

# HAYS

Recruiting experts  
worldwide

**END YOUTH  
HOMELESSNESS**

# SLEEP OUT



# FAMILY PACK

# SLEEP OUT - ON THE NIGHT



This year, End Youth Homelessness supporters will be sleeping out across the UK to help provide safe, happy homes for the young people we support and we want everyone to get involved!

In this pack, we've put together some activities for all the family to get involved in Sleep Out, no matter your age. By no means are we expecting young kids to stay up late, so complete these activities at your own time and enjoy spending this time together whilst supporting homeless young people this winter.

## SLEEP OUT BINGO



### SPOT THE STARS

See if you can spot the starry night whilst you're sleeping out. Why not count how many stars you can see whilst you go!



### FANCY DRESS

Dress up as your favorite animal, character or even food - the more creative the better! Share your outfits on the night and we can see who had the best fancy dress.



### DECK YOUR DEN

The bigger the den the better - see what you've got around the house to build a den and share your creations on the night. If you need inspiration Ikea came up with some great examples [here](#).



### MOVIE MARATHON

We've put together a [list](#) of films exploring the meaning and importance of home. See how many movies you can get through on the night.



### SPOT THE MOON

Who do you think will spot the moon first when you're sleeping out?



### MIDNIGHT FEAST

What's better than a Midnight Feast? Get your aprons on and bake some delicious treats to snack on whilst you sleep out.



### BEDTIME YOGA

Wind down for bed by doing some kids yoga. You can find loads of different videos [here](#) showing how to do it.



### GOODNIGHT PHOTO

Take a picture once you're all cosy and ready for bed so we can see where you'll be resting your head for the night!

### HOME CREATIONS

What does home mean to you? Draw a picture, paint, sculpt or even write a short story. You can make it up or write it about your own home!



We've put together a checklist of things for you to complete on the night. See how many activities you can tick off your bingo sheet and make the most of your Sleep Out challenge!



# SLEEP OUT NOTES



TONIGHT I WILL BE SLEEPING OUT AND I FEEL...

fill me in before  
you go to bed!

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NOW THAT I HAVE SLEPT OUT, I AM FEELING...

fill me in when  
you wake up!

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Sleep Out is a great opportunity for you to explore with your kids what 'home' means to them.

We have put together a whole pack designed to get children thinking about the meaning and importance of home, as well as being introduced to the work End Youth Homelessness does. It includes discussion points, activities, additional resources and advice on how they can help someone who is homeless.

For on the night get your kids to use our Sleep Out notes to write down their thoughts on how they feel preparing to sleep somewhere unusual, what it felt like in the morning and what they've learnt/thought about.

## FUNDRAISING

As much as Sleep Out is about raising awareness of youth homelessness it is also a chance for people to fundraise to support vulnerable young people as well. As a family we would love for you to fundraise for EYH through your Sleep Out event. We're asking everyone to try and raise at least £100, this could provide four nights of safe, warm accommodation for a young person facing homelessness.

You can get the kids involved in your fundraising too - why not get them to do a bake sale at school or ask family and friends for a contribution to their Sleep Out efforts. They can keep track of how much they have raised by coloring in the below houses.



£1



£1



£1



£1



£1



£1



£1



£1



£1



£1

# £10

# THANK YOU

By taking part in Sleep Out you are doing something amazing!

We are grateful to each and everyone one of you for the amazing support. With your help we can continue to transform the lives of homeless young people across the UK.

For more information please contact the  
End Youth Homelessness Team at:  
[info@eyh.org.uk](mailto:info@eyh.org.uk)



EYH\_UK



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# SLEEP OUT

# **SLEEP OUT**

**YOU'RE A SUPER STAR**

Well done you did it!  
Congratulations for completing your  
Sleep Out Challenge you're amazing!

**Signed**



Nicholas Connolly,  
Managing Director, EYH

**Date**





# SLEEP OUT



## YOU'RE A SUPER STAR

Well done you did it!  
Congratulations for completing your  
Sleep Out Challenge you're amazing!

**Signed**

**Date**

*S. Winfield*

Simon Winfield,  
Managing Director, Hays UK & Ireland

*N. Connolly*

Nicholas Connolly,  
Managing Director, EYH