



## How to...

### DID YOU KNOW?

Elephants typically need about two hours of sleep a night, the least of any mammal.



# Host a cozy sleepover

With a little planning, you can get ready for a night of fun with friends.

With the weather getting chillier, it's a perfect time of year to invite friends over for some indoor fun with a sleepover. A bonus: If your family decorates your home for the holidays, it can be a special time to host friends for the night. Here's what you need to know to get started.

### Plan it out

The holiday season can be busy for families, so talk to yours about an ideal night to have friends sleep over. If a weekend won't work, you could consider having a sleepover during your school's holiday break. Ask how many guests you're allowed to have, then reach out to friends to see who is available. If some can't sleep over, ask if they'd like to stay for the earlier part of the night. With an adult's help, decide on a start time, what friends should bring (like sleeping bags and pillows), and what time their families can pick them up in the morning.

### Set the scene

Decide where you and your friends will hang out for the night and where you'll go to sleep. If you have the option, it can be extra special to sleep in a room with holiday lights twinkling late into the night. Or you could put out your own creative holiday or winter touches to help transform your sleepover space into a

winter wonderland. For example, you could hang handmade snowflakes from the ceiling and drape paper garlands in holiday colors. You could also add flickering light with battery-operated flameless candles set out on tabletops.

### Have holiday fun

If you like, you can brainstorm a theme for your winter sleepover. You could ask everyone to come dressed in their most festive pajamas, then snuggle up with blankets for a holiday movie night. Serve popcorn with holiday sprinkles mixed in, and sip on hot cocoa. Or ask an adult family member to guide you on a neighborhood walk with your group to check out the decorations. You could also consider playing a game, like winter charades, or have an indoor snowball fight with white pom-poms.

### Make breakfast a blast

Plan to serve your guests breakfast before they head home. You can jazz up traditional pancakes with a festive touch: Pour batter into greased cookie cutters shaped like snowflakes or ornaments. Or you can arrange three circle pancakes together to create snowmen and put out decorative toppings, like powdered sugar and colorful berries. If you have leftover pizza from the night before, serve it hot or cold as another option for breakfast!



Create great memories.

## 4 tips for sleeping away from home

If you're heading to a sleepover yourself, here's how to feel confident about staying over.

### Start slowly

If you haven't stayed away from home before, consider a sleepover at a family member's house where you already feel comfortable.



### Take comfort items

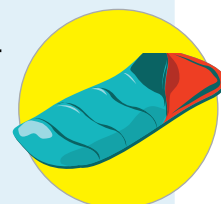
When you're packing up to go, include an item

that will help you feel more at home. It could be your favorite pillow, a special blanket, a stuffed animal, or a book.



### Get settled

Check out your surroundings soon after you arrive. For example, ask where you'll be sleeping and put your stuff there. Check where the closest bathroom is, too, in case you need it during the night.



### Ask for help

If you feel homesick, be sure to tell your friend or a trusted adult in



the home how you feel. Missing home and your family are totally normal. Telling someone, or making a quick call home, might help those feelings pass more quickly.