



THINGS YOU MIGHT NEED...

The Superhero Sleepover activities have been designed and created around everyday items that most people have in their homes. You may wish to take a look at these lists to help you prepare for a fun filled weekend of activity.

In the Kitchen

Plain Flour
Self- Raising Flour
Bicarbonate of Soda
Eggs
Vegetable Oil
Salt
Food Colouring
Sugar
Rice
White Vinegar
Golden Syrup
Butter
Chocolate
Sugar
Chocolate
Cream
Skittles

Crafty Bits and Bobs

Balloons
Pens
Pencils/ paint/ Crayons
Wool/ string
Skewers
Playdough/ Blue tack
Glue
Newspaper/ Magazine
Cotton wool ball
Toilet roll tubes
Elastic Bands
Jam Jar
Shaving foam
Paper

Out and About

Twigs
Pebbles
Water
Space
Recycled objects

There may be more things that you need for the zones but this list will help you get through most of the activities.

You can head to the Zone pages on the website over the weekend to look at all our videos and activity sheets.