Birthday Party Checklist for a 6-Year-Old Girl

Six is the age of rules, teams and a fierce sense of what's fair. She'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 Sunday afternoon in Byfleet. Ten six-year-olds in wellies, a row of patient ponies, and a birthday girl who has already named every one of them. A parent is holding a bag of spare socks and a list of who's collecting whom. After the rides there's pizza, jelly and a lot of talk about which pony liked them best. At six, best friends change by the week, but this afternoon they all agree on one thing: it was the best party ever.

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 her 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 her 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 her 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 she might love

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

At six, many girls want an activity as much as a theme: ponies, dancing, crafts, gymnastics or football. Popular themes include unicorns, mermaids, art, pop stars, horses and gymnastics. Let her choose from two or three options.

Shop by theme: Unicorn · Mermaid · Gymnastics · Art · Pop star · Pony · Football. 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.

- **Ponies.** Holly Bush Stables in West Byfleet runs pony parties with grooming and lead-rein rides (prices below), and My Little Unicorn at Ash Green runs rescue-pony meet and greets.
- **Princess and character parties.** My Little Princess Parties (prices below) and Magic Star Parties, which runs character and UV glow parties.
- **Nerf and bushcraft.** Rugged Earth Adventures at Sutton Green runs Nerf and bushcraft parties for children turning 6 to 12 (prices below).
- **Bowling and Laser Quest.** Woking Superbowl (prices below).
- **Crafts and science.** Fired Frog Pottery Café in St John's lists parties on its website. Science Entertainer runs hands-on science parties for about 6 to 14-year-olds; call for a quote.
- **Sport and dance.** Sporty Kidz's Sports Party (including dance) is for 6-12 year olds, and Ninja Warrior UK Guildford has a minimum age of 5, with under-8s accompanied by a ticket-holding adult.

A note on pamper parties. GlitterPop lists its spa party for ages 7+, and its slime party page says 5+ in one place and 6+ in another, so ask before you book. A dress-up corner and glitter tattoos at home work well at six.

THEME PLAYBOOK

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

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.

Pamper Party

A pamper party for a six-year-old is about robes, nail painting and dressing up. If you book a host, they usually bring the kit; if you do it yourself, you need a few supplies and a calm space.

- Nail studio: peel-off or sticker nails, with a grown-up helping.
- Hairstyle salon: simple plaits, hair clips and a mirror for each child.

- Catwalk: the girls model their look, with the music and clapping.

Food and cake: Fruit skewers, sandwiches and mini cakes. For cake, a spa-day sponge with a robe topper.

Party bag: A hairband or a nail sticker sheet.

Local help: Glitter Pop Parties.

Browse pamper party supplies in the shop

Pottery and Art Studio

A creative party suits a six-year-old who likes to make things. A pottery cafe or art workshop provides the materials and staff, and the child takes home something she made.

- Paint a mug or figure: each child chooses a piece and paints it. It's fired later and collected.
- Art challenge: draw the birthday girl in five minutes, then swap and guess.
- Gallery walk: lay out everyone's work and hold a 'show'.

Food and cake: Sandwiches, fruit and mini cupcakes. For cake, a palette-shaped sponge.

Party bag: The painted piece itself, usually collected a week later.

Local help: Fired Frog Pottery Cafe (ask whether they take children's parties), Lightbox Gallery.

Browse pottery and art studio supplies in the shop

Pony Day

A pony party for a six-year-old can include grooming, plaiting and a short ride. Riding school staff run it and keep numbers small.

- Grooming: children brush and decorate the pony with supervision.
- Pony games: simple leading and obstacle games, run by the instructor.
- Stable quiz: a short quiz on horse care, with a prize.

Food and cake: A packed tea of sandwiches, fruit and a horse-shoe cake. For cake, a green sponge with a pony topper.

Party bag: A pony sticker or a rosette.

Local help: Holly Bush Stables, Perfect Pony Parties.

Browse pony day supplies in the shop

Disco and Dance

A disco party works at six when a host runs the games. The children dance, play musical statues and take part in a limbo contest.

- Musical bumps: a classic that works at any age.
- Dance-off: teams learn a short routine and perform.
- Glow stick parade: a dark room and glow sticks for the finale.

Food and cake: Pizza, wedges and fruit. For cake, a sponge with a disco-ball topper.

Party bag: A glow bracelet or a small pair of sunglasses.

Local help: LuckyDipDisco.com, Playhouse Parties.

Browse disco and dance supplies in the shop

Little Bake-Off

A baking party is a calm choice for a six-year-old who loves the kitchen. It works in a hall or at home and ends with food to take away.

- Decorate a cupcake: pre-baked cakes, icing and sprinkles.
- Biscuit bake: roll and cut dough, then decorate once baked.
- Judges' table: every child gets a certificate for creativity, taste or neatness.

Food and cake: What they bake is the food. For the birthday cake, a layer cake the guests help decorate.

Party bag: Their bakes in a box, with a recipe card.

Browse little bake-off supplies in the shop

> Planning for a boy instead? See the 6-year-old boys' 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

TIME	WHAT HAPPENS
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 girl.
- [ ] A craft table: friendship bracelets with chunky beads, crowns or decorating biscuits.

Party bags

Keep them small: stickers, a hair bobble or clip, a notebook and gel pen, a bookmark 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 girl.

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, she can write her 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 pony party with lunch at Holly Bush Stables is £400; a 90-minute princess party is £214 before you add a venue and food; and a Nerf party at Rugged Earth is £280 (bushcraft is £250). 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
Holly Bush Stables, West Byfleet (pony party)	No age range stated. No riding experience needed	**£40 per child** (minimum 10 children) for 2 hours with the ponies, including lunch (pizza, jelly and ice cream, juice, tea and coffee). Or **£35 per child** for 1.5 hours without food. Includes a decorated party area, grooming and handling the ponies, and a lead-rein ride with games in the sand school. Cake and party bags aren't included.
My Little Princess Parties (comes to your home or hall)	90-minute and 2-hour parties listed for ages 4+	One entertainer for up to 25 children: **£214 for 90 minutes**, £234 for 2 hours or £189 for 1 hour. Includes a meet and greet, fairy dust, a birthday present, photo opportunities, games, balloon modelling and parachute games. Food and drinks aren't provided, and you'll need a venue. A deposit secures the booking, and the balance is paid in cash on the day.

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.
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).

What stands out from a parent's seat

- **Holly Bush Stables:** A complete package if you choose the 2-hour option, which includes lunch. It's outdoors with animals, so have a wet-weather plan, and ask about riding hats and what to wear, as the page doesn't say.
- **My Little Princess Parties:** The entertainer runs the games, but you supply the venue, food and drink, so add hall hire to the cost. Have the balance ready in cash.
- **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.
- **Woking Superbowl:** Good value per child, with food and a host included. Exclusive use of the Laser Quest arena needs 14 or more children.

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 girl'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
- My Little Unicorn, home page
- Science Entertainer, Science parties
- Sporty Kidz, Birthday parties in Surrey
- GlitterPop Parties, Glitzy Spa Party and Sassy Slime Party
- 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
- Holly Bush Stables, Pony parties
- Woking Superbowl, Kids' parties

© 2026 Playtrail. Made in Woking, for Woking.