



Pajama Party

Event Planning Kit

The easy kit to help you plan an awesome event for every Girl Scout in your community.

Pajama Party Time!

Your memories of childhood pajama parties are likely filled with giggles, whispered promises of friendship, and so much fun you begged to stay just a little longer when your parents came to pick you up. What you might not realize is that those experiences helped shape you into the resilient, confident, and generous woman you are today—and they can do the same for your Girl Scouts, too.

This event kit is designed with you in mind. We've included activities, recipes, tips, tricks, and much more to guarantee an epic Pajama Party! We've done all the work for you, so you just have to adjust to your liking and set a date!

Let's get started...



Pajama Party Basics

Who doesn't love staying up late, doing silly things, telling stories, and eating junk food? Let's start with your Pajama Party basics...

Who?

Who will be invited to the event—older girls, younger girls, mixed age groups? Be sure to send out invites and post on social media for the best outcome!

When?

Be sure to pick a time and day that works best for everyone. Keep in mind this event should be adjusted to work for your troop. Will this be a day event with drop off and pick up? Or will this event be a true sleepover that requires additional overnight planning?

Where?

Where will you host the event: your meeting place, your local church, an aquarium? They are so many options. Just remember to submit a TANP should the event take place away from your troop meeting place.

What?

What supplies will you need and what activities will take place? Be sure to check out our tips and activities provided in this guide!

How?

How will you keep this girl-led? Will you ask girls what activities they are interested in beforehand? Will you ask girls to come in rainbow pajamas? Will adults be invited? Will you customize this event to the time of year? The possibilities are endless!

Pajama Party Resources:

Earn a Fun Patch:

Grab one of these patches so your scouts can remember this epic party! All patches can be purchased online at <https://www.girlscouts.org/> or by calling your local GSHH shop.



Use Local Resources:

There are so many local resources at your disposal! Use them wisely. The following is a list of establishments that host overnight sleepovers:



Mystic Seaport Museum: Mystic, CT

Maritime Aquarium: Norwalk, CT

Rocking Horse Ranch: Highland, NY

Cradle of Aviation: Garden City, NY

American Museum of Natural History: New York, NY

*Note: All of the above establishments require a Trip Activity Notification Packet submitted to your Service Unit Manager and Council for trip approval.



Pajama Party Shopping List

To make it easy for you, we've put together a shopping list of everything you will need to host your first pajama party. There are many stores with affordable pajama party supplies, so fill your basket, and soon enough you'll have everything you need. Consider it a pajama party delivered to you! Please keep in mind this shopping list is optional, and meant to provide inspiration.

Food/Dinner:

Pizza
Sandwiches
Tacos
Potluck Dinner

Snacks/Drinks:

Popcorn
Chips
Ice Cream
Cupcakes
Water
Juice

Decorations:

Tablecloths
Balloons
Banners
Pillows
Blankets
Cups
Plates
Utensils

Activity Supplies:

Board Games
Counters (BINGO)
Markers
Crayons
Colored Pencils
Scissors
Glue

Miscellaneous:

GS Patches
Swaps
Garage Bags

Pro Tip: Assign each troop/family to bring a snack and drink to contribute

Pajama Party Themes

Color Wars:

Ask each troop level to wear a different-colored pajama set to represent their Girl Scouting journey. You could also ask each troop to bring snacks based on their assigned color.

Movie Night:

Hosting a movie night with lots of movie theater snacks is a classic activity at pajama parties. Don't forget the popcorn!

Holiday Party:

No matter the time of year, you could use a holiday as your theme, like Halloween for October or matching Christmas family pajamas in December!

Glow in the Dark:

Decorate with neon colors and pass out glow sticks to all the guests as they arrive for an epic pajama party theme!





Pajama Party Games

Show and Tell

Ask each girl to bring a pillow blanket and their favorite stuffed animal. Have the girls sit in a circle and each share what stuffed animal they brought and why it's their favorite.

Freeze Dance

In this game, everyone dances as the music plays. When the music stops, each player must freeze immediately and hold that position until the music begins again.

Make it a Game Night

Everyone loves a good board game. Friends and family can gather rain or shine to play a favorite classic or try out something new. Board games can make you laugh and make you think, and they always lead to a great time. This is another fun and simple activity we recommend. Ask each troop to bring a board game to this event and have a blast!

Girl Scout Karaoke

Fire up the karaoke machine and let loose. Print up lyric sheets for everything from Girl Scout songs to Top 40 hits to get things started.



Pajama Party Activities

Who doesn't love a themed activity? We've made activities that encourage scouts to use their creativity as they build friendships. Here are a few custom GSHH pajama party-themed activities that will make this party memorable.

Pajama Party BINGO

We've created some fun and colorful BINGO cards that will surely be a hit! This is the perfect activity for all ages, and the girls can take it home. All you need are counters or dotters. *BINGO cards and calling cards are included in this packet*

DIY Custom Eye Masks

Who doesn't love to be pampered? We've created an awesome eye mask template for scouts to customize. This is the perfect activity for all ages, and the girls can take it home. *Eye Mask template and supply list included in this packet*

Pajama Party Scavenger Hunt

We love nostalgic games and we're sure your girls will too! In our custom pajama party scavenger hunt, scouts will explore and work together to find listed items. *Scavenger Hunt is included in this packet*

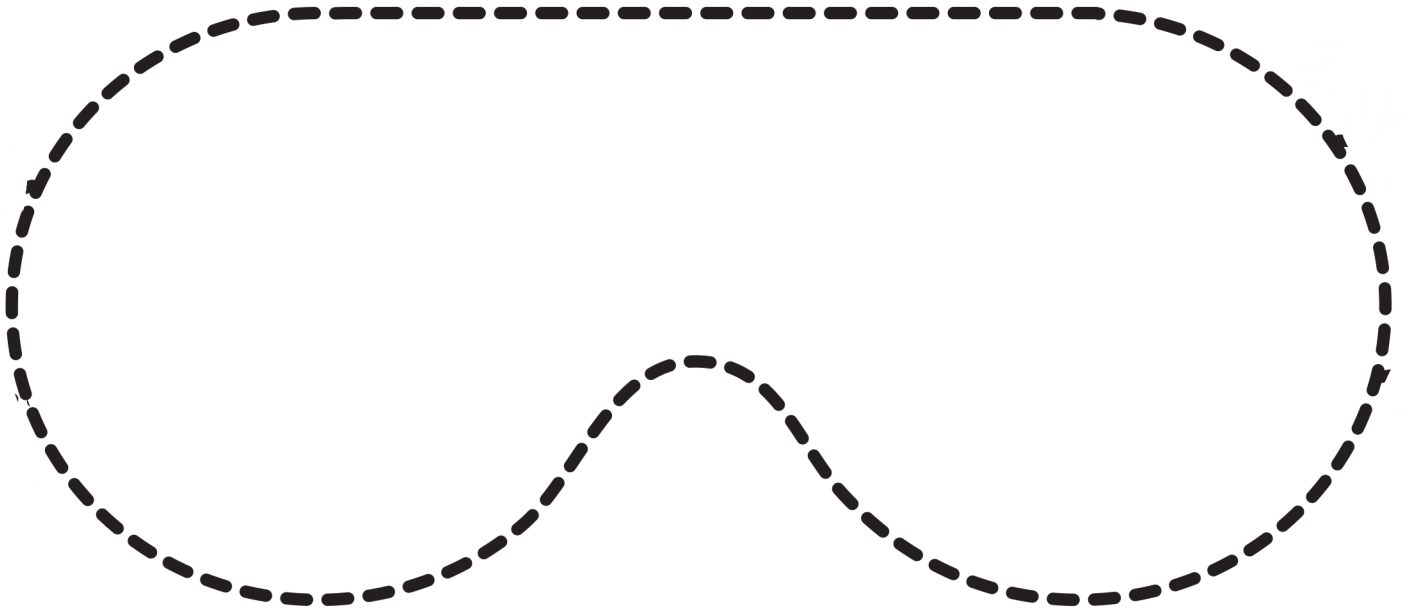
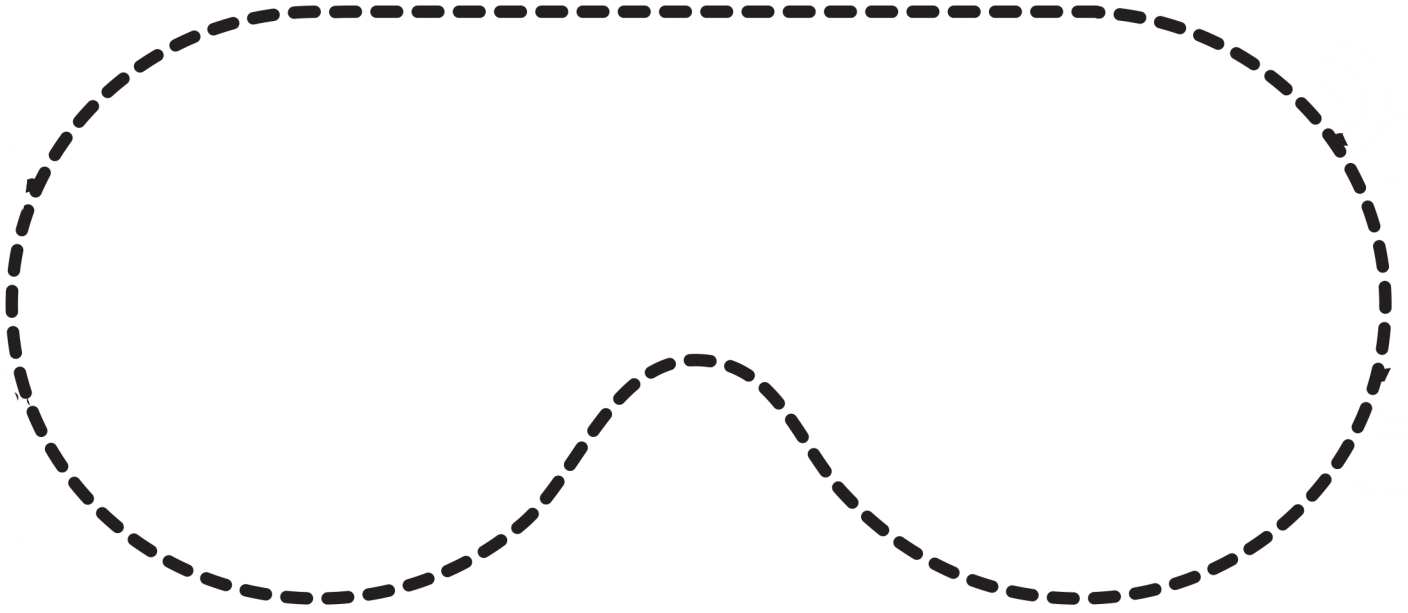
DIY Eye Mask Craft

DIY Eye Mask Supplies:

- Construction Paper
- Felt
- Fabric
- Card stock
- Markers
- Colored Pencils
- Crayons
- Rhinestones
- Gems
- Stickers
- Glitter
- Scissors
- Glue Sticks
- Hot Glue Gun
- Fabric Glue
- String
- Yarn
- Elastic
- Ribbon

DIY Eye Mask Instructions:

1. Print and cut out the eye mask template
2. Trace template on choice of material: fabric, felt, construction paper
3. Cut out two holes at the end of the mask for string of choice: string, elastic, yarn
4. Design and customize your eye mask: rhinestones, glitter, stickers
5. Attach string of choice to mask
6. Rock your eye mask with GSHH pride!



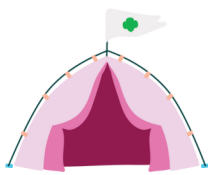
Pajama Party Scavenger Hunt

How many of these items can you find around the party?

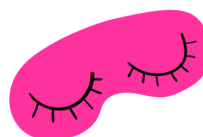
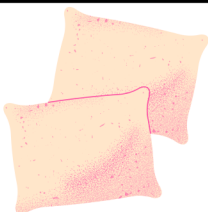
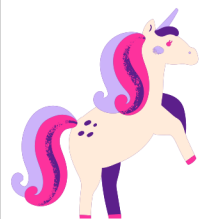
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|--------------------------|----------|---|--------------------------|------------|---|
| <input type="checkbox"/> | balloons |  | <input type="checkbox"/> | popcorn |  |
| <input type="checkbox"/> | trefoil |  | <input type="checkbox"/> | music |  |
| <input type="checkbox"/> | cupcake |  | <input type="checkbox"/> | flashlight |  |
| <input type="checkbox"/> | pillows |  | <input type="checkbox"/> | lollipop |  |
| <input type="checkbox"/> | slippers |  | <input type="checkbox"/> | cookies |  |
| <input type="checkbox"/> | pajamas |  | <input type="checkbox"/> | eye mask |  |

Pajama Party BINGO

B I N G O

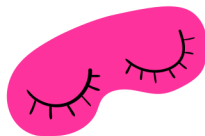
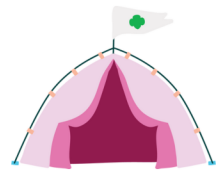


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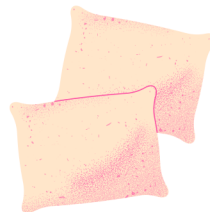


Pajama Party BINGO

B I N G O

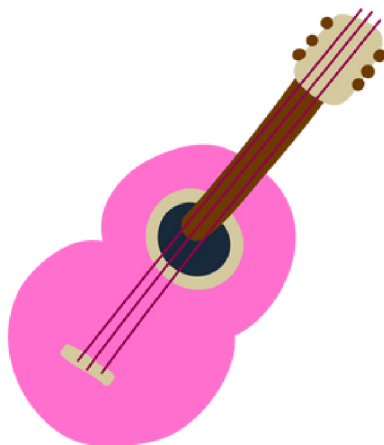
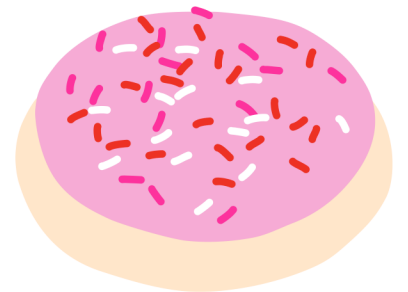
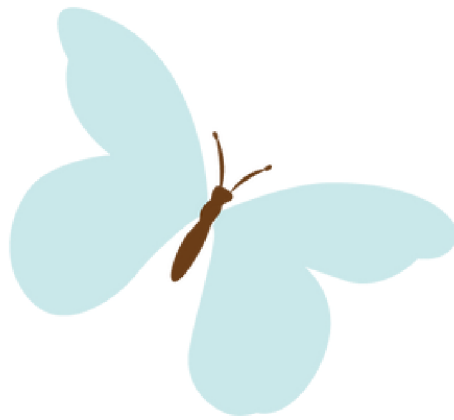
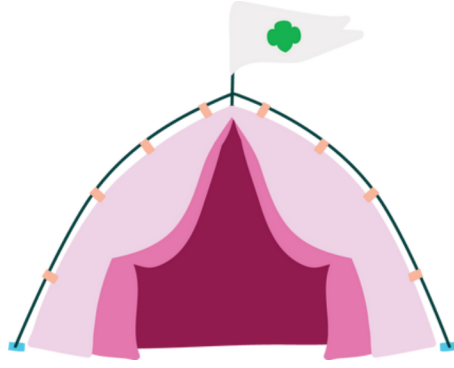


FREE



Pajama Party BINGO

Calling Cards



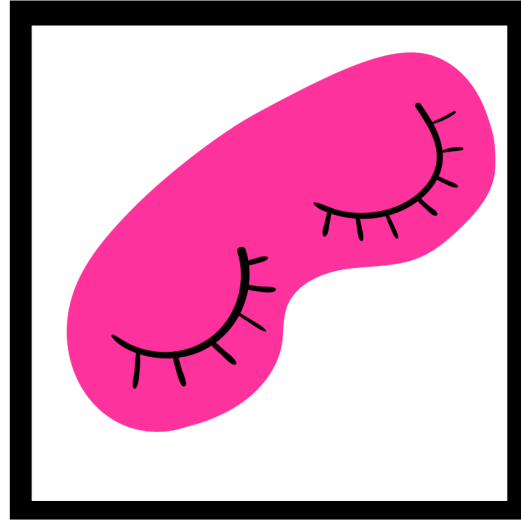
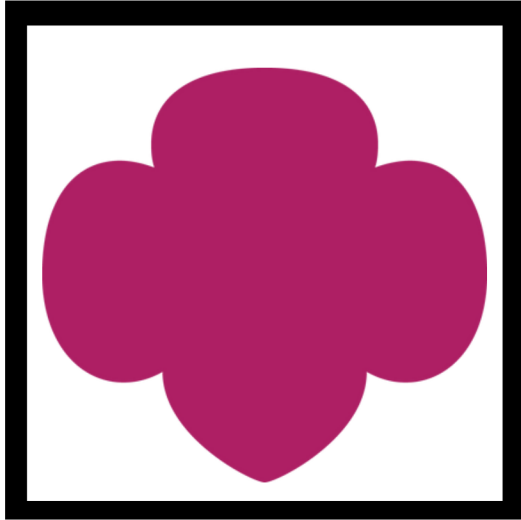
Pajama Party BINGO

Calling Cards



Pajama Party BINGO

Calling Cards



Pajama Party

Example Itinerary:

Event Date:	09-28-2026	Event Venue:	Parksville Elementary
Event Start Time:	6:00	Girls Attending:	41
Event End Time:	8:30	Leaders Attending:	13

Event Set Up
5:15-6:00

Set up event supplies, activities, and games

Event Start Time:
6:00

Welcome in all Girl Scouts and Families

6:15-6:45

Introductions, Discuss Event Itinerary, Recite Girl Scout Law and Promise, Pizza and Snacks

6:45-7:15

Activity/ Game 1: ***Pajama Party BINGO***

6:45-7:15

Clean Up, Bathroom Break

7:15-7:30

Activity/ Game 2: ***Freeze Dance***

7:30-8:15

Activity/ Game 3: ***Choice of DIY Eye Mask & Board Games***

Event End Time:
8:15-8:30

Recite Girl Scout Law and Promise, Goodbyes, Give Each Girl/Leader Event Evaluation sheet

Event Clean Up:
8:30-9:15

Event Clean Up - Service Unit Team event recap

*Note: The itinerary above is a two and a half hour event example. Events may be longer and should be adjusted to your liking based on your Service Unit and Community.

Pajama Party Itinerary:

Event Date: _____ Event Venue: _____

Event Start Time: _____ Girls Attending: _____

Event End Time: _____ Leaders Attending: _____

Event Set Up

Event Start Time:

Time:

Time:

Time:

Time:

Time:

Event End Time:

Event Clean Up:

Pajama Party You Did It!

Please review Safety Activity Checkpoints and Volunteer Essentials for any high-risk activities that you may have planned.

Most of all, we hope the girls have a great time. We look forward to seeing photos of the Pajama Party. Please email photos to socialmedia@girlscoutshh.org or membercare@girlscoutshh.org

Feel free to reach out to Community Engagement team for support. If you plan to use this kit, please let your Retention Specialist know! This way we can assist and add your event to our calendar.

Thank you for creating Girl Scouts friendships and memories—you're making a difference in the lives of Girl Scouts!

