

# Pyjama Party 2025



**Girlguiding**

Morgannwg Ganol  
Central Glamorgan

# Let's celebrate Thinking Day!



# Girlguiding Central Glamorgan Pyjama Party 2025

All around the world whilst one country is sleeping another is awakening.

This year let's celebrate World Thinking Day differently!!

Let's get together, have fun and learn something new.

It's your choice how your unit celebrate this day –

It can be an activity evening, activity day, sleep over or weekend

It can be done as a unit, district or division

During the weekend you will be joining together virtually on the evening of the 22<sup>nd</sup> February. More information on this will follow.

## Frequently Asked Questions

### **When is the Girlguiding Central Glamorgan Pyjama Party taking place?**

The pyjama party will take place across Central Glamorgan preferably across the weekend of World Thinking Day 22 – 23 February 2025.

### **How can I get involved?**

Fill in the application form and send the required amount of money with application.

### **How much will it cost?**

The cost is £1.20 per person per badge the activity pack is free.

### **When will I receive the activity pack?**

All packs will be available in January to plan your event, this will be sent by email.

### **When will I receive my badges?**

These will be posted mid February.

### **If I want to do a sleepover do I require a Going Away With license to take part in this event?**

To run your own residential event, someone in your event leadership team must hold, or be working towards, the relevant modules of the Going Away With scheme. We are aware some units may take part by doing this as a day event, in that instance, you would not require a Going Away With license.

### **Who needs to complete a REN form?**

A REN form needs to be completed for anyone who is taking part in a residential activity.

### **What information do I need when completing my REN part 1?**

When completing your REN form part 1, it will ask you to share how many girls you have attending, a draft plan of your activities and risk assessment, including your venue. It will ask you who your home contact is and who will be your first aider for the duration of your sleepover.

### **What do I do if I don't order enough badges for those who attend?**

There is a limited number of badges available. Please ensure you purchase enough for your unit. We cannot guarantee that more badges will be available, the team will do their best to ensure everyone who takes part receives a badge

# Pyjama Party 2025 booking form

Please return form by 30 December 2024 at the latest.

Sorry we will not be able to process any forms after this date.

PLEASE PRINT CLEARLY

Name of unit .....

Email address .....

Telephone number .....

Address .....

.....

.....Post Code .....

		Number of badges	total
Badges	£1.20		
Postage	£2.00		£2.00
Grand total			

Please make cheques payable to Girlguiding Central Glamorgan (send to Julie Thomas) or BACS transfer to:

**Girlguiding Central Glamorgan  
Lloyds Bank  
Sort Code 30-98-97  
Account number 59459863**

(Please put the unit name as a reference) If you're transferring monies then please email this form to Julie: [julie.girlguidingcgc@gmail.com](mailto:julie.girlguidingcgc@gmail.com)

**Julie Thomas  
6 The Grove  
Glyncoch  
Pontypridd  
RCT  
CF37 3BQ**

**In this pack you will find idea and suggestions of activities you can do with your units when you celebrate Thinking Day 2025.**

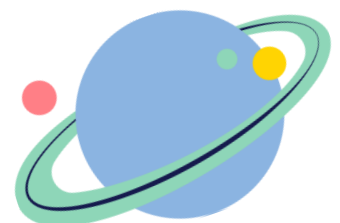
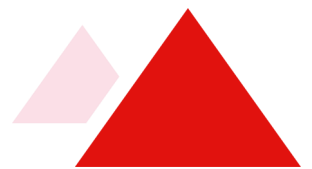
There is no set amount of activities you need to complete. Choose ones that are suitable for your section, feel free to adjust or adapt them accordingly. There are links to go with some of the activities where you will find further instructions.

**The pack is split into 4 sections**

- ⇒ **Food and snacks**
- ⇒ **Crafts**
- ⇒ **Activities**
- ⇒ **Games**

We'd love to see photos of you in your units completing this challenge and having fun on your sleepover event. Please send them in to the newsletter.

**[newsletter.girguidingcg@gmail.com](mailto:newsletter.girguidingcg@gmail.com)**





# Food and snacks 1

## Wrap pizza's

Make your favourite pizza's using a wrap. These can be cooked under the grill or in the oven for 8 minutes.

[Homemade Kids' Ham Pizza – Mummy Cooks](#)



## Tortilla toaster wraps

If you don't have an oven you can make this delicious snack using a toaster. You'll need a wrap and your choice of fillings. Lay your wrap flat and place toppings on the top half of the wrap. Fold the wrap up so you have a semi circle, now fold across again in half. Place the wrap sealed end into the toaster.

[3-minute Tortilla Toaster Wraps Recipe](#)



## Rainbow fruit skewers

Take 7 wooden skewers and thread the following fruit onto each – 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries. Arrange in a rainbow shape and let everyone help themselves.

[Rainbow fruit skewers recipe | Good Food](#)

## Healthy oatly flapjacks

Perfect to snack on during your pj party. You can also vary the ingredients to suit what your unit like. You will need an oven for this activity. For the full recipe and method click the link.



[Healthier flapjacks recipe | Good Food](#)

# Food and snacks 2

## Easy shortbread biscuits

Just 3 ingredients! Butter, sugar and flour. You can add a dash of vanilla if you like and dip the biscuits in chocolate after too if you like. You'll need an oven for this recipe. Click [here](#) for the full method and recipe.

[Fork biscuits recipe | Good Food](#)



## Smore pops

These are easy to make and don't require an oven. For this activity you'll need marshmallows, lollypop sticks, crushed crackers, chocolate and sprinkles.

[S'more Pops Recipe: How to Make It](#)

## Banana smoothie

All you'll need is Bananas, the riper the better! Greek Yoghurt, milk and a bit of vanilla essence. If you wanted to add other fruit or experiment that would work too. You'll need a blender or smoothie maker for this one.

[Banana Smoothie - Simple & Healthy!](#)



## Perfect popcorn

This can be made on the hob using a deep pan with a lid. Please ensure girls are supervised at all times. You can make sweet or savoury by adding different ingredients. If you don't have access to a hob you could always buy microwavable or pre made and add your own flavours to it!

[Popcorn recipes | Good Food](#)



# Food and snacks 3

## Ice cream Sundae Station / Hot chocolate station

Create a selection of tasty toppings to either add to ice cream or a hot chocolate. Yum!!

[Ice cream sundae bar recipe | Good Food](#)



## Campfire cupcakes

You can bake and decorate or buy pre made fairy cakes to decorate.

[Easy Campfire Cupcakes - Fun Money Mom](#)



## French toast – eggy bread

The simplest of indulgent breakfast recipes. You can eat eggy bread by itself, or add your favourite toast topping like Nutella or jam to it.

[Eggy bread recipe | Good Food](#)



## Brigadeiros or armpit fudge

To make a single portion, you'll need:

- 50g icing sugar (half a cup)
- 1 tablespoon butter
- 2 teaspoons cream cheese
- A dash of vanilla essence
- 2 teaspoons cocoa

What to do:

Place all ingredients in a sandwich-size plastic zipper bag, squeeze out all of the air and ensure it's tightly sealed. Place the bag in your armpit and squish and jiggle it until all the ingredients are well mixed and it has a creamy consistency. To make it extra tasty, you can add in some extra flavours like raisins, peanut butter, nuts or some M&Ms. The mixture should be ready to eat now, so grab a spoon and enjoy!

## Pizza Pinwheels

These pizza puff pinwheels make the ideal tasty supper, with ready-made pasta sauce, a little ham, grated cheese and shop-bought puff pastry. You can adapt what goes in to suit your girls.

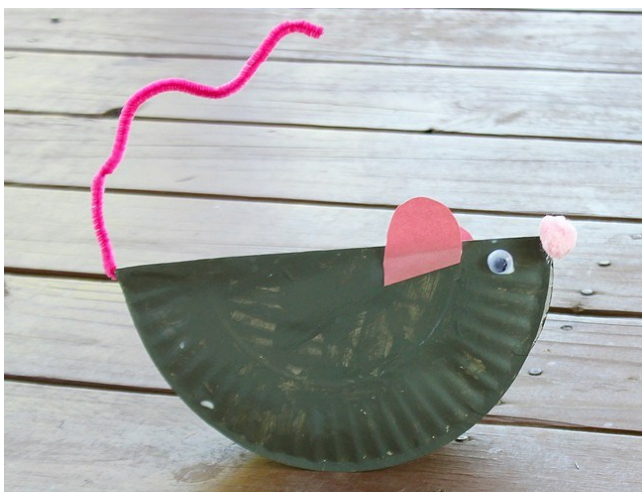


[Pizza pinwheels recipe | Good Food](#)



# Crafts 1

## Paper plate nocturnal animals



# Crafts 2

## Pillowcase craft

Decorate a plain white pillow case with fabric pens to remember the Thinking Day sleepover 2025.

[Pillowcase Patterns](#) | [Crayola DIY, DIY Crafts for Kids and Adults](#) | [crayola.com](#)



## Winter solstice lamps

You will need:

- Paper Cups or Plastic Cups {leftover from parties!}
- Pretty Scrapbook Paper
- Hole Punch
- Flameless Tea Lights {battery operated}

How to make them

STEP 1. Cut the bottoms out of the cups for a better glow. This may need adult help.

STEP 2. Make holes in the paper cups, plastic cups, or sparkly paper with a hole punch or other shaped paper punches.

STEP 3. If using card stock, roll into a tube shape and secure. It's that simple to make these cute paper cup luminaries!

STEP 4. Switch on the flameless tea lights and place your paper cup luminaries {or plastic cup or paper} on top!



## Star origami

Learn how to make beautiful stars out of paper.

[2 Way to CUT a Star Easy](#) | [How to Make Star with Paper](#) | [Paper Craft](#)

[How to make a paper Star? - YouTube](#)

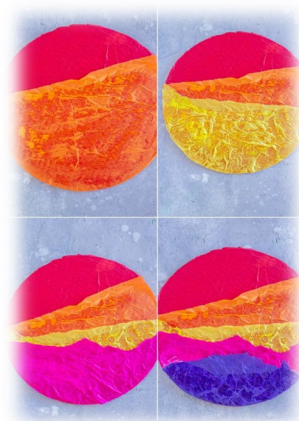




# Crafts 3

## Tissue paper sunsets

For this you'll need some cardboard, some glue and some different colours of tissue paper. Cover your cardboard in a layer of glue and lay down your first colour of tissue paper and then trim the excess off the edges. Then for the next layer, paint your layer of glue and layer on your next colour and then trim off the edges. Now just repeat these steps until you have a colourful sunset.



[Tissue Paper Sunsets - Sprouting Wild Ones](#)

## Make your own eye mask

No pyjama party is complete without an eye mask for a restful sleep after a busy evening. Using the link below make your own eye mask or why not get a blank eye mask and decorate it yourself.

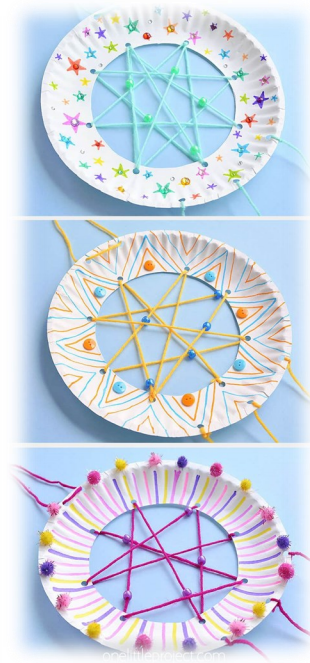


[Tilly and the Buttons: How to Make an Eye Mask \(free pattern!\)](#)

## Make a dream catcher

There are a number of different ways to make a dream catcher. Why not have a rummage in your cupboard and use what you can find! There are some ideas here.

[DIY Dream Catchers Made by Kids - ARTBAR](#)



# Activities 1

## Create your own moon sand

Why not have a go at making some moon sand? You can add food colouring, food flavouring, essential oil or cinnamon to make it smell lovely too. You'll need; 60ml baby oil or 80ml coconut oil, 240g flour (you may need more), large mixing bowl, airtight container and essential oils (optional). To read about the method click here.

[How to make sensory moon sand - Sense](#)



## DIY facemasks

Why not have a pamper session, sit back...and relax! It's easy to make natural facemasks that are great for your skin. Some of the main ingredients you can use are oatmeal, banana, honey, lemon juice and olive oil.

[DIY Face Mask | How to Make a Face Mask \(3 Easy Recipes!\)](#)

## Make a planisphere

A planisphere is a circular star map that shows the brightest stars and constellations we can see from Earth. It helps you to name the constellations you can see, depending on where you are and what time of year it is. Click on the link for the template and instructions.

[Seeing stars | Activities | Scouts](#)

## Yoga session

Once you have got into pj's, why not try a short yoga session with this Cosmic Kids video?

[Squish the Fish | Yoga for Kids! A Cosmic Kids Yoga Adventure](#)

[Kids Bedtime Yoga With Animal Yoga Poses \(Get sleepy for bedtime!\)](#)



## 5 mindfulness activities

Why not try this easy simple meditation for children and switch off and relax before bed time!

[kids mindfulness excercise - Google Search](#)



# Activities 2

- Fashion show
  - Talent show
  - Dance sessions / put together a routine as a unit [Shen Yun Review 2024](#)
  - Karaoke [kids karaoke - YouTube](#)
  - Indoor/outdoor campfire [Sing with Guides! | My Virtual Songbook](#)
  - Quiz
  - Crosswords (There's one at the back of this pack)
  - Puzzles
  - Scavenger hunt
  - Treasure hunt
  - Put on a shadow puppet show
  - Mandala colouring (Some at the back of this pack)
  - Make friendship bracelets
- [3 EASY BEGINNERS FRIENDSHIP BRACELETS || Twisted, Striped, & Chevron || - YouTube](#)
- Have a pamper party (paint nails, do facials and hand and feet massage)
  - Create star constellations with mini marshmallows and spaghetti/cocktail sticks

[Marshmallow Constellations - Pacific Science Center](#)





# Games

- **Sleeping lions**

- **Glow-in-the-dark games**

Use glow-in-the-dark paint, pens, stickers or glow-sticks to play simple games like hop-scotch, hula hoops, limbo, scavenger hunt or bowling in the dark. For a more sustainable option, use dim lamps or fairy lights to create a fun atmosphere.

- **Torchlight tag**

- **Ghost in the graveyard**

The “ghost” runs off to hide. When someone finds the ghost, they yell “Ghost in the graveyard!” The ghost tries to tag the remaining players as they run back to base. Whomever is tagged becomes the ghost.

- **Secret messages**

Find a guide to Morse code, then race to see who can decode a pre-created message first.

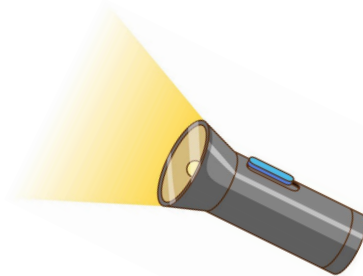
- **Torch limbo**

Ditch the stick and use the beam from a torch instead. Players must shimmy under the line of light without breaking it.

- **Firefly**

This game should be played with a small flashlight so that the light is not too easy to spot. One person is selected to be the firefly and hides outside in the dark, away from the rest of the players. After counting to 20 everyone goes in search of the firefly, who is constantly moving around from hiding spot to hiding spot. Every 60 seconds, the firefly must quickly flick her flashlight on and off. When she is caught the game is over and a new firefly is appointed.

[8 fun night games for kids | Parents | National Geographic Kids](#)



# Wordsearch

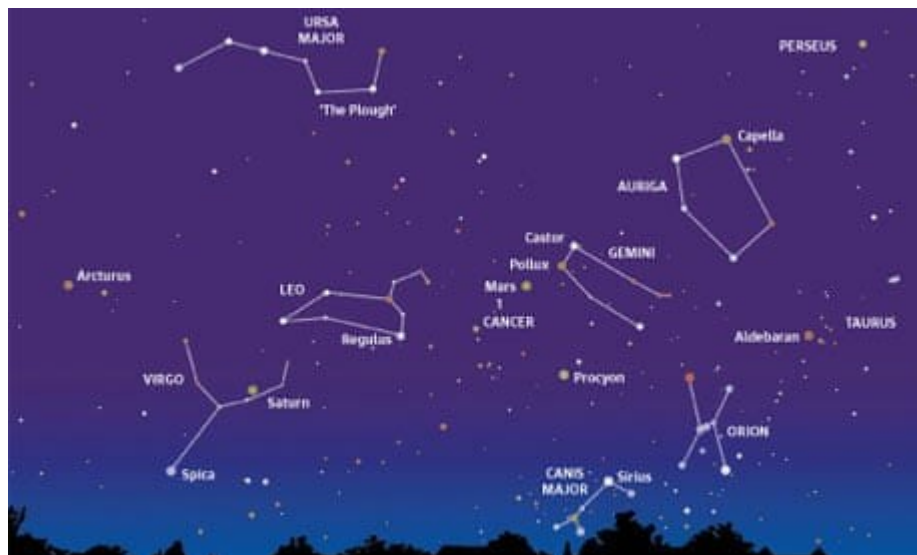
## Constellations

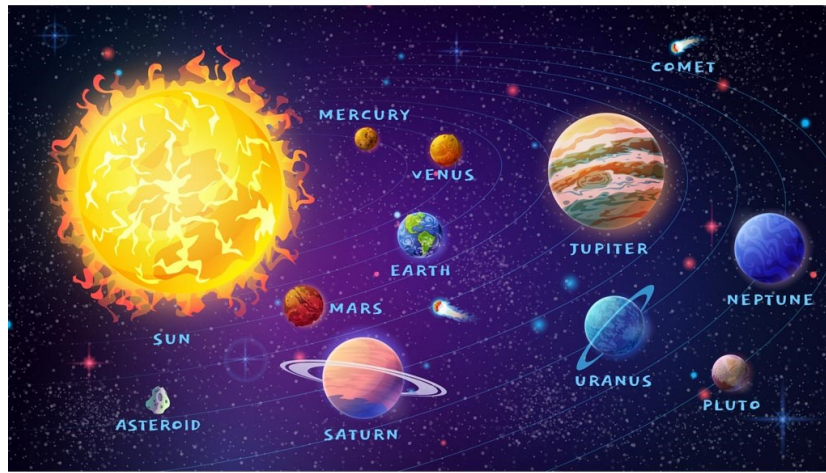
A U O U N U O C S S O I E S M R I S  
I S S O S C U O I U Q R O S E E M L  
E B I T A U R U S G S P N G M A A A  
P R R R S N S E L U C R E H R U P O  
O O D O O U D U I C I A A R B I L G  
I N P J A J I R A G I R N L S Y V R  
S I L A D R A P O L E M A C I E G R  
S M A M Q T D M R M S M E U E S U D  
A S N S T U A Y A O E S I P Q R M S  
C I U I L R I A H S C D C N L A L R  
S N G N A R Y L L U R S A M I N O R  
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S C U C M Y R S U C P S R H D A E C  
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A I U A U E C R R H L E O D N V I C  
N R V E E I U A L P S P R Y P A Y C  
I U N O I U S S S O L Y N X R E Q P

Andromeda  
Aquarius  
Aquila  
Aries  
Camelopardalis  
Cancer  
Canis Major  
Canis Minor  
Capricorn  
Cassiopeia

Cygnus  
Draco  
Gemini  
Hercules  
Hydra  
Leo  
Libra  
Lynx  
Lyra  
Ophiuchus

Orion  
Pegasus  
Perseus  
Pisces  
Sagittarius  
Scorpius  
Taurus  
Ursa Major  
Ursa Minor  
Virgo





## 16 Question Strips

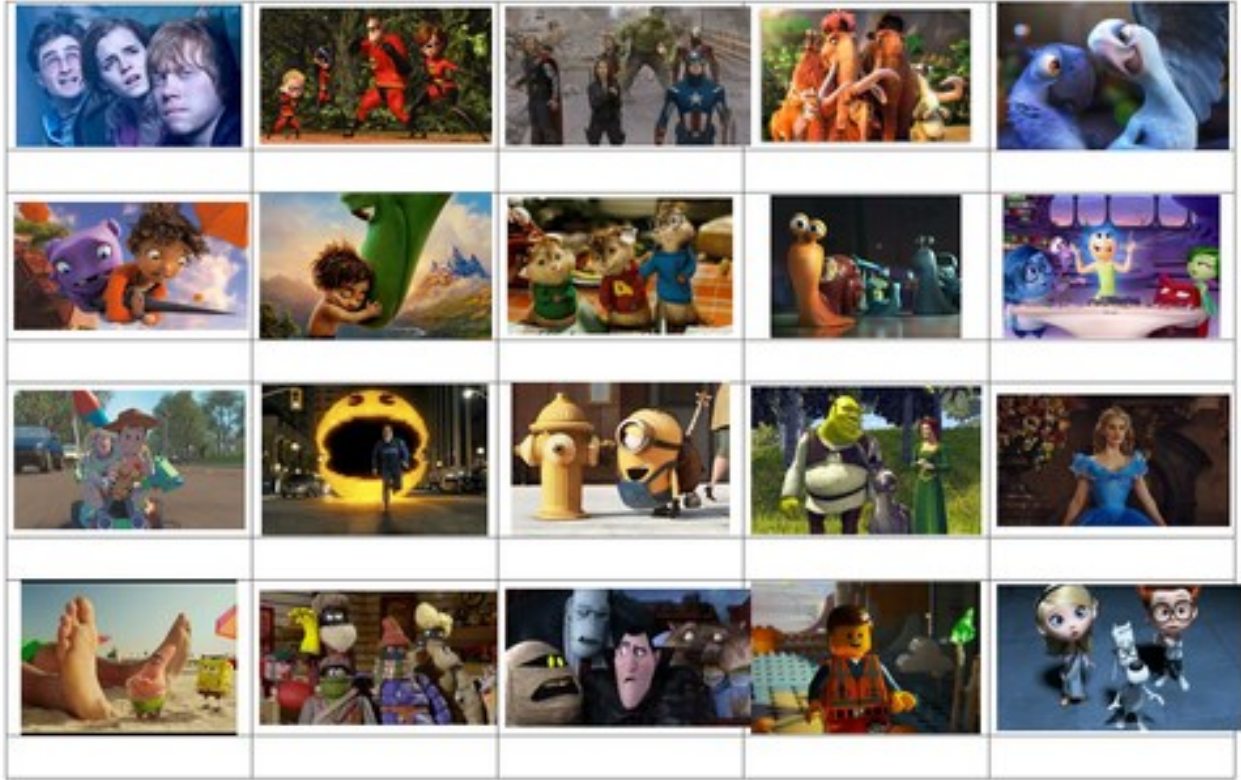
### SPACE



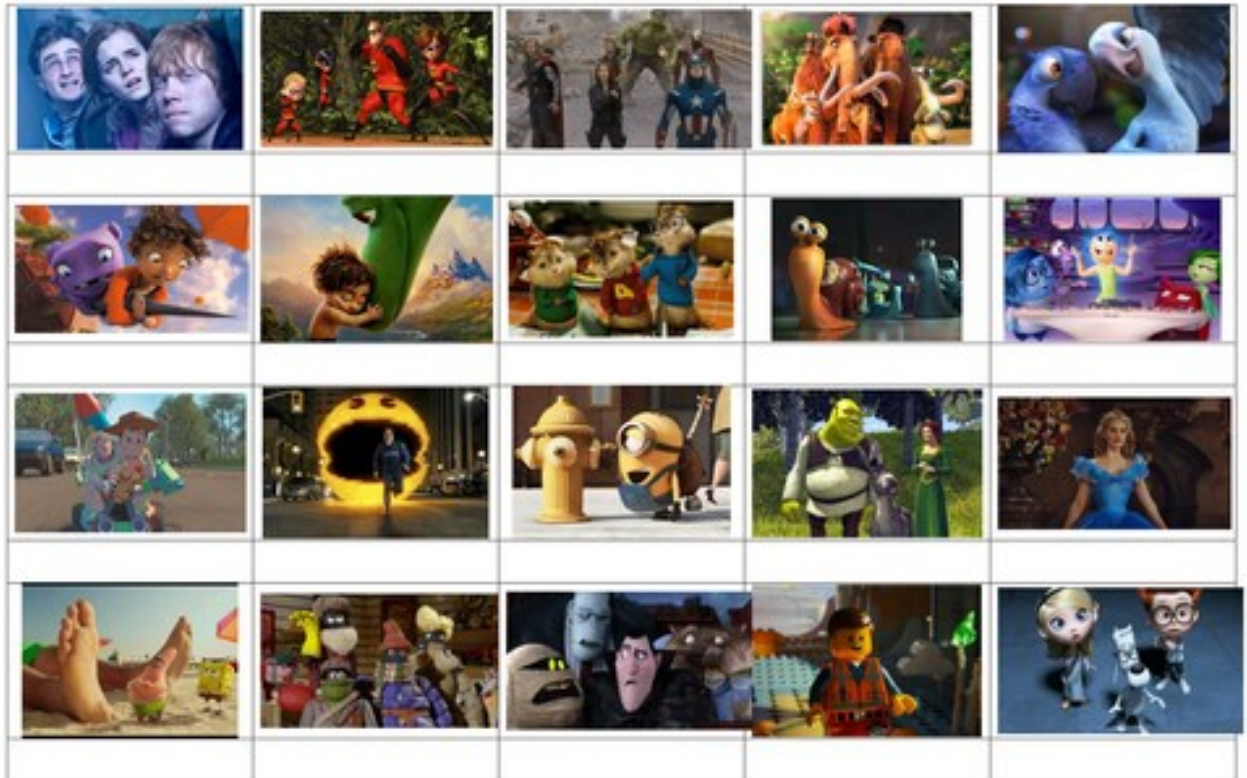
- How many planets are there in our solar system?
- Do you know the names of any planets? Which ones?
- Is space travel safe or dangerous? Why?
- Do you think there is life on other planets? Why? / Why not?
- Would you like to live on the moon? Why? / Why not?
- Would you like to live on Mars? Why? / Why not?
- Have you ever looked at the moon through a telescope?
- Do you like to watch science fiction movies about space?
- Do you believe there may be UFOs? Why? / Why not?
- Why did people travel to the moon in 1969?
- What are three good things about space travel?
- What are three bad things about space travel?
- Should governments spend more money on space travel?
- How is the earth different from the moon?
- How is the earth different from Mars?
- Why is the moon sometimes bright and sometimes dark?



Name the film from the picture:



Name the film from the picture:



Answers:

Top row, left to right: Harry Potter, The Incredibles, Avengers, Ice Age, Rio

2nd row: Home, The good dinosaur, Alvin and the chipmunks, Turbo, Inside out

3rd row: Toy story, Pixels, Minions, Shrek, Cinderella

4th row: Spongebob Squarepants, Shaun the sheep, Hotel Transylvania, The Lego Movie, Mr Peabody and Sherman

