



Cathy Cassidy's

Summer
Sleepover
Pack!

This pack is overflowing with ideas for **games, recipes, quizzes** and much, much more!

So grab your friends, hand out those invites and get planning a **Summer Sleepover**

to remember!

CCx



What To Do First



WRITE YOUR GUEST LIST

Make a list of who you want to invite to your sleepover. Check with your parents to make sure it's okay and that there are enough beds! Then download special **Summer Sleepover invitations** from the Cathy Cassidy website. Include all the info they need about where the party will be, what time it starts and ends, what to bring and any dress code you have planned!



PLAN YOUR SLEEPOVER CAREFULLY!

This pack is bursting with activities to help you, but you can also find loads of ideas on the internet or by asking your friends or family. For even more ideas take a look at the **Groovy** and **Friendship** pages on **www.cathycassidy.com** and don't forget to read the Dream Team's sleepover tips in this pack too!



WATCH A SPECIAL SLEEPOVER VIDEO FROM CATHY CASSIDY!

Cathy has filmed an unmissable video to help your **Summer Sleepover** start with a bang! Enter Cathy's world as she makes friendship bracelets and smoothies, and reveals secrets about her writing and *The Chocolate Box Girls* series. You can even read along to *Summer's Dream* with Cathy!

Be the first to watch this **EXCLUSIVE** video at **www.cathycassidy.com/sleepover** from **7pm** on **Friday 20 July!**

If your sleepover isn't on **20 July**, you will still be able to watch the video any time after that date – just log on to **www.cathycassidy.com/sleepover**



Log on to **www.cathycassidy.com/sleepover**
to watch Cathy Cassidy's sleepover video!



Sleepover Tips!

We asked **THE DREAM TEAM** for their top tips on having the best sleepover. And here's what they said!

★ Jane says:

1. I've played **TRUTH OR DARE**, or a version of it, at pretty much every sleepover I've ever been to. For me, it's a necessity. As long as you're comfortable with everyone there, and nobody does anything mean, it's great fun spilling your secrets to the girls and doing mad dares that everyone will remember.
2. It's fun to have a **THEME** for sleepovers as well; it sounds sort of kiddish but it's fun to do something. You could link in activities, movies, food, etc. to your theme. As the sleepover is celebrating *Summer's Dream* the theme could be ballet, or maybe just the season of summer and celebrating the summer holidays.
3. This is kind of a general thing, but I think creating a nice atmosphere for your sleepover is really lovely. You could do this by baking up a storm with Cathy's gorgeous recipes from the site or this pack, decorating your room and choosing the perfect movies, music and activities for your sleepover.

★ Zoe S says:

I would definitely recommend doing these three simple things:

1. Make sure you have plenty of nice food for midnight snacks.
2. Have a theme for your sleepover.
3. Take lots of photos - make the memories last forever.

★ Alice says:

1. Make **SURE** you have plenty of marshmallows, strawberry and chocolate in store!
2. Don't forget to give each other amazingly gorgeous makeovers, and then deliberate clown makeovers and then blindfold makeovers!
3. Make lots of funny videos!



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★ **Somerset says:**

1. Get everyone to bring something to contribute towards a theme, for example, if you are having a makeover theme, get people to bring make up, nail varnish and hair-styling things.
2. Buy ice cream, sauces and lots of different sweets and then everyone can create their own sundae!
3. If you're stuck for ideas of things to do, get everyone to write down one or two and draw them out of a hat.

★ **Amber says:**

1. Make sure everyone is having a good time – it's not just about you!
2. Stay up as late as possible (this one has tiring consequences – I know from personal experience)
3. Don't eat too many sweets. Seriously!

Now think of your top sleepover tips! This will help you to make your Summer Sleepover even better!

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Things to Make



FRIENDSHIP ITEMS

A fab way to start your sleepover is to each make something pretty that will remind you of the great fun you've had! You can choose whichever items you like but here are a few suggestions:

❁ Bracelets

Each of you can make your own bracelet from beads, thread, gems, anything! If you want to make bracelets that connect you then try to get some beads that have letters on them, and have your name on your bracelet or come up with a cool name for your friendship group!

❁ T-shirts

Get hold of some cheap plain T-shirts and get creative! Decorate with anything that is pretty and which shows that you are all the best of friends! Get some fab flowers, stars and hearts on there and lots of Cathy Cassidy colour!

❁ Picture Frames

The best thing about decorating frames is that you can fill it with a photo of all of you at your sleepover! Decorate with glitter, buttons, paint and lots of beautiful and colourful things!

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MAKE YOUR OWN FRIENDSHIP BRACELETS

Friendship bracelets are great fun to make, and even better to make with and for your best friend! Here are just two methods to try – you could even invent your own!

tip!

Watch Cathy making friendship bracelets like these in the sleepover video!

Method 1: The easiest way is by plaiting.

1. Choose 3 colours of thread that you like.
2. Take 2 strands of each colour.
3. Tie a knot in the end of the 6 strands and separate the different colours from each other.
4. Get your friend to hold the knotted end of the bracelet and start plaiting the 3 colours together.
5. Once the bracelet is long enough to go around your wrist, tie a knot in the other end.
6. Snip off any straggly ends and you're done!

Method 2: This is more difficult but you'll end up with a cool pattern.

1. Take 6 strands of thread – choose any colours you like.
2. Each strand represents a letter in the word **FRIEND**.
3. Tie a knot in the end of the 6 strands.

4. Arrange them in the order you like and ask your friend to hold the end.



5. Take the first string on the left **F** and wrap it over and around the next string **R** to make a knot. Pull up on **F** to tighten.



6. Make a second knot the same way with string **F** over and around string **R**. Pull up on **F** to tighten.



7. Drop string **R** and pick up string **I**. Make two knots with string **F** and around string **I**.



8. Repeat on strings **E**, **N** and the last string **D** making two knots on each with string **F**, now on the right. This makes a complete row.



9. Continue the next row by taking the first string on the left, now string **R**, and making two knots over and around the other strings.



10. With each row the string on the left is worked over the string on the right.

11. Once the bracelet is long enough to go around your wrist, tie a knot in the other end.

12. Snip off any straggly ends and you're done.

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Yummy Recipes

Fruit salad Pops (Makes 8)

Preparation time: 25mins

Ingredients:

- ★ 125g strawberries
- ★ 1 kiwi fruit, peeled and chopped finely
- ★ 2 small oranges, juiced
- ★ 2 ripe mangoes, peeled and mashed
- ★ 8 lolly sticks
- ★ Ice-block mould

Method:

1. Put strawberries, kiwi, orange juice and mango pulp into a large bowl and mix together.
2. Spoon the mixture into the ice-block mould and then pour the orange juice over the fruit.
3. Insert the lolly sticks into the centre of the fruit mixture and pop into the freezer to freeze for 4 – 5 hours.
4. Once solid, remove from the moulds and enjoy your delicious fruity treat!

tip!

If you make these at the start of the sleepover, they should be ready just in time for a midnight feast!



tip!

You can buy ready-squeezed bottles of lemon juice from most supermarkets. It is more fun to squeeze the lemons yourself, though!

Pretty-in-Pink Lemonade (Serves 12)

Preparation time: 10mins

Ingredients:

- ★ 200g sugar
- ★ ½ pint (240ml) water
- ★ ½ pint (240ml) lemon juice
- ★ ½ pint (240ml) cranberry juice
- ★ 8 lolly sticks
- ★ 2½ pints (1.2 litres) water

Method:

1. Combine 1 cup sugar and 1 cup water in saucepan. Bring to a boil and stir until the sugar has dissolved. Then let it cool.
2. In a jug, add the sugar water, lemon juice, cranberry juice and water. Finally, stir to combine all of the ingredients and serve over ice. Use some pretty mixers to decorate!

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Personal Pizzas

(Makes 4-5 small pizzas)

Preparation time: 40 – 50mins

Rising time: 1-2 hours

Ingredients:

For the base:

- ★ 500g strong white-bread flour
- ★ 1 tbsp olive oil
- ★ 350ml water (warm)
- ★ 1 tsp salt

Topping:

- ★ Jar of yummy tomato sauce
- ★ Cheese, pineapple, pepper, tomatoes, mushrooms, ham, pepperoni, anything else you want!

Method:

1. First you will need to dissolve the yeast in your warm water and leave to bubble. Then put your flour and salt in a separate bowl and make a well in the middle.
2. Once this is done, pour in the oil and yeast/water mixture and knead well for ten minutes. Put some cling film over your bowl and leave the dough to rise for an hour or two in a warm place like your airing cupboard. Watch it grow!
3. Preheat the oven to fan 200°C/ conventional 220°C/gas 7. Once this is done take your dough out and roll in to circles to make your bases and put onto baking trays (line with baking paper if needed).
4. Once the dough is on the sheets, spread a layer of tomato sauce over, then sprinkle with grated cheese and add the toppings of your choice. Bake for 15 minutes.
5. Wait to cool a bit and then enjoy your own personal pizza!



tip!

You can also now buy pre-made pizza bases from most supermarkets if you want a shortcut!

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Super Summer Strawberry, Banana and Yoghurt Muffins

(Makes 12)



Preparation time: 20mins

Cooking time: 25 mins

Ingredients:

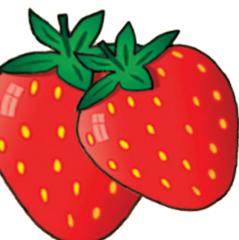
- ★ 250g self-raising flour
- ★ 150g brown sugar
- ★ 250g strawberries, chopped
- ★ 1 ripe banana, mashed
- ★ 100g butter, melted and cooled
- ★ 2 eggs
- ★ 120ml milk
- ★ 120ml natural yoghurt

Plus:

- ★ 2 x 6-hole muffin tins
- ★ 12 x muffin cases

Method:

1. Preheat the oven to fan 160°C/conventional 180°C/gas 4 and put paper cases in your muffin tins.
2. Sift the flour into a large bowl and then add the sugar and chopped strawberries.
3. In another bowl, put in the banana, melted butter, eggs, milk and yoghurt and whisk.
4. Using a big metal spoon, stir the banana mixture into the flour mixture. When the ingredients are combined, spoon the mixture into the muffin tin. Bake for 25 minutes or until golden on top, and leave to cool.
5. Finish by munching on these delicious treats!



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tip!

Make some pretty decorations for your straws to brighten up yummy smoothies.



Fruit Smoothies

For all of these smoothie recipes simply use the same method below:

Strawberry Sunrise

(makes 2)

Ingredients:

- ★ A handful of ripe strawberries
- ★ 1 banana, peeled and sliced
- ★ 1 tbsp honey
- ★ 150ml natural yoghurt
- ★ 100ml apple juice

Banana Bliss

(makes 2)

Ingredients:

- ★ 2 bananas
- ★ 120ml orange juice
- ★ 120ml vanilla yoghurt
- ★ 50ml pineapple juice
- ★ 2 pieces of ice

Groovy Green Grape

(makes 2)

Ingredients:

- ★ 1 banana, sliced
- ★ 150g (5 oz) green grapes
- ★ 1 (200g) tub vanilla yoghurt
- ★ ½ apple, cored and chopped
- ★ 50g (2 oz) fresh spinach

Method:

1. Place all the ingredients in a blender or food processor.
2. Blend for 30 seconds to a smooth, thick drink.
3. Pour into a tall glass, and add ice and fruit to serve.



Yum!!



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Pretty Mixers

Make some pretty decorations to go on your straws and use them in your home-made smoothies and drinks!



Get some coloured paper and cut out different shapes such as butterflies, love hearts and stars. Once you have cut them out use lots of pretty decorations, colour and glitter to make them look extra beautiful!

To add the decorations to your straw, either glue two together with a gap in the middle and then slip your straw through or glue single decorations straight on to one side of the straw!



Popcorn Necklaces

Now that you've decorated your drinks and smoothies, it's time to decorate yourself!

Preparation time: 15mins

Ingredients:

- ★ 75g popcorn kernels
- ★ 2 tbsp sunflower oil
- ★ 25g butter
- ★ Pinch of sugar or salt
- ★ Piece of thread
- ★ Needles

Method:

1. Getting an adult to help you (oil is very dangerous when hot!) heat the oil in a large saucepan and sprinkle in the popcorn. Give the pan a swirl to coat the popcorn evenly in oil.
2. Cover with a tight-fitting lid and turn the



heat down to low. Listen for popping noises and as soon as the popping quiets down, take it off the heat.

3. Tip the popcorn out of the saucepan and toss with 25g butter and some sugar or salt – depending on what you prefer!
4. When the popcorn is cool, use a threaded needle to push through the popcorn onto your thread. If you want to use some other bits of food jewellery, thread on some macaroni or dried fruit.
5. Leave the ends of the thread free so that you can tie up your necklace.
6. Once finished relax with your fab necklace and take a nibble when you feel a bit peckish!



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Things to Do



MAKEOVERS

Have a beauty pageant and do each other's hair, nails and make-up. Then pick a stand-out outfit and parade your new look down a beauty catwalk! Why not dress up as your fave *Chocolate Box Girl*? Here are some descriptions to help you:

- ❁ **Cherry** Dark almond eyes, skin the colour of milky coffee, wild imagination, feisty, fun.
- ❁ **Skye** Wavy blonde hair, blue eyes, smiley, individual, kind.
- ❁ **Summer** Slim, graceful, pretty, loves to dance, determined, a girl with big dreams.
- ❁ **Coco** Blue eyes, fair hair, freckles, a tomboy who loves animals and wants to change the world.
- ❁ **Honey** Willowy, blonde, beautiful, arty and out of control, a rebel.

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THE BIN-BAG & TIN-FOIL FASHION SHOW!

If you want to do something a bit different, why not try using funny types of clothing for your fashion show? Here's just one idea:

To prepare for this unusual fashion show start by getting into pairs and getting lots of foil or bin bags in a pile. Set a timer for 20 minutes – this is how long you will have to use the foil or bin bags to make beautiful dresses! You can fashion flowers, belts and bracelets to decorate – get creative! Afterwards, get someone to parade down a home-made catwalk and get someone else to judge the best!

FACE MASKS

To help with your beauty pageant, you could even make your own nature-friendly face masks with these fruity recipes.

Allergy advice: If you are – or think you might be – allergic to anything in either of these face mask recipes or have sensitive skin, do not use.

Banana-avocado Mask

(for 2 people)

Ingredients:

- ★ 1 over ripe banana
- ★ 1 over ripe avocado
- ★ 4 tbsp unflavoured full-fat yoghurt
- ★ 2 tsp olive oil

Method:

Mash banana and avocado together with the back of a fork and then combine with the other ingredients and mix well. Apply all over your face and neck until you look extremely scary. Leave on for 20 to 30 minutes and then rinse with warm water.

Tomato-lemon Mask

(for 2 people)

Ingredients:

- ★ 2 over ripe tomatoes
- ★ 2 tsp lemon juice
- ★ 2 tsp instant oatmeal

Method:

Put all the ingredients into a blender (get a parent to help here!) and puree until smooth. Apply to face and let it soak in for 20 minutes. Rinse with warm water. For extra relaxation, add cucumber slices over each eye!



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Take a Friendship Quiz!



A QUIZ FOR 3 –10 PLAYERS

Make a quiz about each other and then test your knowledge to see who knows the most about who!

Start by each writing down 5 questions and answers about yourselves on 5 pieces of paper. Use questions that you think only your true friends would know such as, 'What is your favourite colour?', 'What is your favourite Cathy Cassidy book?' or 'What are you most scared of?'

Once you have written your questions and answers down, put them all into a pot and take it in turns to pick one out and quiz each other! If you pick out any of your own cards, just add them back in and choose another.

The big question is: who knows who the best?

tip!

Don't make the questions too hard!
'What did I have for dinner last night?' might be a bit tricky if no one else was there!



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Cathy Cassidy's

Character Cards

Which of you is the biggest Cathy Cassidy fan? Make character cards for your fave CC characters to find out! First, draw your favourite character and then add all the details you can think of. Start with easy things like hair and eye colour, then move on to harder things like clothes, family and friend names and so on until you run out of ideas.

HOW DID YOU DO?

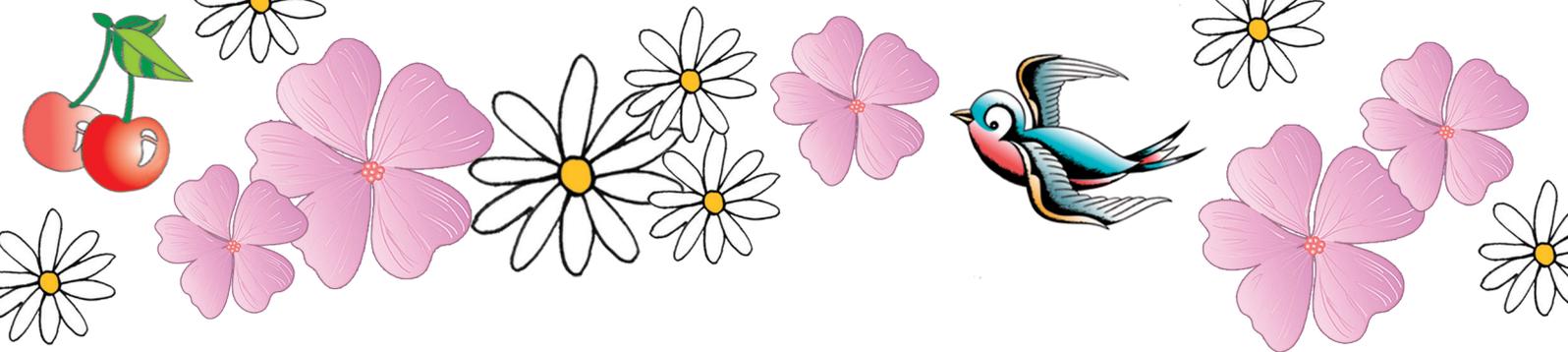
Why not put all your character cards into a display or scrapbook? You could even email your pics in to the Cathy Cassidy website using the 'send us your stuff' link in the 'You' section of www.cathycassidy.com. They might even get displayed on the pinboard or the Superfan Secret page!

Here are a few examples as a start:



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Other Games to Try!



TALENT-SHOW GAME

This game will get you in fits of giggles as you all show off your best talent! Start by each choosing something to perform. It could be anything you want, from a song or dance to an impression or story! In turn, perform your acts to the rest of your party and all vote for a winner! If you want to remember how fantastic you all were, get your hands on a camcorder and film your performances like a real TV talent show!



PASS THE PILLOW

This game is similar to pass the parcel, but instead of a parcel you use a pillow! In the dark pass a pillow round the circle and when the light is turned on whoever is holding the pillow is given a task, i.e. run round the circle three times pretending to be a donkey. The last person to be given a task is the winner!



SLEEPING BEAUTY

Choose someone to be Sleeping Beauty and get them to lie in the middle of the room. Everyone has a minute to try to wake her by making her laugh. You can't touch her but you are allowed to tell funny stories, do impressions, etc. If she doesn't wake, then she is the winner!



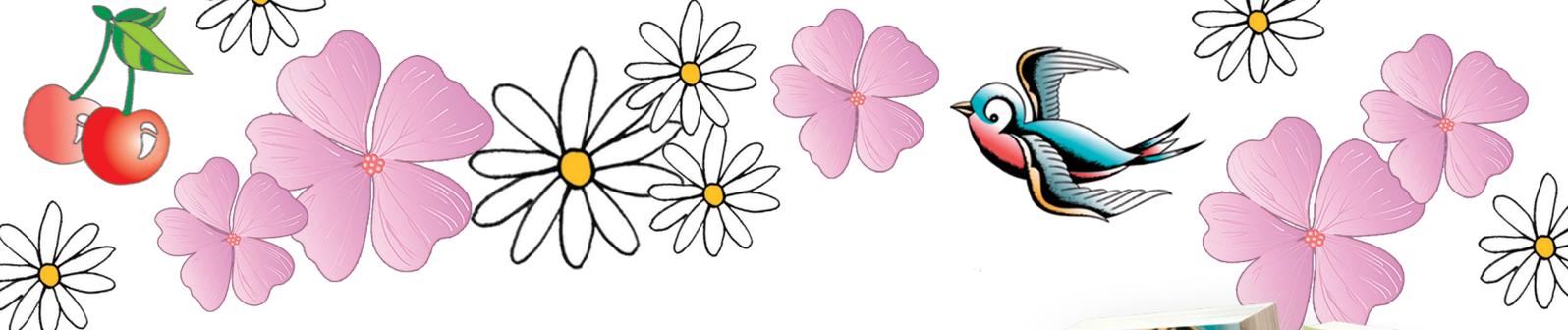
CRAZY COURSES

For this game everybody will have to work together to make an obstacle course with items from around the house and in the garden. When you feel that your course is difficult and silly enough split yourselves into teams to see who can complete the course in the fastest time! Add extra levels of difficulty by tying together hands and feet or by using a blindfold. Be careful not to hurt yourself!



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♥ CATHY'S CHARACTER CHARADES

This game is a Cathy Cassidy twist on the classic game of charades! You must choose something by Cathy to act out, such as a book or character.

Write down lots of different ideas on small pieces of paper, put them in a hat then pick them out one at a time. To make this extra tricky try setting a time limit on how long you have to guess correctly!

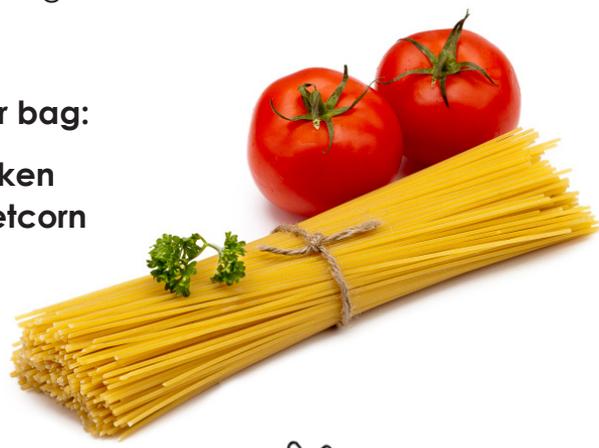


♥ READY, STEADY, COOK!

Start by splitting into two teams. One at a time, without looking, put your hand into a bag of ingredients and pick in turn. Each team will end up with five ingredients with which they have to make something delicious in 30 minutes. Get someone to decide the overall best dish.

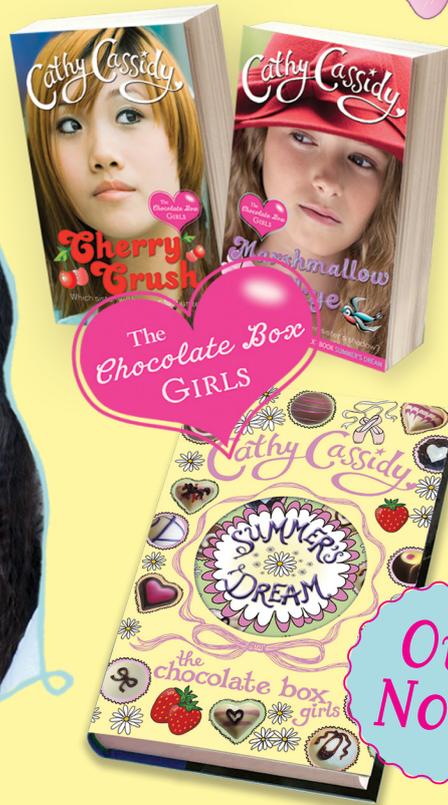
Here are a few ingredient ideas to include in your bag:

- Rice
- Pasta
- Potatoes
- Cheese
- Tomatoes
- Broccoli
- Chicken
- Sweetcorn
- Ham



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Out Now!

We hope you have enjoyed using
the Summer Sleepover Pack!

Don't forget to send in pics of your
Summer Sleepover through the 'YOU'
section of the Cathy Cassidy website and log
on to www.cathycassidy.com/sleepover to
watch the sleepover video!



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