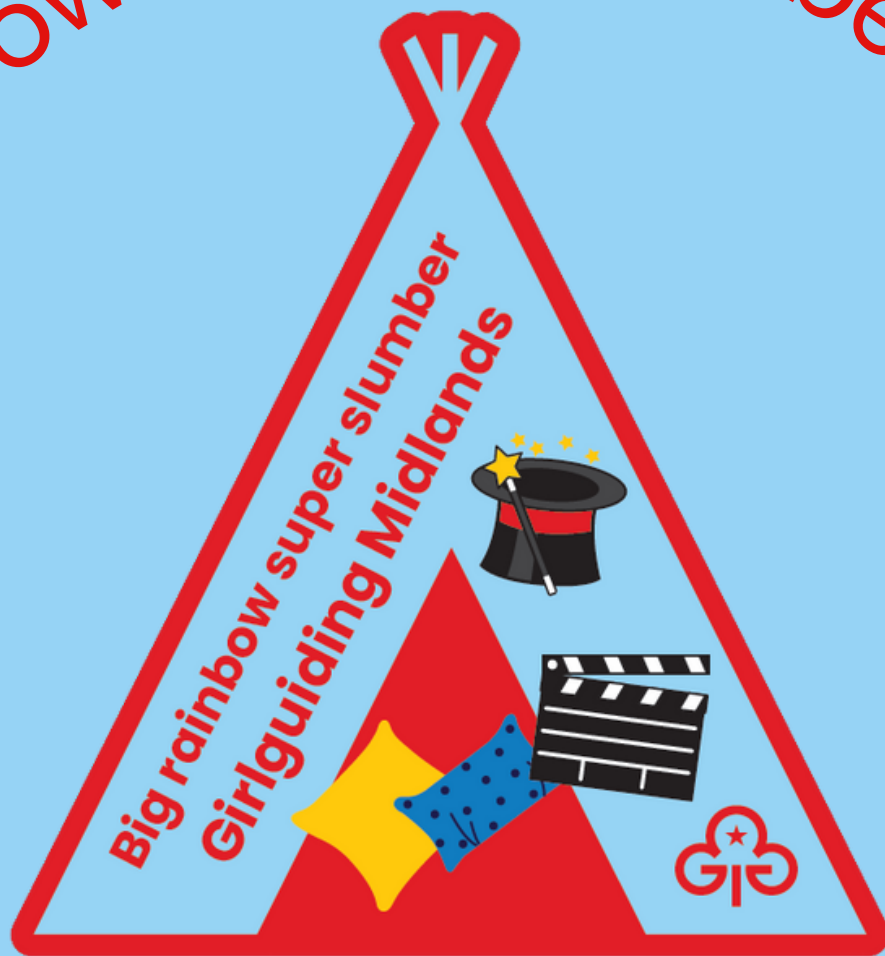




Rainbows super slumber 2025



Girlguiding Midlands' very own
Rainbow 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 over 11000 Rainbows 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 Rainbows 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!

Rainbows 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 Rainbows activities in the pack

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

The pack is organised into different categories of entertainment to give a wider variety of choice for the girls and it is intentionally designed so it can be run alongside the Big Brownie Super Slumber too!

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 and to give a wide variety of choice for the girls!



Note for leaders/parents

Please make sure that your Rainbows are aware that they need to be mindful of their own personal safety, especially if cooking and using sharp utensils or heating food or using scissors.

The Challenges

Sleep somewhere different to where you usually sleep

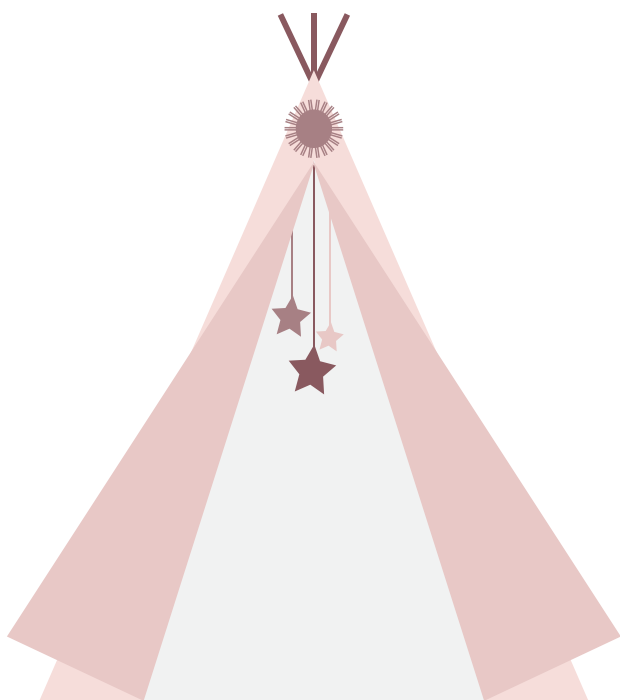
1. Will you be booking into 'comfort plus', 'glamping' or 'family camping'? We'd love to see your pictures (with full permissions) of your sleeping area.

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.

If you're using grapes, please remember to cut them in half to prevent any choking risk and be careful when eating popcorn.

2. Make sure to tidy up and don't leave a mess!

3. How about adding a drink?

Tell someone about your favourite movie

Who are the characters and what do you love about it?

Music

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.

Create a maraca using an empty water bottle or container

1. Take your empty container and decorate it with lots of fun colours, ribbons, glitter or anything else you would like to add!
2. Once decorated add some uncooked rice or dried peas into the container and put the lid back on.
3. Then shake the container to make the rattling sound.
4. Play along to your favourite song!

Can you learn a dance to a piece of music?

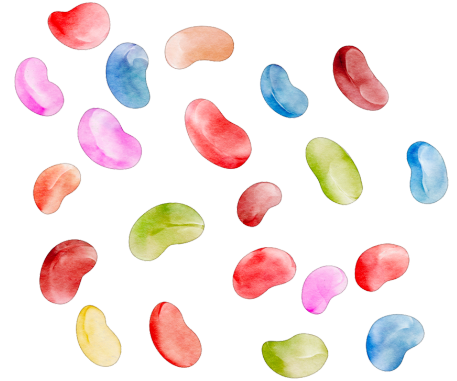
1. You could make up your own dance to your favourite song or you could learn the dance moves to a well-known song like 'Hey Macarena!'
2. The dance moves are demonstrated in [this video](#)

Magic

First of all, all magicians have a special magician name so you'll need one too, something like 'Nelly the Magnificent!' then you can do your magic like a real magician!

Create a bag magic jellybeans

1. Get a small pouch, bag or any container and decorate so everyone knows it contains magic beans.
2. Place some different coloured jellybeans into it.
3. Now you need to decide what powers each jellybean has; can they make you fly? Or could they even make you invisible?
4. Once you have created your list you can enjoy your magical treat!



Practice a disappearing trick with a blanket

Now it's time to practice your magic trick skills and see if you can trick your friends!

1. Get a blanket and stand in a doorway on the opposite side to your audience
2. Hold the blanket up to cover your whole body
3. Move to the side of the doorway so you are hidden and drop the blanket to reveal an empty doorway!



Create a magic Rainbow

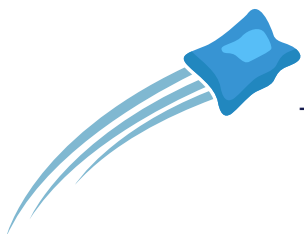
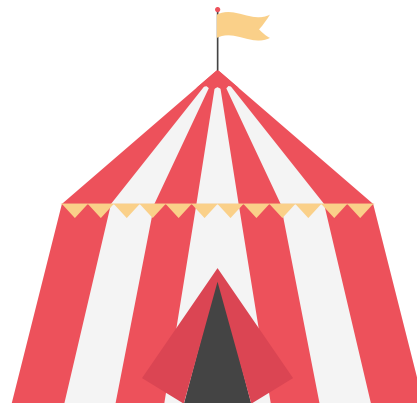
Who doesn't love a Rainbow? So how about Rainbows making Rainbows!

Get a small plate and place a row of coloured Skittle type sweets all around the inside edge, then add a small amount of water to cover the base of the plate and watch a rainbow magically appear!

Circus

Decorate your own circus tent

When the circus comes to town it usually brings a Big Top, where all of the circus entertainment takes place. Have a go at designing your own Big Top. You can make your tent as colourful and fun as you want. Here is a [link](#) to a free template to print out an image of a circus tent



Bean bag toss game

Test your aim and practice a circus game!

1. Create an area on the floor which you are going to throw your bean bag into (you could use a hula hoop or make it more difficult by using a box)
2. Throw the bean bag and see how many you can get into the area!

Sing a song about animals you might find at a circus



There are lots you could try, share any you know with your group or ask your leaders. Do you know the song 'I went to the Animal Fair'? Here's a [link](#) so you can learn it.

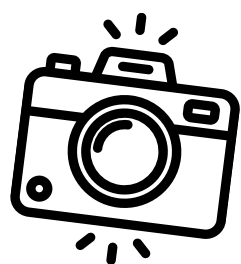
Congratulations, your challenges are complete!
We hope that you have enjoyed taking part in our Rainbows
Super Slumber 2025 Let's Entertain Challenge.



Order your badges

Head over to [our website](#) where you'll be able to order your Rainbows 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](#)