

How to Have a Midnight Feast

Use this activity sheet to help you hold your own midnight feast at home. This will help you work towards getting your Blue Peter Silver Badge.

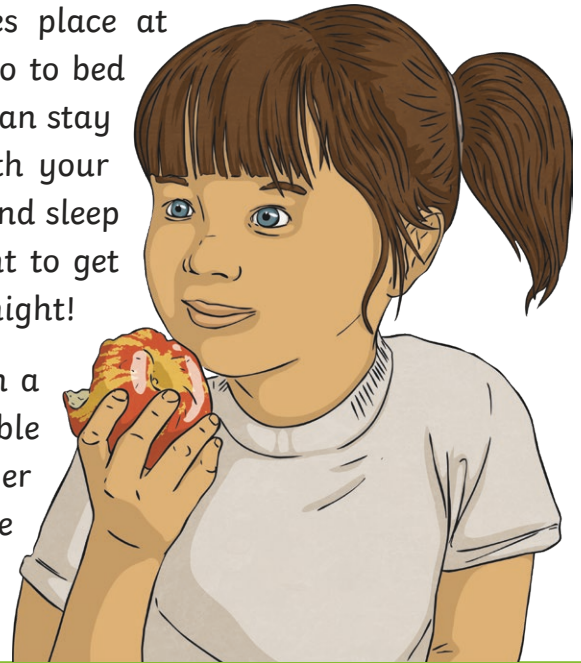
Having a midnight feast may be something you have never tried before, so you may wish to think about these questions:



Where and When Will the Feast Be?

A midnight feast is something that usually takes place at midnight. Think about whether you may need to go to bed and set an alarm for your midnight feast or if you can stay up later for once. This is something to discuss with your grown-up. Choose a night where you can all relax and sleep in a little more the following day - you won't want to get up and out of bed early if you've been up past midnight!

Midnight feasts can take place anywhere - often on a bedroom floor - like a picnic. This may not be possible if, for example, you share a room with a younger sibling. So you will need to decide on the best place to be. This could be downstairs or in an indoor den that you've made.



Who Will Be Invited?

Even if you're only inviting people who you live with, you may still want to let your guests know about your midnight feast with a special invitation. You could make your own paper invitation to each guest, make one large invitation or even add it as an announcement on your family's message board or chalkboard at home. Make sure that you talk all your plans through with your grown-up, to make sure that everyone you would like to be there can be. That way, you can avoid planning to hold a family midnight feast on an evening that a parent may be working on a night shift.



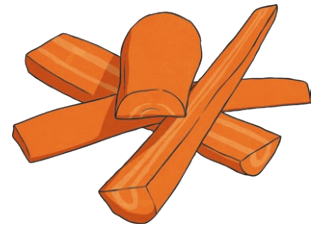
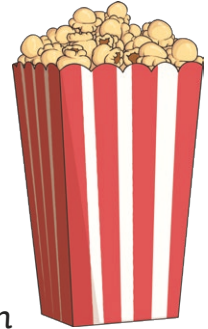
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What Will You Eat?

Planning what you will eat is one of the most exciting things about having a midnight feast. Think about what you will have and speak to your grown-up. If you would like some treat foods, you may need to get them from the shops beforehand as you may not have them in the house already.

When choosing your snacks, you might want to think about choosing:

- some treats, such as popcorn or sweets;
- some healthier options, such as carrot sticks;
- foods that won't make a big mess if you spill them (You are likely to be eating when you are tired and you don't want to end up with food smeared on your bedroom carpet!);
- a drink, such as water, to help your food go down;
- snacks that everyone can eat – think about any allergies or intolerances that you or your family may have and avoid these foods.



What Will You Need to Get Ready?

On the evening of the midnight feast, you may wish to get prepared by:

- preparing the food and drinks in advance and laying them out on a tray or in containers, so they are all ready for when you want to eat;
- laying out a picnic blanket if you are having your feast on a carpet (to save the carpet from any accidental spillages);
- making a den if you are going to eat your midnight feast in there;
- extra lighting, such as a small torch or fairy lights, so that you can see your midnight feast without turning on the main lights.



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Having a midnight feast is really fun – enjoy it!
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