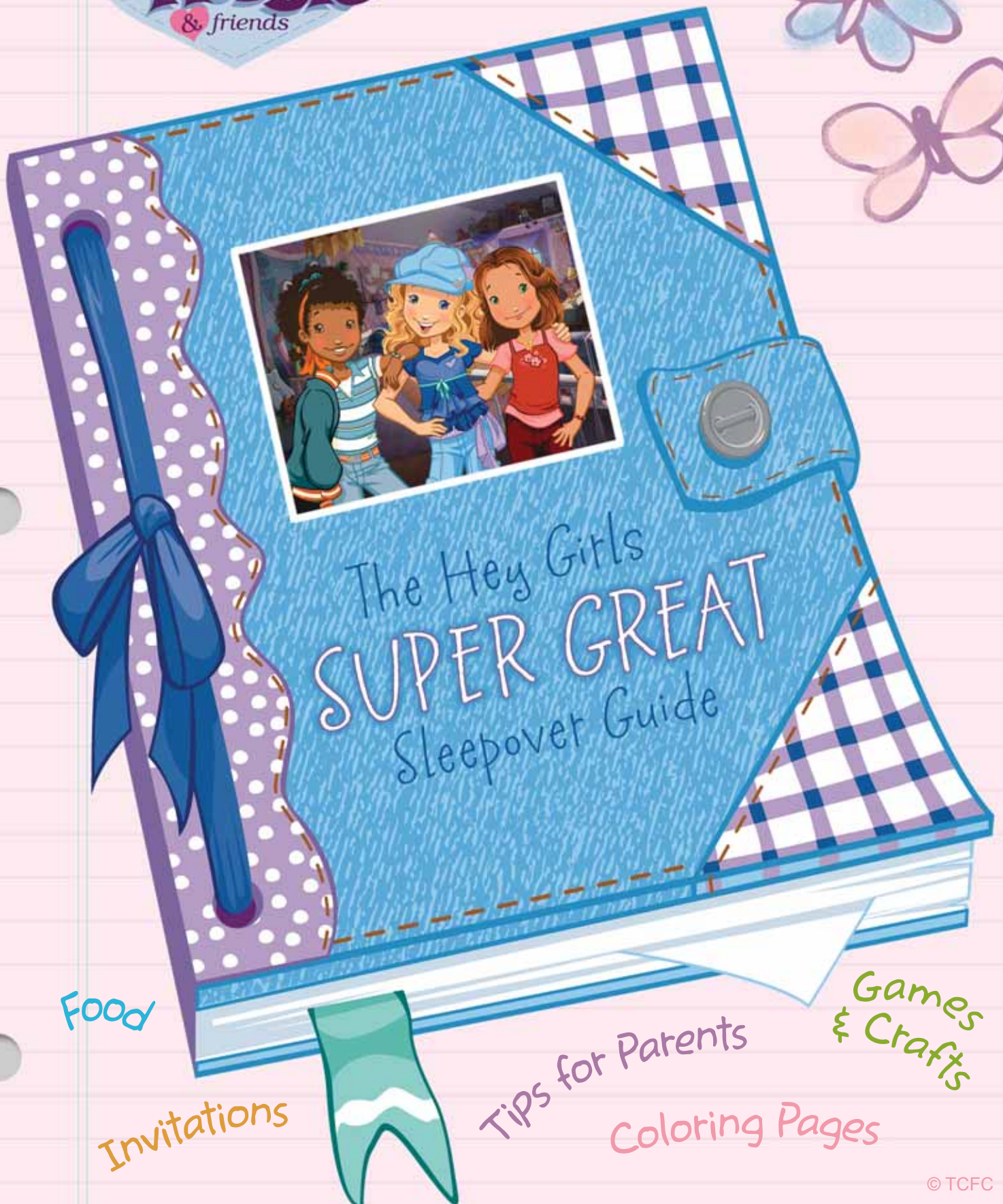




I  my friends!



Food

Invitations

Tips for Parents

Coloring Pages

Games
& Crafts

Welcome to the Super Great Sleepover Guide.

The Hey Girls always throw fun sleepovers, so we wanted to share our secrets with you! Enjoy!



Step One: Invite your friends!

You can be creative and show your style by making your own invitations.

To make your own invitations, you'll need:

1. construction paper
2. scissors
3. markers or crayons
4. glitter
5. glue or glue stick
6. ribbons, buttons, fabric, stickers, or any other cool stuff you can think of!

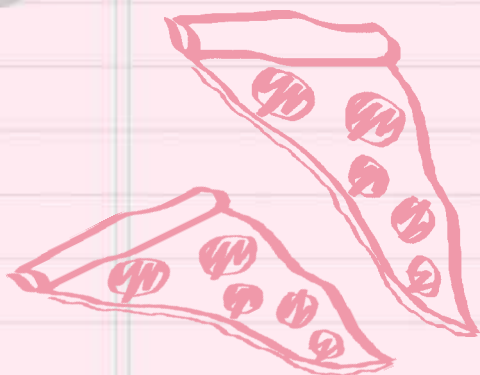
Fold the paper in half and decorate the card any way you like. The important thing is to include all the party information for your guests. Here's one Holly made:



...to a Hey Girls Sleepover!

When: Saturday 6pm - Sunday 11am
Where: Holly's house!
Make sure to bring: pillow, sleeping bag,
white pillowcase (to decorate)

SNACK ATTACK!



Holly's Favorite: Build your own pizza!

Start with a plain cheese pizza. Have each guest pick out her favorite topping and add it to part of the pie. Mix up the toppings around the pizza, or keep them separate. The fun part is everyone gets to be a pizza-maker! When you're done, you have a masterpiece that you can eat. Yum!

Carrie's Favorite: Think healthy

Try a nice colorful fruit salad mixed with tasty yogurt. Or slice up some apples to dip in peanut butter.



Amy's Favorite: Sweet Tooth Fixers

Decorate cookies or cupcakes, or make root beer floats (two scoops of ice cream, please). You can even try making ooey-gooey S'mores in the microwave.



Hey Girls Party Surprise

Need a snack to munch on while you're watching Holly and Friends DVDs? Try a Party in a Bowl! Mix all of these ingredients together: Popcorn, Chocolate Candies, Raisins, Mini Pretzels and Chips. Put a couple handfuls of the finished mix into brown lunch bags for each girl and shake it up. And there you have it, a surprise in every bite!

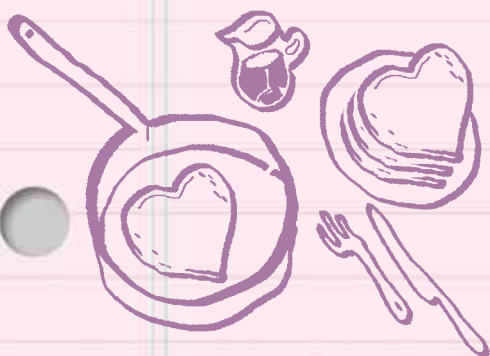
Which Hey Girl are you? It's in the Pancakes!

Each Hey Girl likes something different in her pancakes. Try them all! Have an adult mix up pancake batter. Then, add chosen ingredients to the batter before putting on the griddle.

Holly's Sunny Morning Pancakes - Holly berries (blueberries)

Carrie's Healthy Morning Pancakes - Diced apples and a pinch of cinnamon.

Amy's Chocolate Day Pancakes - Chocolate Chips



Fun Games & Crafts

Beauty Rest!

The Hey Girls love playing beauty shop. Holly does everyone's hair. Amy loves to pick out dress-up clothes, and Carrie does make-up (just play make-up, of course). Open up your own pretend beauty shop for a night!



Decorate Your Own Pillowcase!

Make memories of the super-fun sleepover! Have each girl bring a plain, white pillowcase. Then, with non-washable colored markers, each guest can decorate her pillowcase with drawings and messages from her friends. It's a great way to remember the party and have sweet dreams!

Create your own story! Telling a story is a great way to bond, show creativity, and have lots of giggles. Here are a couple ways to get started:

1. Sit in a circle. The first person starts the story. Then, going around the circle, each girl adds a sentence. With all that imagination, the story can go anywhere!
2. Write a story out ahead of time, leaving blank spaces for certain words. Have each girl offer a word and fill in the blanks without telling her what the story is about. After all the blanks are full, read the story aloud. See what you can create!



Dance, Dance, Dance!

What's the best way to get out all that energy before bedtime? Dance! Put some music on and just let go. The Hey Girls love making up silly moves and routines to their favorite songs. How about making up some cool dance steps to Holly's tune "Twinkle in Her Eye"!

Tips for Parents

Here are some suggestions for mom or dad to help make your super fun sleepover the best and safest possible!

1. Keep the party small, around 4-6 guests.
2. Have each guest bring her own sleeping bag and pillow, but make sure to have extras around in case someone forgets.
3. Have one designated sleeping area (ex, all girls sleep on the floor) to avoid petty arguments.
4. Do not allow games that are competitive or could lead to anxiousness, like Truth or Dare. The games should be fun, creative, and let the girls feel like they're bonding.
5. Make sure you have a list of all food allergies for each guest, as well as any medical problems.
6. All contact information should be exchanged between the host and guests' parents.
7. If brothers and sisters are around, plan separate activities for them so they don't feel left out or interrupt the party.
8. Plan ahead!







