



In the Dark

At some point during your sleepover, the lights will probably get turned off. (It's nighttime, after all.) But just because the room is dark doesn't mean you and your guests will be ready to sleep. If you're like most girls, you will want to keep the party going long after the lights go out!

Luckily, this is easy to do. You can have just as much fun in the dark as you can in the light. In fact, some of the very best sleepover activities, like telling scary stories, absolutely *must* be done in the dark. A sleepover can't be truly fabulous without a few of these classic no-lights activities!

This chapter is full of ideas for things to do in the dark. Some of these games and activities have been around forever. Others might be new to you. Read through the ideas and pick the ones that sound

interesting to you, then get ready to crank up the fun factor. Who cares about sleeping? Let's party!

AFTER-DARK ADVICE

All of the tips from the Great Games chapter (see page 31) apply to after-dark games and activities. But there are some additional things you should consider.

- Be extra careful.** If you're going to be doing anything active in the dark, you need to be way more careful than usual. Move absolutely *everything* that could hurt you or your friends. (Coffee tables, for example, can bruise shins. Throw rugs can bunch up and trip people.) Do whatever you can to make sure no one gets hurt and nothing gets broken.
- Be considerate.** Your parents and other non-partying members of the household may go to bed long before you and your friends are ready to hit the sack. If other people are sleeping, you should play only *quiet* after-dark games. Swapping secrets and telling stories are okay, but rowdy activities like Flashlight Finder (page 85) and Shadow Theater (page 86) probably are not.
- Pick your activities carefully.** Some girls love to do scary things like telling "true" ghost stories—the creepier, the better. But spooky stuff scares the daylights out of other girls!

Also, some girls (or their parents) might object to these activities because of their religious beliefs. As the hostess, it is up to you to know your guests' preferences and to make sure no one is uncomfortable.

- ☐ **Honor your word.** You and your parents may have agreed on a firm go-to-sleep time when you laid out the ground rules for your sleepover. If so, stick to it! If you want to do in-the-dark activities, turn out the lights well before you are supposed to settle down for the night.

That's all there is to know. It's time to turn off the lights, break out the flashlights, and celebrate the night in super sleepover style!

A LITTLE ATMOSPHERE

Sitting around in the pitch dark isn't really that much fun. What you want is *atmosphere*. Try these suggestions to create different kinds of dim—but fun!—lighting.

- ☐ **Holiday lights**—Hang strings of multicolored holiday sparkle lights around your party room. Turn them on when the overhead lights go off.
- ☐ **Colored bulbs**—Replace each lamp's white bulb with a colored bulb. (Ask an adult to do this. The white bulbs will be HOT when the lamps are first turned off.)

- ☐ **Flashlight fire**—Turn on a bunch of flashlights. Pile them in the middle of the room like logs on a campfire.
- ☐ **Starry sky**—Poke holes in a piece of black construction paper, then tape the paper over a flashlight's lighted end. Shine the flashlight upward to create a ceiling of stars!

FLASHLIGHT FINDER

Flashlight Finder is a great in-the-dark version of the game Tag. Here's how it works.

Choose one girl to be "It." That girl sets a turned-off flashlight on the floor in the very middle of the room. The lights are then shut off. (The room should be as dark as you can possibly make it. Close the curtains and stuff towels under the doors to stop any light from entering.)

Once the lights are off, all the girls who aren't "It" scatter to different parts of the room. "It" stays in the middle, a couple of steps away from the flashlight. Her job is to prevent the flashlight from being turned on. Everyone else's job is just the opposite! Girls should try to creep up to the flashlight and turn it on. If "It" tags a creeping girl, that girl is the new "It." But if a girl reaches the flashlight and turns it on without being tagged, then the current "It" must guard the flashlight for another round.

Here's the catch. "It" may not look for hidden

girls. She can only tag them if she hears them heading for the flashlight. So quietness is the key to winning this game!

SHADOW THEATER

If even a few of your friends enjoy acting, then everyone is sure to love this activity. Budding actresses can provide the entertainment. Those who aren't wild about acting get to be the audience, which is just as much fun!

To set up your shadow theater, hang a white sheet across one corner of your party room. (You will probably need to ask an adult to help you.) Leave plenty of space behind the curtain so the actresses will have room to work.

Next, gather a bunch of props—the more, the better. Big stuff like brooms, pans, hockey sticks, and floppy hats work really well for shadow theater. Put all the props behind the sheet where the actresses can get at them easily.

Finally, turn on a few flashlights and put them behind the sheet. Set them near the wall with their beams pointing upward and toward the sheet. There should be a gap between the flashlights and the sheet. That's where the actresses will stand.

That's all you need to do to get ready. To start the main event, turn out the overhead lights and lamps. Send the actresses behind the sheet and tell them to

make up the goofiest play they can think of, using lots of props. Spectators will see the scene projected as shadows onto the white sheet. For best results, the actresses should experiment with shadow "special effects" like hiding their arms in their shirts or "sawing" one another in half. From the other side of the sheet, these simple actions look hilarious!

STRIKE A POSE

This activity is simple, but very funny. Choose one girl to be the "poser." Turn off all the lights and give the poser a few seconds to strike a funny pose. Then turn on the flashlight and see what she's doing.

Do this over and over, turning the flashlight off and on and off and on. Each time the flashlight comes on, the poser will be doing a new silly thing that is sure to make everyone laugh! When the poser runs out of ideas, let someone else take a turn.

GUESS WHAT I'M DOING

Turn off all the lights, then have one girl do something that makes noise. It could be something easy, like snapping her fingers or opening and closing a zipper. Or it could be something harder, like brushing her hair or rubbing her hand against the carpet. Anything goes as long as it can be heard.

Now everyone else takes turns guessing what the girl is doing. The first person to guess correctly wins

the round. For the next round, it's the winning girl's turn to be the noisemaker.

DRAWING IN THE DARK

Get a bunch of small slips of paper. On each slip, write something that is easy to draw, then drop all the slips into a box.

Here are some things you could put on the slips:

- dog
- car
- TV set
- monkey
- hot-air balloon
- padlock
- house
- bicycle
- hot dog
- man
- skateboard
- beach ball
- woman
- ice cream cone
- umbrella
- baby
- guitar
- sunglasses

Next, get a big pad of paper and some crayons or markers. Give them to one girl. Have her choose a slip from the box and read it to herself. Then turn out the lights while she tries to draw whatever it said on the paper. When she is done, turn the lights back on and see how she did. Can you guess what the picture is supposed to be?

Make sure each girl gets several chances to draw. It's fun!

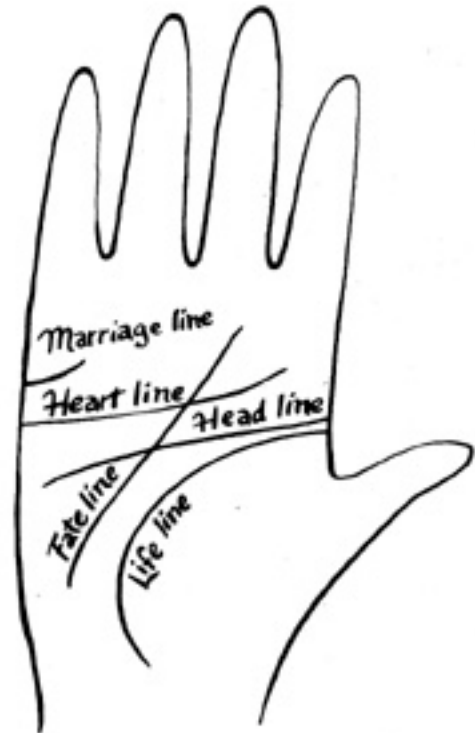
PALM READING BY FLASHLIGHT

Try a little palm reading! Look at the picture to see the names of some of the lines that appear on most people's palms. Read what each line means.

Then take turns examining one another's palms (use the palm of the person's dominant hand) and making "predictions" about the future.

Remember, this is just for fun. Don't take it too seriously.

All lines should be clean, deep, and unbroken. If a line doesn't fit this description, then you may have a problem in the area indicated by that line. Especially strong lines, on the other hand, show your areas of strength.



- Head line**—Reflects your mental abilities. An abnormal head line means stress or other mental problems.
- Heart line**—Reflects the strength of your heart, both physically and emotionally. An abnormal heart line means difficulties in these areas.
- Life line**—Reflects your zest for life. An abnormal life line means that your zest is low.
- Fate line**—The stronger the fate line, the stronger your belief in fate, and the more things fate has in store for you!
- Marriage line(s)**—Shows a very strong emotional bond to another person. (This bond is not necessarily a marriage, though.) Most people have one to three marriage lines.

SCARY STORIES

Can you imagine telling spooky tales in full daylight? You could do it, but it would be awfully hard to give your friends the creeps—and that's what telling scary stories is all about. Goosebumps, jitters, and shivers up the spine go hand in hand with darkness, so turn off the lights and get ready to get scared!

Let all your guests take turns telling their freakiest stories about ghosts, aliens, monsters, vampires, and other scary stuff. For a spooky effect, the storyteller could hold a flashlight under her chin with the beam

pointing upward. The beam highlights some areas of the face and drops others into deep shadow. The result is both strange and scary! Try this while looking in a mirror if you want to see what you look like.

You could also try sitting in front of a dark picture window while you spin your spooky tales. This is creepier than you think. You never know what might come shuffling out of the darkness and . . . AAAAARRRRGGGGHHHH !!!

DO-IT-YOURSELF SCARY STUFF

If regular scary stories get boring, you could try making them up as you go along. Have one girl start the story by making up a few sentences. She should stop at an exciting point. Then the next girl continues the story.

Here's an example of how it might work.

Girl 1: I was at my friend Ashley's house one evening doing homework. I was supposed to leave while it was still light, but we ran late. So I ended up walking home in the dark. I was passing a bush when all of a sudden . . .

Girl 2: A giant monster leaped out right in front of me! It had pointy teeth that were dripping spit. "I'm going to eat you," it growled. It opened its mouth wide and leaned toward me. Then . . .

You get the idea. Take turns until your story is complete. You never know how it will turn out until it's done!