

Reproducible Activity Sheet

Slumber Party Games

WHETHER YOU CALL IT A SLEEPOVER, pajama party, snoozer, or crash, a slumber party is the perfect setting for silly, fun, and sometimes challenging games with friends. Here are five of our favorites.

HA HA HA

As you may guess from its title, this game is all about contagious laughter. To play, everyone lies on the floor with each person's head resting on another person's belly. All it takes is for one person to start laughing, and pretty soon everyone else will be laughing, too. Another variation is to have one person to begin the laughter by shouting, "Ha!" Then the next person must say, "Ha ha!" The next person must say, "Ha ha ha!" and so on. It's impossible to get too far without everyone laughing.



TRUST FALL

Stand in a close circle, shoulder to shoulder and arms outstretched, palms out, with one girl in the center of the circle. The girl in the middle stands with her feet together, folds her arms against her chest, closes her eyes, and says, "I am ready to fall." The other girls answer, "We are ready to catch you." Then the girl in the center falls backward or forward toward the girls forming the circle. These girls should catch or stop the fall, gently pushing the falling girl back into an upright position.

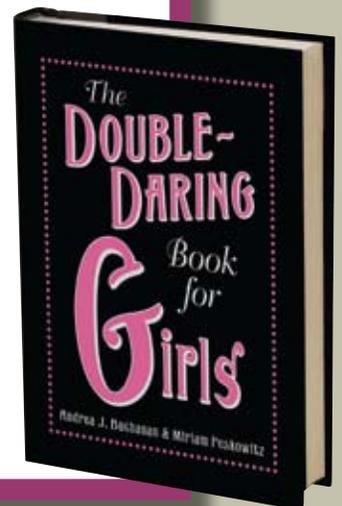
to start with. The person who goes first says a sentence that starts with a word using the letter that was chosen. (For instance, if the starting letter was "A," the person could say, "A nice day we're having, isn't it?") The next person has to respond with a sentence beginning with the next letter of the alphabet. (For example, "But it was supposed to rain.") Then the next person does the same ("Can't you just enjoy it?"), and so on, until the starting letter is reached again.

ABC SENTENCE GAME

The goal of this game is to have a conversation in which each sentence begins with words using successive letters of the alphabet. Sit in a circle, and have someone choose a letter of the alphabet

VIKING

This game works best with six or more people. To begin, choose one person who will start out as the Viking. Then, have everyone sit in a circle, legs crossed, and clap their hands on their thighs, creating a constant beat. The Viking starts the game by pointing her index fingers



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up alongside her head (mimicking horns on a Viking hat). The players on either side of her must paddle (mime a paddling movement) to the right or to the left, depending on which side the player is on (the player on the right paddles right, the player on the left paddles left). The Viking chooses the next Viking by pointing her horns at another player. Then that player must make the Viking hat with her fingers and the players on either side of her must paddle. If a player forgets to make the Viking horns or paddle motions, or if she paddles the wrong way, she is out. The game continues until there are only two people left.

“THIS IS A WHAT?”

A game for five or more players. For this game you'll need an object for each player—and for everyone's sanity, each object should be one syllable (pen, book, clip, etc.). At first the game sounds deceptively easy: Players sit in a circle and pass each object to the person on their left. But tricky rules make this much harder to do.

There is a basic script that must be followed in order for an object to be passed to the next person. One player is a giver, and the other is a receiver.

Player 1 (Giver): “This is a pen
[or other object].”

Player 2 (Receiver): “A what?”

Player 1 (Giver): “A pen.”

Player 2 (Receiver): “A what?”

Player 1 (Giver): “A pen.”

Player 2 (Receiver): “Oh! A pen!”

The object can be handed to the second

player only when she acknowledges the object (“Oh! A pen!”) after asking twice what it is. Then she must pass it along to the person next to her, following the same script.

The trick is that while the second player is passing along that pen (or other object) to the third player, the first player is now passing something else to the second player, making her both a giver *and* a receiver. So the second player must turn her head to respond to the first player (“A what?” “A what?” “Oh! A book!”) as well as turn her head back to talk to the third player (“This is a pen”; “A pen”; “A pen”). More objects are added until all objects are in play and each player is participating in the script.

Tip: The first player is in charge of all the objects. Practice first with one object, going all the way around the circle, and then two objects; then, work up to putting all the objects into play.

