

Brownie super slumber 2025



Girlguiding Midlands' very own
Brownies festival!

**Girlguiding Midlands is part of Girlguiding:
the leading charity for girls and young
women in the UK.**

We aim to build girl's confidence and raise their aspirations by giving them an opportunity to discover their full potential. We encourage all girls to be a powerful force for good.



Thanks to the dedication and support of the amazing volunteers, we are active in all of the 11 counties that make up the Midlands region, giving girls and young women a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference to their lives and the communities they reside in.

Across our brilliant region we have thousands of Brownies in units and lots more on our waiting lists.

This simple and fun challenge pack has been created and designed to be done at home with families, in the unit or as a district, division/area or even county event!



You can also share this challenge pack with any Brownies who are on your waiting lists and get them and their families involved too!

We hope that you enjoy it and as long as you have permission to do so, please don't forget to share your images with us on our social media, the links can be found on the last page.

Many thanks to Lilly Allen from 2nd Long Eaton Guides, in Derbyshire who created this pack as part of her Queen's Guide Award in the guiding challenge section. She has been a member of Girlguiding since she was 5 and has recently completed her leadership qualification!



Event information

This event is designed to take place any time between 17 May and 18 May but you may also do the challenge any time in 2025 that suits you too!

Brownie challenges

For this event we have one flexible over-arching theme...

Create your own adventure, sleep somewhere different to where you usually sleep and take part in at least three of the Brownie activities in the pack

The pack is organised into different categories of entertainment to give a wider variety of choice for the girls!

Below you will find some themed challenges for you to use either before or during the event as it suits you. Remember that it's all really flexible for girls to be able to join in.



Note for leaders/parents

Please make sure that your Brownies are aware that they need to be mindful of their own personal safety, especially if cooking and using sharp utensils or heating food, using scissors and handling tin cans with potentially sharp edges.

The Challenges

Sleep somewhere different to where you usually sleep

1. Will you be booking into 'comfort plus', 'glamping' or 'family camping'? We'd love to see your pictures(with full permissions) of your sleeping area.
You could make a den inside, sleep in a tent outside, or you could even sleep in the bath! If you need some ideas, ask an adult to help you look at this video on [YouTube](#).
2. Make sure you can carry all of your gear to your den.
3. Make sure you put it all away afterwards.
4. How about making it look really special? Does your den need a signpost or some decorations?



Movies

Can you watch your favourite movie on your sleepover? It's fab to watch a movie with your friends and family and who doesn't love a tasty snack to munch on as you watch?

Create your own movie snack box

Make yourself something to eat during your sleepover



1. Will you be choosing chocolate and sweets, fruit kebabs or popcorn for your snack? Make sure you send us pictures (with full permission) of your snack boxes. If you need some help cutting or heating food, ask an adult for some help.
2. Make sure to tidy up and don't leave a mess!
3. How about adding a drink?

Decorate your own Hollywood star

Hollywood stars are only given out to the most famous people in the film industry, now is your chance to make your star! What colours would you make it? You could add pictures or drawings of your favourite movies or even yourself in a starring role.

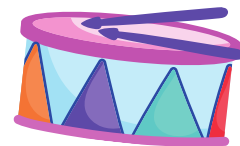
[Download a printable version of the star.](#)



A note for leaders who plan to watch a movie with their group, [this link](#) breaks down which films and music are suitable to play during unit meetings and events.



Music



Play follow the leader with different rhythms

Now is your chance to test your listening and rhythmic skills, using clapping to tap out a beat!

1. Select one person to be the leader of the game
2. Everyone else should then be quiet and carefully listen to the leader and the pattern which they clap or drum in
3. The challenge is to then try and copy the pattern!
4. Keep going for a couple of rounds until everyone has had a go at being the leader

Make a tin can drum

For this you will need an open and clean metal tin (be careful if there are any sharp edges), a balloon and an elastic band. You might also want some things to decorate your tin with.



1. Take your balloon and cut the end where you blow it up off. Ask an adult for some help if you are struggling with the scissors.
2. Place the balloon over the open side of the tin and wrap the elastic band round to hold the balloon on, you could also use a small plant pot.
3. Decorate your tin or just tap on the balloon to create a drumming sound! You can use your hands, sticks or even something like chopsticks to create your sound.

Play a game of musical statues

1. Spread out across an open space where you won't bump into anything!
2. Start playing some of your favourite songs and dance along!
3. When the music stops quickly freeze like a statue and see if you can be quicker than the other people dancing.

Have a go at karaoke

1. Find your favourite songs and sing along with them
2. If you have a microphone you could plug that in too, so your voice can be heard clearly over the music.
3. If you wanted to you could video record it to and make your own music video to go with your song.



Magic

Try and follow the ball under the cup

See if you can trick your friends with this fun game.

1. Place a small ball underneath a cup which you cannot see through
2. Put two similar cups next to the one with the ball in
3. Quickly move the cups around and let your friends try and follow the ball with the cup
4. Stop moving the cups and see if they can guess which one has the ball in

Did you manage to trick them into thinking it was in a different cup?

Create an edible magic wand

For this you will need a breadstick (or something similar), some chocolate and some sprinkles.

1. Place some sprinkles in a bowl ready for later
2. Melt your chocolate (be careful with hot food, ask an adult if you need help)
3. Dip the ends of your breadstick into the chocolate and then into the sprinkles
4. Let the chocolate dry and enjoy your edible magic treat



Learn how to step through an A4 piece of paper

1. Take an A4 piece of paper and fold it in half
2. Cut large strips in the paper, but don't go all the way to the end!
3. Turn the paper and cut strips in-between the ones you made
4. Then cut along the seams of the fold, leaving the ends
5. Pick up the ends and step through the paper! Here is a [tutorial](#) of how to do this trick.



Here's a [great website](#) with loads more magic tricks you can do to wow your friends and family.

Make your own magic potion

You could make some Unicorn Blood, magical luck and your own invisibility potion! Here are some [great recipes](#) you can use to make them.

Please consider any dietary requirements when making these potions!

You can find some great free printable potion bottle labels to download on Pinterest, have a look [here](#).

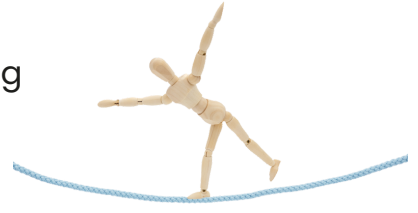


Circus

Practice your tightrope walking

Put your balance skills to the test by practicing your tightrope walking like you might see at the circus!

1. Place a long piece of string or tape across an empty area of the floor
2. Start at one end and see if you can walk across it without falling off!
3. If you find it too easy, then maybe add some obstacles onto the path to make it more difficult



Colour in a circus animal mask

There are lots of different animals who can feature at the circus including lions, elephants and bears!

Here is a [link](#) to lots of different animal mask templates to choose from!



Decorate a biscuit with a clown face

For this activity you will need a plain biscuit and any edible decorations which you want for your clown, this could include skittles for eyes, strawberry laces for hair and icing for the background of the face!

Take your ingredients and decorate your clown however you would like!

Make sure to send us pictures of your creations!

Have a go at juggling

Have you ever tried to juggle bean bags, balls or anything else? It's easy to learn, it just takes a little practice but can take a long time to master! Have a look at this [YouTube video](#) about how to juggle.

And if you really want to challenge yourself, how about [trying this!](#)



Spread a smile!

Clowns at the circus make us laugh by doing funny sketches – create your own funny sketch with friends or family to see if you can make someone smile 😊



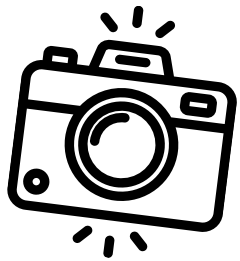
Congratulations, your challenges are complete!
We hope that you have enjoyed taking part in our Brownie
Super Slumber 2025 Let's Entertain Challenge.



Order your badges

Head over to [our website](#) where you'll be able to order your Brownies super slumber badges for everyone who took part in your challenge.

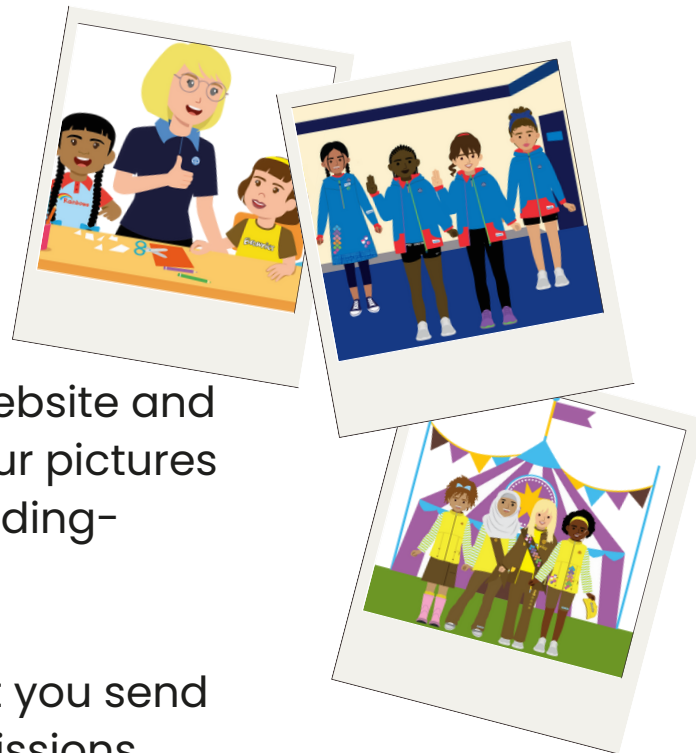
You'll be able to choose to pay online or by cheque.



Send us your pictures

We'd love to feature your unit on our website and social media channels. Please send your pictures and comments to comms@girlguiding-midlands.org.uk.

Please make sure that any photos that you send to us have the relevant photo permissions.



If you're sharing your adventures on social media – don't forget to tag us in your posts!

Facebook: [@GirlguidingMidlands](#)

Instagram: [@girlguidingmids](#)

