (and Your Sanity!)

It's tempting to invite everyone from school, dance class, and the playground, but your future self will thank you for keeping the guest list small.

A sweet spot is around 5 to 7 kids.

It's big enough to feel like a party but not so big that you're overwhelmed. If you go over 10, brace yourself for a wild night.

Once the list is locked in, send fun invitations that match your theme. Digital invites are easy and quick, but printed ones feel extra special.

# Tents vs. Sleeping Bags: Choose Your Style

Here's where you take the sleepover from regular to extra.

Sleepover tents are all the rage right now, and for good reason.

Picture mini teepees or A-frame tents with cozy bedding, twinkle lights, and themed pillows. It's like creating a mini slumber party village in your living room.





# Snack Attack: Plan the Menu

Let's talk about food because the snacking never stops. Even if kids arrive after dinner, you'll still want to have plenty of goodies on hand.

## DINNER IDEAS

- ★ Pizza and salad (*classic!*)
- Pasta with chicken tenders or meatballs
- Takeout they'll eat (*because no one wants to battle over broccoli!*)



## SWEETS & TREATS

- A themed dessert table (*think cupcakes, cakepops, or candy jars*)
- Rice Krispy treats, chocolate-dipped strawberries, and cookies
- ★ Popcorn! Always popcorn



# Fun Activities to Do at a Kids' Sleepover

Once the sugar kicks in and the giggles start rolling, you'll want a few fun activities lined up to keep the energy flowing (and the chaos controlled).

Here are a few pre-teen crowd-pleasers:

- **Set up a mini mani-pedi station:** Think sparkly polish, fun nail decals, and maybe a bowl of warm water with flower petals for that extra "spa" feel.
- **Create a DIY photo booth:** Add a backdrop, some silly props, and let the kids snap the night away.
- **Host a dance party:** Turn up the music, hand out glow sticks, and let the living room become a mini-concert.
- **Movie time:** After all the dancing and laughing, wind things down with a feel-good movie and cozy blankets.
- **Add themed party favors:** Little take-home treats like sleep masks, scrunchies, or stickers tied to your theme make the perfect send-off.



# Activities for a Fantastic Teen Sleepover Party

Planning for teens? You'll want to approach things differently, but don't worry, it's still doable (*and fun!*).

Here's a lineup of party games that'll have everyone laughing, bonding, and staying off their phones for a bit:

- **Truth or Dare:** Spin a bottle; whoever it lands on must answer a question or take on a silly dare. This one never gets old.
- **Pig-Out Game:** Dab some Vaseline on everyone's nose. Set a timer, then challenge guests to transfer cotton balls into a bowl using only their noses. Hilarious chaos guaranteed.
- **Tasty Spin:** Fill plates with random snacks, spin a bottle, and whoever it lands on has to eat the snack chosen by the group. The weirder the combo, the better.
- **Recognize That Song:** Play the first few seconds of a song and see who can guess it fastest. You can even make a prize for the music champ.

- **Balloon Tennis (Hairdryer Style):** Use two hairdryers, balloons, and some chairs to create a "court." No hands allowed—just hot air and lots of laughs.
- **Cucumber (or Chocolate) Battle:** Place a slice of cucumber (or a square of chocolate) on your forehead and try to slide it into your mouth without using your hands. The first team to finish wins.
- **Charades: Slumber Party Edition:** To make it extra funny, mix in sleepover themes like "pillow fight," "snoring grandma," or "popcorn explosion."
- **Make Me Laugh:** Divide into pairs. One person tries to make the other laugh without touching them. No giggles? You win.
- **Glow Stick Hide & Seek:** Turn off the lights and hide glow sticks around the house. The first one to find the most wins a snack prize!
- **Mummy Wrap Race:** Use toilet paper and split into teams. One person gets wrapped up like a mummy while everyone cheers and laughs.

# 5 More Teen Sleepover Party Activities

## (To Mix Things Up)

Want to keep things exciting? These activities will fill in the gaps between snacks and games:

### SPA NIGHT

Set up a pamper station with face masks, cucumbers for the eyes, nail polish, and chilled water with lemon. Teens can DIY their masks or do facials using things from your kitchen—like honey and oatmeal.

### CREATIVE CRAFTS

Bring out the markers, glitter, glue, and more. Let them decorate pillowcases, photo frames, or even canvas tote bags. These make great keepsakes and help quiet things down for a bit.

### VIDEOGAME SHOWDOWN

If you've got gamers in the group, let them battle it out in their favorite multiplayer game. Add some snacks and drinks nearby, and it's basically a lounge.

### MOVIE MARATHON

Horror, rom-coms, nostalgic 90s flicks—let your teen choose the genre and line up a few back-to-back movies. Don't forget blankets, popcorn, and cozy lighting.

### SCAVENGER HUNT OR TEAM GAMES

Keep the energy up with a glow-in-the-dark scavenger hunt, pillow race, or even a silly obstacle course made from furniture and blankets.



# Sleep Strategy: The Bedtime Routine

Getting everyone to sleep is part art and part science.

Start with calming activities—a pajama fashion show, bedtime story, or a chill playlist.

Dim the lights, hand out sleep masks or tiny plushies, and keep the sugar out of reach by 9 p.m.

Set up a quiet zone for anyone who wants to go to sleep early. And don't stress if they're giggling past midnight—it's kind of the point.



## Morning Matters Too

Before the parents arrive, give the kids time to slowly wake up and gather their things.

Also, remember that kids wake up **HUNGRY**.

Serve up something simple but fun. Unicorn pancakes? Waffle bar? Even cereal with cute bowls will do the trick.

Put on some light music and squeeze in a short cartoon or a round of goodbyes with party favors. The morning after might be low-key, but it's the last chance to sprinkle some fun into their memory.



# Final thoughts...

Planning a sleepover might feel like organizing a tiny festival of chaos, but it's also one of the sweetest things you'll ever do for your kid.

These are the nights they'll remember forever. From the themed tents to the late-night giggles, you're not just throwing a party—you're creating magic, one blanket fort at a time.

And hey, if you want to skip the stress and go straight to the fun part, Sleepover Party Shop is always here to help turn your living room into a slumber party dreamland.

Choose from our rental packages in the New Jersey Tri-State area or purchase nationwide to turn any night into an unforgettable, magical adventure.

Let the giggles begin!

**You want a little help pulling it all together? We've got you.**

**CREATE SLEEPOVER MAGIC!**



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