

# Captain Kit

World's  
Largest

slumber  
party



# The World's Largest Slumber Party Captain Kit

## Details

What, When, Who, Where, Why

## Captain's Toolkit

Movie Marathon

Party Playlist

Craft Supplies

## DIY Projects

Customized Sweats

Cardboard Frames

Tie Blankets

Jewelry

## Spa Treatments

Manicures and Pedicures

Facials

## Sleepover Snacks

Sleepover Snacks Grocery List

Snickers Salad

Peanut Butter Smoothie

[www.girlswithdreams.com](http://www.girlswithdreams.com)

Table of Contents

# Details

**G**irls With Dreams hosts a virtual event where teens can meet online and have their own fabulous slumber party. Just grab your girlfriends and your computer! We have lots of fun things planned to keep the party going! Slumber Party Headquarters in St. Louis, MO will be live-streaming the event so you can join us from the comfort of your own party.

Most importantly, we're collecting NEW pajamas and books for the **Pajama Program**. Thousands of children need NEW pajamas of all sizes and books. You can make a money donation to the program right here.

Join our special Facebook group if you'd like to be a Slumber Party Captain and have your own party. Captains will be eligible for great prizes, and participants in the **World's Largest Slumber Party** will be eligible to win a Teen Room Makeover!

Check out [www.pajamaprogram.org](http://www.pajamaprogram.org) for more information or donate cash in place of pajamas at [www.firstgiving.com/girlswithdreamspajamas](http://www.firstgiving.com/girlswithdreamspajamas).

**The party begins at 8 p.m. CST on Saturday November 14, 2009.**

[www.girlswithdreams.com](http://www.girlswithdreams.com)

# Captain's Toolkit

## Party Playlist

### Girls Just Want to Have Fun

Cyndi Lauper

### Party in the U.S.A

Miley Cyrus

### Just Dance

Lady Gaga

### I Gotta Feeling

Black Eyed Peas

### You Belong with Me

Taylor Swift

### We're Young and Beautiful

Carrie Underwood

### Just Stand Up

Various Artists

### Superwoman

Alicia Keys

### Halo

Beyoncé

### Hate on Me

Glee Cast

### Taking Chances

Céline Dion

### Mercy

Duffy

### Sweet Escape

Gwen Stefani

### Love is a Battlefield

Pat Benatar

### Hips Don't Lie

Shakira

### We Got the Beat

The Go-Go's

## Movie Marathon

Mean Girls

13 Going on 30

Hairspray

Sisterhood of the Traveling Pants

Sisterhood of the Traveling Pants 2

Princess Diaries

Legally Blonde

Freaky Friday

The Parent Trap

Twilight

Center Stage

Stick It!

10 Things I Hate About You

Penelope

Sixteen Candles

Pretty in Pink

Breakfast Club

The Notebook

She's the Man

What a Girl Wants

A Cinderella Story

Sleepover

Mama Mia

Bend it Like Beckham

Clueless

Never Been Kissed

High School Musical

Charlie's Angels

Charlie's Angels: Full Throttle

Ever After

Saved!

Little Miss Sunshine

## Craft Supplies

Puffy Paint

Glitter Paint

Felt

Fabric Scraps

Fabric Scissors

Scissors

Decoupage

Magazines

Photos

Hot Glue Gun

Cardboard

Embellishments

Beads

Old Jewelry

Elastic String

T-Shirts

Sweats

Sewing Needles

Thread

[www.girlswithdreams.com](http://www.girlswithdreams.com)

# DIY Projects

## Arts and Crafts

Crafts help to keep the party going by giving the group something to focus on. Plunging into a project is a great way to keep the energy high after a movie marathon.

### Jewelry

Beads

Old Jewelry (recycle the beads of pieces you no longer wear)

Elastic String

Arrange the beads in a pattern you like. Run the string through each bead in the pattern you've picked. Fasten the piece by tying the string in a double-knot.

### Tie Blanket

Fabric scissors

4 yards of felt (2 of a solid color, 2 of a pattern)

Arrange the solid and the pattern on top of each other. Cut squares in the corners (see diagram). Look at the picture. Cut slits into the blanket like the picture shows. Then tie the bottom strip with the top one. Do that all the way around the blanket.

### Cardboard Frame

cardboard box (thick cardboard works best, but any will do)

Scraps of Fabric (even old t-shirts work well)

Magazine Clippings, Embellishments and Puffy Paint

Hot Glue Gun and Decoupage Glue

Scissors

Cut two of the same shape out of cardboard, one for the back of the frame and one for the front. Cut a window out of the front for your picture. Decorate the front with whatever you like. Tape photo to the inside of the frame (facing out) and glue the back of the frame to the front of the frame.

### Customized Sweats

Sweats (old or new)

Fabric scissors

Fabric paint (puffy, glitter, etc.)

Embellishments

Beads

Needle and Thread

Use scissors to alter the sweats however you like. Decorate sweats with beading and paint. For example, commemorate your event with a "Slumber Party 2009" theme.



# Spa Treatments

## Manicure Materials

Nail Polish Remover

Small Bowl (for two sets of fingertips)

Large Bowl (big enough for two feet)

Manicure Soak (see recipe)

Body Scrub (see recipe)

Hand Towel

Nail Clippers

Nail File and Buffer (some wands have both)

Cuticle Stick (popsicle sticks also work well)

Base Coat and Top Coat

Nail Polish

Lotion

1. Remove nail polish with nail polish remover.
2. Mix Manicure Soak recipe with 1 gallon of

warm water. For a manicure, divide the soak into separate bowls. For a pedicure, repeat this recipe for as many bowls as you need.

3. Soak for about 10 minutes.

4. Remove one foot at a time and rub with Body Scrub.

5. Rinse in the bowl and pat dry with towel. For a special touch, place the towel in the microwave for 20 minutes to warm it.

6. Gently push back your cuticles with the cuticle stick.

7. Clip your nails then file them to shape.

8. Apply base coat and then nail color.

9. After applying second coat of nail color, apply top coat.

10. Allow nails to dry and massage your hand and cuticles with lotion.

### Body Scrub

2 tbsp brown sugar

2 tbsp ground oats

2 tbsp aloe vera gel

1 tbsp honey

1 tsp freshly squeezed lemon juice

1 tsp almond oil (Olive oil is a great substitute).

Grind oatmeal using a coffee grinder or food processor until it feels like sand. Mix ingredients until they make a paste.

### Manicure Soak

1 cup lemon juice

3 tbsp olive oil

1/4 cup milk

Mix together then add to 1 gallon of water and soak feet. Add marbles to the bottom of the bowl to massage your feet.

# Spa Treatments

## Fun Facials

### Carrot Mask

For most skin types. Cook two carrots until they're soft enough to mash with a fork. Spread evenly over face and allow to dry and rinse.

### Cucumber Mask

For most skin types. A small amount of mashed cucumber applied over the face will hydrate and refresh. Place sliced cucumbers on eyes for soothing eye treatment and leave mask on face for 20 minutes and rinse.

### Oatmeal Mask

For oily skin. Mix a couple tablespoons of cooked oatmeal with water, lemon, or milk to form a thick paste. Allow to harden and rinse.

### Avocado Mask

For normal to dry skin types. Apply about a quarter cup of mashed avocado to the face for 15-20 minutes. Gently wipe away larger chunks and rinse.

### Egg Mask

For dry skin. A beaten egg or egg yolk hydrates dry skin. Apply and leave on for 15 minutes or until dried and rinse.

### Green Tea Mask

For sensitive skin. Steep 2-4 green tea bags in a small amount of water and saturate a cloth with the solution. Drape cloth over face 15-20 minutes and rinse if desired.

- Facial recipes courtesy of [skincare.lovetoknow.com](http://skincare.lovetoknow.com)

### Sugar Scrub

- 1/2 cup granulated sugar
- 1/2 cup firmly packed dark brown sugar
- 1/2 cup sweet almond oil
- 2 tsp pure vanilla extract
- 1 tbsp ground oatmeal
- 1 tsp nutmeg

Combine all ingredients. Scrub face with mix for 2-3 minutes. Rinse and pat dry.

### Chocolate Mask

- 1 tbsp cocoa powder
- 1 tbsp heavy cream
- 1 tsp cottage cheese
- 4 tsp honey
- 1 tsp oatmeal

Mix all ingredients in blender. Smooth onto face. Let sit 10 minutes and rinse with warm water.

### Refreshing Cleanser

- 1/2 tbsp dried thyme
- 2 tsp crushed fennel seeds
- 1/2 cup boiling water
- 1/2 lemon, juiced

Mix thyme and fennel seeds. Cover with boiling water. Add lemon juice and let steep 15 minutes. Dab onto face with a cotton ball. Rinse.

# Sleepover Snacks

## Grocery List

Apples  
Grapes  
Bananas  
Celery  
Carrots  
Salsa  
Tortilla Chips  
Canned Black Beans  
Cheese  
Crackers  
Cream Cheese  
Peanut Butter  
Mini Snickers  
Whipped Cream  
Milk

## Serving Suggestions

- Slice apples and dip in peanut butter.
- Spread cream cheese on celery.
- Mix cream cheese with salsa to make a creamy dip.
- Sprinkle cheese over tortilla chips and black beans. Microwave to make nachos.
- Dip grapes in whipped cream.
- Freeze grapes and serve chilled.
- Spread peanut butter on banana.
- Place sliced turkey and cheese on crackers.

### **Snickers Salad**

- 1 bag of mini Snickers (I also add 1 bag of mini Reeses)
- 2 apples
- 1 tub of whipped cream

*Cut apples into little chunks. If eating the following day, soak the chunks in a bowl of salt water so they don't brown. Drain the apples after soaking them. Slice the Snickers (and Reeses) into 6 pieces. Mix everything you've sliced in a bowl with the whipped cream.*

### **Peanut Butter Banana Smoothie**

- 1 frozen banana
- 1 cup of milk
- 3 tbsp peanut butter

*Freeze bananas by unpeeling them, breaking them into chunks, and placing them in a freezer-safe container. Fill blender with milk (use chocolate if you prefer), peanut butter and banana chunks.*

# Snack Recipes