

A colorful, childlike drawing depicting a scene. In the foreground, a boy with blonde hair and glasses, wearing a green shirt, holds a flashlight that emits a large yellow beam. To his left is a dark horse and a blue, shaggy creature. In the background, a girl with long black hair and glasses wears a blue dress with the text 'I love teddy' on it. Next to her is a stick figure holding a telescope. At the top, a large black shape contains several yellow star-like patterns. A small blue star is also visible in the upper right.

2. MAKE A SLEEPOVER DEN

For the full experience, try making a comfy den as your base for the evening. The Museum of Zoology will be showing you how to make a dormouse-inspired version on the night. In the meantime, here are some ideas to get you started.

Chairs: arrange chairs back-to-back with space in between for your den. Then all you need is a big sheet or blanket to drape over the top as a ceiling.



Table Tops: drape large blankets or sheets over a tabletop to create walls then crawl in underneath.

Large cardboard boxes: these can be used to make walls for your den and can be decorated on the outside.



3. DON'T FORGET THE SNACKS!

What's a sleepover without some tasty snacks? For an easy museum-themed treat, we've included a simple recipe for fossil biscuits in this guide. Perfect for keeping rumbling tummies at bay.

4. PLAN YOUR EVENING

We'll be sending out some suggested ways to plan your evening but you are also free to pick and choose! Don't forget that there will also be activities to help you wake up the next day - like the Statue Yoga in this guide.

Use **cushions, pillows, duvets and blankets** to make it cosy. You can add fairy lights, electric candles or torches for that real after dark experience!

Try decorating your den with a **museum theme** - an Egyptian pyramid, a Roman temple, or even an Arctic ice house.

5. SHARE WHAT YOU ARE UP TO

We'd love to see pictures of your sleepover camps, dens and forts, along with all the things you have been doing on the night. Get in touch with the University of Cambridge Museums on **Facebook, Twitter and Instagram** [#TwilightSleepover](#).

HERE'S SOME FUN
ACTIVITIES TO HELP YOU
PREPARE AND TO ENJOY
BEFORE THE BIG NIGHT

BAKE YOUR OWN

FOSSIL BISCUITS

TWILIGHT
WITH THE
MUSEUMS

You will need:

- 115g butter
- 55g caster sugar
- A few drops of vanilla extract
- 150g plain flour
- 25g corn flour

INSTRUCTIONS

1. Mix the butter, sugar and vanilla extract until just evenly mixed.
2. Stir in the flour and corn flour.
3. Roll into a log, wrap in cling film and pop in the fridge for 30 minutes.
4. While the dough is chilling, ask a grown-up to preheat the oven to 180C/160C Fan/Gas
5. Once chilled, cut the log into even-sized slices and roll out to the thickness of £1 coin.
6. To make the pattern, press your fossil toy into the dough.
7. Pop them on a baking tray and ask an adult to put them in the pre-heated oven for 10 minutes.
8. Leave to cool on a wire rack and keep out of the reach of hungry dinosaurs...
9. Enjoy!



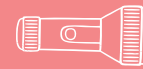
Note: to make a fossil imprint, you can use any fossil or dinosaur toy, just make sure they are clean.

MUSEUM OF CLASSICAL ARCHAEOLOGY

WAKE-UP YOGA WITH THE GODS



TWILIGHT WITH THE MUSEUMS



Time to rise and shine! Stretch and wake-up by trying some yoga-like poses based on the casts from the Museum of Classical Archaeology. Note: If any of these poses feel uncomfortable, don't push yourself. Return to a position that works for you.



Pose 1: Sleeping Ariadne: This is the perfect place to start. Take some deep breaths as we get ready to go through this routine. Stretch your arms over your head, and try to relax your legs while lying down.



Pose 2: Temple of Zeus East Pediment, Olympia: Sit up and try kneeling like these two attendants. One foot should be flat on the floor, the other bent on tiptoes. It's quite difficult to keep your balance when squatting like this! Try experimenting with your arm positions here – how do you think they held their arms?



Pose 3: Dancing Faun: Time to open up your body and stretch out. This faun is supposed to be dancing but you should try to plant your feet firmly on the ground. Try stretching your arms even further, and then swapping your sides.



Pose 4: Peplos Kore: We're going to practice being still. Clench and unclench your fist at your side, and enjoy standing straight and strong – just like this statue of Peplos Kore.



Pose 5: River God: It's time to lie down again. Lie on your tummy and stretch your back like this river god. If you like, you can try tensing and relaxing the muscles in your back for a few seconds.

Winding Down:

Lie nice and still on your tummy for a while.

You can either end your routine here, or work your way backwards through the poses again.

Now you are ready to really start your day!

WHIPPLE MUSEUM OF THE HISTORY OF SCIENCE

MAKE A SPONGE- PRINT STAR PRINTING



TWILIGHT WITH THE MUSEUMS

The Whipple Museum has a mini painting of King Henry VIII's astronomer from nearly 500 years ago! His name was Nicholas Kratzer. He told the King all about the stars. You can make your own star prints at home.

You will need:

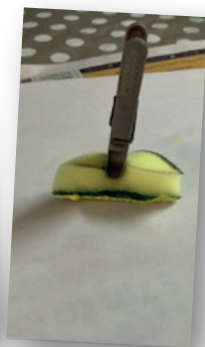
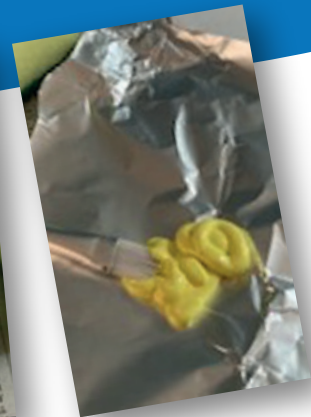
- Yellow paint
- A paintbrush
- A clothes peg
- Foil
- Newspaper
- A washing up sponge
- Scissors
- Paper to print on



Cover your table with the newspaper. Ask a grown up to help you cut the washing up sponge as shown in the photo. You need two triangles and a rectangle.



Fix your clothes peg onto a triangle. Put some paint on your foil.



Cover the bottom of the triangle with paint using your paintbrush. Print using your homemade printer.



Keep printing until you have a star sheet. Keep painting the bottom of the triangle to refresh the printer. Why not try different colours of paint and paper too?

★ NIGHT-TIME WILDLIFE MOBILE ★



TWILIGHT WITH THE MUSEUMS



While we sleep at night, a world of nocturnal animals are going about their lives outside. Creatures like foxes and mice, owls and badgers, and bats and moths tend to sleep or shelter during the day, and search for food at night.

There are 18 species of bats in the UK and all of them eat insects. They often catch these insects mid-flight, using echolocation (making sounds and working out what is nearby from their echo) to help them find insects on the wing. One of the types of insects that bats catch and eat are moths.

Create your own night-time wildlife mobile using this quick guide and tutorial videos. You can find the videos here:

www.museumofzoologyblog.com/2020/06/10/night-time-wildlife-mobile

You will need:

- Paper, cut into 15cm by 15cm squares
- Glue
- String
- Scissors
- Colouring pencils
- Two sticks, paper straws or a coat hanger (to hang your mobile from)

TIPS FOR MAKING:

- Choose your moth species using The Wildlife Trusts guide: www.tinyurl.com/e65wkutv
- Colour in your moth and trim the bottom edges of the moth wings to match your species
- Some moths have feathery antennae, create these using scissors and small pieces of paper like in the video
- Use chalk to create shimmery wing colours
- Make as many bats and moths as you like
- Cut a small hole in the centre of your animals to thread the string through. Be sure to tie a knot on the end so that it doesn't fall all the way through!
- Add extras such as a moon or stars for the night sky
- Make a cross shape with your two sticks or straws by taping them together in the middle
- You can hang all of your animals and sky shapes from the sticks / straws to create a mobile

Now, hang your night-time wildlife mobile up and watch it twist and turn!

