Birthday Party Checklist for a 6-Year-Old Boy

Six is the age of rules, teams and a fierce sense of what's fair. He's ready for a proper activity party, but still young enough for pass the parcel. This guide is for the parent planning it: guest list, timings, prices and the small details that make it run smoothly.

👦 Age 6 | 📍 Woking | ⏱️ 90 minutes or 2 hours | ✅ Tick-off checklist

Updated October 2026. Prices and details were read from each business's own website on 24 October 2026. Always confirm before you book.

PICTURE THIS

A Saturday morning at Sutton Green. Twelve six-year-olds in camouflage masks, each convinced he's the best shot in Surrey, and a birthday boy who keeps checking his goggles are still on. A parent stands at the edge with a flask of tea and a list of phone numbers. Later, around the campfire, there are sausage baps and a cake with sparklers instead of candles. At six, a party is a mission, and the mission is fun.

START HERE

What's different about a 6-year-old's party

At six, the rules of the game matter enormously, and so does who's on whose team.

Six is when activity parties really open up. Most six-year-olds can follow rules, play in teams and manage a longer party, but they still need a grown-up nearby when things get loud, and a little help when they lose.

- **Two hours works well.** HealthyChildren.org, from the American Academy of Pediatrics, says school-aged children can manage parties of about 2 to 3 hours. At six, around two hours with a sit-down tea in the middle is comfortable.
- **Whole class or a smaller group.** Most children turning six are in Year 1, and infant classes can have up to 30 pupils per teacher. A whole-class party is big; a smaller group of friends is just as good. Choose what you can manage, then pick the activity to fit.

- **Activity parties open up.** Rugged Earth Adventures' Nerf and bushcraft parties are for children turning 6 to 12, Dropzone Gaming's van takes up to 12 children from age 6, and Ninja Warrior UK Guildford's minimum age is 5.
- **Teams work, but losing still stings.** Mix team games with ones where everyone wins something.
- **Drop-off is common.** Say on the invitation whether parents are welcome to stay, and collect a phone number for every child who's dropped off.
- **Let him help plan.** Six-year-olds love being asked. Offer two or three options for the theme, the activity and the cake.

THE PLAN

Countdown checklist

Good parties are made quietly, weeks before, by people who write things down.

Start about eight weeks before. Popular activity slots and entertainers go first, especially at weekends. Work through these in order and tick them off as you go. Your ticks are saved on this device.

8 weeks before

- [ ] Set a budget covering the activity, food, cake, party bags and any extras. Write the total down first.
- [ ] Ask him to choose from two or three activities or themes (ideas below).
- [ ] Decide: whole class or a smaller group. If you plan to hand invitations out at school, check the school's policy first.
- [ ] Check your numbers against the activity's minimum and maximum before you promise anything.
- [ ] Pick two or three possible dates. Weekends book up first.

6-8 weeks before

- [ ] Shortlist 2-3 options and ask each the questions below.
- [ ] Book any entertainer early. My Little Princess Parties, for example, advises booking at least two months ahead.
- [ ] Pay any deposit and save the confirmation.
- [ ] Check the age limits, safety kit and adult rules for the activity.
- [ ] Send the **Save the Date** (text in the invitation section below).

4-6 weeks before

- [ ] Send the invitations with drop-off and pick-up times, what to wear, and the **dietary question**.
- [ ] Set an RSVP date about two weeks before the party.
- [ ] Order or plan the cake. Our directory lists local cake makers under Cakes & bakers.
- [ ] Plan the schedule (samples below).

- [ ] Ask one or two parents to stay and help.

2-3 weeks before

- [ ] Chase RSVPs with a friendly text.
- [ ] Collect allergies, dietary needs, medicines and who is collecting each child.
- [ ] Confirm numbers and the food order.
- [ ] Plan party bags, or skip them.
- [ ] Buy decorations, candles (or sparklers, if the venue prefers) and a lighter.
- [ ] Sort lifts if you need them, and check every child will have the right car seat.

Party week

- [ ] Confirm the times and address with the venue or provider.
- [ ] Check the weather. Outdoor parties need a wet-weather plan and the right clothes.
- [ ] Pack the party kit.
- [ ] Talk him through the day, including how to be a good host.
- [ ] Print the guest list with phone numbers, allergies and who is collecting each child.
- [ ] Charge your phone and power bank.

Questions to ask every venue or provider

These are the questions that tend to matter once you're in the room with a group of excited children.

- [ ] Is it suitable for 6-year-olds? Are there age, height or ability limits?
- [ ] What are the minimum and maximum numbers?
- [ ] Is it exclusive to you, or shared with other groups?
- [ ] How long does it run, and what's included: food, drinks, party bags, a host, invitations?
- [ ] What safety kit is provided (goggles, grip socks), and is there a safety briefing?
- [ ] How many adults need to stay?
- [ ] Is it indoors or outdoors, and what happens if it rains?
- [ ] Can you bring your own cake, and are candles allowed?
- [ ] How do they handle allergies and dietary needs?
- [ ] What are the deposit and cancellation terms?
- [ ] Is there parking, and is it free?

IDEAS

Themes and party ideas he might love

The best theme is the one he's still talking about at bedtime.

At six, many boys want an activity as much as a theme: football, Nerf, gaming, a ninja course or science. Popular themes include football, superheroes, ninjas, space, dinosaurs and building bricks. Let him choose from two or three options.

Shop by theme: Football · Superhero · Ninja · Space · Dinosaur · Building blocks · Science. Our shop pages link to Amazon UK, and we may earn a small commission if you buy.

Party ideas near Woking

Each name links to its Playtrail listing, with contact details and a map.

- **Nerf and bushcraft.** Rugged Earth Adventures at Sutton Green runs Nerf, Laser Nerf and bushcraft parties for children turning 6 to 12 (prices below).
- **Gaming vans.** Dropzone Gaming (prices below) and Gaming Warriors Party Bus, which holds up to 8 children at a time. Ask which games they'll play and check the age ratings.
- **Bowling and Laser Quest.** Woking Superbowl (prices below).
- **Football and sport.** Pitch Pals (prices below), Sporty Kidz's Sports Party for 6-12 year olds, and We Make Footballers Woking for ages 4-12.
- **Ninja course.** Ninja Warrior UK Guildford has a minimum age of 5, and under-8s must be accompanied on the activities by a ticket-holding adult.
- **Science and magic.** Science Entertainer runs hands-on science parties for about 6 to 14-year-olds, for 5 to 20 children. Call for a quote. Jelly Kelly does magic and balloon modelling.

THEME PLAYBOOK

5 themes with games, food and a cake for a six-year-old boy

Pick one and you have the games, the menu and the cake sorted. Each idea has three games you can run without a host, plus local people who can run it for you where we have found them.

Racing Day

Six-year-olds understand a lap time, a pit stop and a trophy, so a racing party runs on competition. Hire a Scalextric or slot-car host if budget allows, or run a cardboard-box grand prix at home.

- Grand prix: build a car from a cardboard box with a paper-plate steering wheel, then race round a taped track with a start line and a finish.
- Pit stop challenge: teams of two change a 'tyre' (a paper plate), fill the 'tank' (a cup of water in a bowl) and sprint off.

- Podium: finish with a mini podium made from boxes and a medal for every racer, with paper streamers instead of a champagne spray.

Food and cake: A 'pit stop' lunch of hot dogs, wedges and chequered-flag sandwiches. For cake, a track-shaped sponge with toy cars.

Party bag: A small die-cast car or a chequered-flag sticker sheet.

Local help: Miniracing.com Scalextric Hire (ask about children's parties), Pinewood Raceway.

Browse racing day supplies in the shop

Ninja Warrior

At six, a ninja party can be properly athletic. An obstacle-course venue gives you rope, rings and a timer, while a home version uses cushions, hoops and a limbo bar.

- Obstacle course: set up six stations, each with a clear instruction, and time each run with a phone stopwatch.
- Ninja stealth: creep across a floor of paper 'leaves' without a sound, and anyone who rustles is out.
- Black-belt ceremony: award a belt and a medal for different strengths, such as bravery, balance and speed.

Food and cake: Sushi-style sandwich rolls, rice crackers and fruit. For cake, a black-iced sponge with a red belt.

Party bag: A headband and a small stress ball, or a belt for the birthday child.

Local help: Ninja Warrior UK Guildford.

Browse ninja warrior supplies in the shop

Game On

Gaming parties are popular at six, but the best ones are active and social. A party bus or mobile gaming van keeps the group together and the host chooses age-suitable games.

- Game tournament: pairs take turns on a simple, age-rated game, while the others cheer, and everyone plays at least twice.
- Pass the controller: a rotation timer keeps things fair, with a prize for 'best teammate'.
- Real-life game: a floor-is-lava course or a human version of the game they just played.

Food and cake: Pizza, popcorn and squash. For cake, a controller-shaped sponge, or a plain chocolate cake with game-character toppers.

Party bag: A game-themed sticker sheet or a small bag of treats. Check the PEGI age rating of every game you play.

Local help: Gaming Warriors Party Bus, Dropzone Gaming.

Browse game on supplies in the shop

Mini Olympics

A sports-day party suits six-year-olds who can follow rules and take turns. A host runs the events, or you set up eight stations in a garden or hall.

- Relay: egg and spoon (with a ball), sack race and a three-legged race.
- Target practice: bean-bag throws into buckets with points on each.
- Medal ceremony: gold, silver and bronze medals for every event, so everyone leaves with something.

Food and cake: A 'training table' of sandwiches, fruit and flapjacks. For cake, a simple sponge with an Olympic-ring topper.

Party bag: A medal or a sports-day certificate.

Local help: Sporty Kidz, Little All Sports.

Browse mini olympics supplies in the shop

Magic Show

A children's magician can run a party for six-year-olds with tricks, games and a bit of audience participation. It is a good option if you want a host who takes over the whole room.

- Magic show: a 30-minute show with volunteers called up from the audience.
- Learn a trick: a simple trick, such as a disappearing coin, that every child can take home.
- Magic wand race: a relay with wands and a hat.

Food and cake: A 'magic' tea of sandwiches, fruit and mini muffins. For cake, a top-hat sponge with a card rabbit.

Party bag: A trick or a magic wand, sometimes provided by the magician.

Local help: Mr Silly, Magic Marty.

Browse magic show supplies in the shop

> Planning for a girl instead? See the 6-year-old girls' party checklist, which has different themes.

THE AFTERNOON

Schedules, games and party bags

Short games, fair teams and food in the middle.

The best way to calm party nerves is to have a plan for the time. Here are two versions: one you run yourself at home or in a hall, and one at an activity venue.

A 2-hour home or hall party

Two hours with food in the middle keeps energy up without tears at the end.

TIME	WHAT HAPPENS
0:00	Guests arrive: a craft table or free play while everyone gets there
0:15	Welcome and a warm-up game (musical statues or a quick team challenge)
0:30	Main activity: entertainer, coach, disco or treasure hunt (about 40 minutes, in short games)
1:10	Wash hands and sit down for food
1:35	Birthday cake and singing
1:45	A last quick game, then party bags and goodbyes

A 2-hour activity party

Venues set their own timings, so fit food and cake around their slot. Rugged Earth Adventures' parties, for example, run 2 hours including a campfire meal.

TIME	WHAT HAPPENS
0:00	Arrive, toilets, kit on (socks, goggles) and the safety briefing
0:10	The main activity with the venue's host (60-75 minutes)
1:20	Food in the party room or around the campfire
1:45	Birthday cake and singing
1:55	Goodbyes and hand-over to parents

- [ ] Have at least two adults, so one can handle toilet trips or a wobble without stopping the party.
- [ ] Keep a spare game ready in case of rain or a flop.
- [ ] Agree with the venue when food is served, so the cake doesn't clash with the activity.

Games for 6-year-olds

Six- and seven-year-olds love rules, teams and a bit of competition, but losing can still sting. Mix team games with ones where everyone wins something.

- [ ] Musical statues or musical bumps, with anyone who's out becoming a judge.
- [ ] Pass the parcel with a small prize in every layer.
- [ ] Relay races: egg and spoon, sack races or a dressing-up relay.

- [ ] A treasure hunt with picture or simple written clues.
- [ ] Sleeping lions, a calm game to play between busy ones.
- [ ] Freeze dance or limbo.
- [ ] A team quiz about the birthday boy.
- [ ] A craft table: masks, medals or a building challenge.

Party bags

Keep them small: stickers, a bouncy ball, a mini puzzle, a notebook and pencil, or a slice of cake. One small book or a single toy makes a nice alternative to a bag of bits. Check the age labels if younger siblings will be there. There are more ideas in the party shop.

LOOK AFTER THEM

Food, drink and safety

At a party, love mostly looks like paying attention.

Food and drink

- [ ] Keep it simple: sandwiches, pizza, wraps, fruit, vegetable sticks and crisps.
- [ ] Label food clearly and plan for the allergies and dietary needs on your RSVPs.
- [ ] If younger brothers and sisters are coming, cut grapes and cherry tomatoes into quarters and keep whole nuts and popcorn away from under-5s (NHS).
- [ ] Seat children to eat. It's calmer, and safer.
- [ ] Offer water or squash.
- [ ] Keep sweets small: a treat plus the cake is plenty.
- [ ] Check what the venue includes before you plan food: some include a meal, others don't.
- [ ] Have drinks and snacks for any adults who stay.

Safety

- [ ] Be careful with balloons. St. Louis Children's Hospital advises that latex balloons aren't recommended for children under 8, and that broken pieces should be collected immediately and kept out of reach.
- [ ] Make sure safety kit is used: Rugged Earth Adventures provides masks and goggles for Nerf, and Ninja Warrior UK Guildford's course needs its safety socks (£2.95).
- [ ] Never leave children unsupervised around inflatables, water, animals or outdoor areas.
- [ ] If there's gaming, check the games' age ratings with the provider.
- [ ] Ask parents before you share photos of their children.
- [ ] Keep a list of phone numbers, allergies and medicines, and note who is collecting each child.

- [ ] If parents are sharing lifts, every child needs the right car seat: in the UK, children must use a child car seat until they're 12 years old or 135cm tall, whichever comes first.
- [ ] Note where the first-aid kit and emergency exits are.

THE DAY ITSELF

Party kit, the day itself and afterwards

Pack the night before. The morning belongs to the birthday boy.

The day goes better when the bag is already by the door. Here's what's worth having with you.

Party kit to pack

- [ ] Cake, candles (or sparklers, if the venue prefers), lighter, knife, plates and napkins.
- [ ] Decorations and tape.
- [ ] Party bags.
- [ ] A spare game or activity, in case of rain or a flop.
- [ ] Grip socks if the venue needs them.
- [ ] Wet wipes, tissues and a small first-aid kit.
- [ ] Printed guest list with phone numbers, allergies and who is collecting each child.
- [ ] Wellies or spare clothes for outdoor parties.
- [ ] Camera or phone, and a power bank.
- [ ] Bin bags for the tidy-up.
- [ ] Small prizes for games.

On the day

Try to enjoy it. The children won't remember whether the napkins matched.

- [ ] Arrive 15-30 minutes early to set up.
- [ ] Meet the host and confirm the timings and safety briefing.
- [ ] Tick every child off the guest list as they arrive.
- [ ] Keep a calm corner for anyone who needs a break.
- [ ] Put one adult on photos, so you're in some of them too.
- [ ] Check food against allergies before serving.
- [ ] Hand each child, with their party bag, to the adult you expect to collect them.

After the party

When the last guest has gone, the room will look as if a small storm passed through. That's how you'll know it went well.

- [ ] Pay any balance and check for unexpected charges.
- [ ] Open presents calmly at home, and keep a note of who gave what.
- [ ] Send thank-yous. At six, he can write his name or a short message on each card.
- [ ] Back up the photos.
- [ ] Write down what worked for next year.

📍 NEAR YOU

Four Woking-area options compared

A price is only the beginning of the sentence.

The headline price is only part of the story. What matters is what's included and what you'll still have to organise. As a rough guide for about 10 children: a Nerf party at Rugged Earth is £280 (bushcraft is £250); a 90-minute Dropzone Gaming party is £275 for up to 12; and a bowling party at Woking Superbowl is £160 (£200 with Laser Quest). Details below were read on the dates at the top of this page. They change, so confirm before you book.

OPTION	AGE FIT	PRICE AND WHAT'S INCLUDED
Rugged Earth Adventures, Sutton Green	For children turning 6 to 12+	**Nerf:** £280 for 10 children, £290 for 11, £300 for 12, then £15 per child up to 30 (the party page also lists £17.50 per child for 27-30, so check). **Bushcraft:** £220 for up to 8 or £250 for up to 10, then £17.50 per child up to 20. Two hours, including a campfire meal (a sausage bap, crisps, fruit and chocolate treats, or s'mores at bushcraft parties). Bring your own cake; sparklers are recommended instead of candles. £50 non-refundable deposit, balance on arrival.
Dropzone Gaming (gaming van, comes to you)	From age 6	**£275** for 90 minutes or £325 for 2 hours, for up to 12 children aged 6+, each with their own screen. Xbox Series X consoles, a DBS-checked team member and free editable invitations. £100 deposit. The van needs a clear driveway or a quiet street within 20 metres of the house, two plug sockets and access to your internet router.

OPTION	AGE FIT	PRICE AND WHAT'S INCLUDED
Woking Superbowl (bowling and Laser Quest)	No age limits stated on the party page, so ask (especially for Laser Quest)	**£16 per child** for an hour of bowling or two games of Laser Quest, or £20 per child for bowling plus a game of Laser Quest. Includes a kids' meal, unlimited soft drinks, a private party room and a party host. The birthday child gets a free game voucher and a T-shirt. Premium upgrade £6 per child (slushie, game voucher and party bag).
Pitch Pals (football, at your venue)	No party age range stated	**£160** for up to 20 children, for a 90-minute session that can be extended. An FA-qualified coach runs football games and matches with the equipment provided, and the birthday child gets the Player of the Day Award. Venue hire is extra.

What stands out from a parent's seat

- **Rugged Earth Adventures:** Outdoors at Sutton Green Garden Centre, so dress for the weather. Masks and goggles are provided for Nerf, and dietary needs are confirmed by email a week before.
- **Dropzone Gaming:** Easy for you, because the team runs the gaming. Ask which games they'll play and check the age ratings.
- **Woking Superbowl:** Good value per child, with food and a host included. Exclusive use of the Laser Quest arena needs 14 or more children.
- **Pitch Pals:** The best-value football party we found, but add a hall or pitch to the cost.

Browse all Woking party venues

ASKED AT TEN AT NIGHT

Questions parents ask

Should I invite the whole class?

If you can host it, a whole-class party means nobody feels left out, but Year 1 classes can have up to 30 children. Six or eight good friends make a lovely party too. If you're not inviting everyone, send invitations privately rather than through school bags.

How long should a 6-year-old's party last?

About two hours. HealthyChildren.org says school-aged children can manage about 2 to 3 hours. Two hours with food in the middle keeps energy up without tears at the end.

Can parents drop off?

Usually, yes. Collect a phone number for every child, and check the venue's rules: at Ninja Warrior UK Guildford, under-8s must be accompanied on the activities by a ticket-holding adult.

Is six old enough for Nerf or a gaming van?

Yes, for the ones we checked. Rugged Earth Adventures' parties are for children turning 6 to 12, with masks and goggles provided for Nerf, and Dropzone Gaming's van is for ages 6+. Ask which games will be played and check their age ratings.

What should I say about presents?

Whatever suits your family. Some parents write “no presents, please”. Others suggest a small, clearly optional contribution towards one bigger gift, sometimes called a “fiver party”.

Do I still need to cut up grapes?

If younger brothers and sisters are coming, yes. The NHS advises cutting small round foods into quarters for young children and not giving whole nuts or popcorn to under-5s.

SAY IT KINDLY

Save the date, invitation and RSVP wording

An invitation is a small promise that you'll look after someone's child. Make it

easy to say yes.

1. Save the date (6-8 weeks before)

Save the date! [Child's name] is turning 6 and we're planning a party.

Date: [day, date, month]
Time: [start - end]
Where: [venue or area]

Full invitation to follow.
[Your name and number]

2. Invitation (4-6 weeks before)

You're invited to [Child's name]'s 6th birthday party!

Date: [day, date, month]
Drop-off: [time] Pick-up: [time]
Venue: [venue name and address]
What we're doing: [activity]
Wear: [comfortable clothes and trainers / clothes that can get muddy / a warm coat]
Grown-ups: [drop-off is fine / we need one adult for every 5 children, could you stay?]

Food: please tell us about any allergies, dietary needs or medicines, so we can look after everyone.

Photos: we'll take a few photos on the day. Let us know if you'd rather we didn't share any that include your child.

RSVP by [date] to [your name, number or email].

3. RSVP reply for guests to copy and fill in

Child's name:
Parent / carer name and phone:
Coming? Yes / No
Who's collecting (name and phone):
Allergies (nuts, dairy, egg, gluten, sesame, other):
Dietary needs (vegetarian, vegan, halal, kosher, other):
Medicines or health needs we should know about:
OK to share photos that include your child? Yes / No
Happy for your child to travel with another parent, with the right car seat? Yes / No
Anything else we should know:

4. Reminder for anyone who hasn't replied (about 3 weeks before)

Hi [name], just checking whether [guest's name] can make [birthday boy's name]'s party on [date]. No pressure at all! Could you let me know by [date], and tell me about any allergies or dietary needs? Thank you!

5. Thank-you message (the week after)

Thank you so much for coming to my party, and for the [present]. I had the best time! From [Child's name]

Handling the replies

You're holding other families' information, so treat it with care.

- [ ] Keep a simple list of each child's allergies and dietary needs.
- [ ] Send it to the venue, caterer or entertainer with your final numbers.
- [ ] Tell the party host about any serious allergy on the day.
- [ ] Use the information only to plan the party, and delete the list afterwards.

Sources

- HealthyChildren.org (American Academy of Pediatrics), Playful birthday party ideas and tips for young children

- Lancashire County Council, Infant class sizes (the limit of 30 pupils per teacher in Reception, Year 1 and Year 2)
- Rugged Earth Adventures, Price list and Party information
- Dropzone Gaming, Booking and How it works
- Ninja Warrior UK Guildford, Ninja Warriors, and Guildford.org.uk, Ninja Warrior Guildford
- My Little Princess Parties, Prices and booking
- Gaming Warriors Party Bus, FAQs
- Sporty Kidz, Birthday parties in Surrey
- We Make Footballers, Woking birthday parties
- Science Entertainer, Science parties
- NHS, Preparing food safely (Start for Life)
- St. Louis Children's Hospital, Why are latex balloons dangerous for children?
- Warwickshire County Council, Understanding the law on child car seats
- Woking Superbowl, Kids' parties
- Pitch Pals, Birthday parties

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