Birthday Party Checklist for a 7-Year-Old Girl

Seven is the age of best friends, big plans and a party she's been talking about since the last one. This guide is for the parent who wants a great afternoon without a stressful week: what to book, what to ask and what it costs near Woking.

👧 Age 7 · 📍 Woking · ⏱️ 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 afternoon in a Woking living room. Eight seven-year-olds in silky robes, cushions on the floor, a glittery photo backdrop and two party hosts painting very small fingernails. The birthday girl has chosen the colour for everyone and changed her mind twice. A parent is in the kitchen with the pizza and the allergy list. At seven, a party is about being grown-up for an afternoon, and still being little enough to want the slice with the most icing.

START HERE

What's different about a 7-year-old's party

At seven, a party is a competition everyone should be allowed to win.

Seven-year-olds can manage a two-hour activity, play in teams and follow a plan. They also notice everything: who was invited, who sat where, and whose party bag had the best sweets.

- **Two hours is the sweet spot.** HealthyChildren.org, from the American Academy of Pediatrics, says school-aged children can manage about 2 to 3 hours. Two hours with food in the middle keeps energy high without the wheels coming off.
- **Year 2 is the last infant year.** Most children turning seven are in Year 2, where classes can have up to 30 pupils per teacher. Some families keep inviting the whole class; others switch to a smaller group of friends.

Either is fine, but if you invite most of the class, invite everyone.

- **More activities open up.** GlitterPop's spa party is designed for ages 7+, Rugged Earth Adventures runs Nerf and bushcraft parties for children turning 6 to 12, and Woking Superbowl offers bowling and Laser Quest packages.
- **Check the adult rules.** At Ninja Warrior UK Guildford, under-8s must be accompanied on the activities by a ticket-holding adult.
- **Drop-off is common.** Get a contact number for every child, and write down who is collecting whom.
- **Let her co-plan.** Ask her to choose between two or three activities, and agree the guest list together.

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 7-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 seven, the activity often is the theme: a spa party, ponies, dancing, crafts or Laser Quest. Popular themes include pamper and spa, pop stars, art, gymnastics, horses and science. Plenty of girls would rather have Nerf or football, so ask.

Shop by theme: Pamper · Pop star · Art · Gymnastics · Pony · Science · Mermaid. 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.

- **Spa party.** GlitterPop's Glitzy Spa Party is designed for ages 7+ and comes to your home (prices below).
- **Ponies.** Holly Bush Stables in West Byfleet runs pony parties with grooming and lead-rein rides.
- **Nerf and bushcraft.** Rugged Earth Adventures at Sutton Green (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, and Science Entertainer runs hands-on science parties for about 6 to 14-year-olds; call for a quote.
- **Sport, dance and ninja.** Sporty Kidz's Sports Party includes dance, and Ninja Warrior UK Guildford needs a ticket-holding adult for under-8s.

THEME PLAYBOOK

5 themes with games, food and a cake for a seven-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.

Sleepover Party

A sleepover is a big step at seven, so many parents choose a 'sleepover-style' party that ends before bedtime. Pyjamas, a film and a snack bar keep it simple.

- Pyjama party: everyone arrives in pyjamas, with cushions and a duvet on the floor.
- Film and popcorn: a short film and a big bowl of popcorn.
- Truth or dare (gentle): a version with silly, kind dares.

Food and cake: Pizza, popcorn and fruit. For cake, a pyjama-print sponge.

Party bag: A pair of fluffy socks, a sleep mask or a small notebook.

Browse sleepover party supplies in the shop

Slime Lab

At seven, slime is the craft. A host provides the glitter, glue and activator, so you don't have to tidy a kitchen.

- Slime making: colours, glitter and add-ins, with gloves.
- Decorate a pot: label and decorate a tub for the slime.
- Slime show: show and tell for each creation.

Food and cake: Pizza, wedges and fruit. For cake, a sponge with a slime-drip effect.

Party bag: The slime, in a labelled pot.

Local help: Glitter Pop Parties.

Browse slime lab supplies in the shop

Pop Star Party

A karaoke party gives a seven-year-old a stage. A host or a playlist and a microphone are all it needs.

- Karaoke: a few songs with the words on a screen.
- Dance routine: learn a short dance and perform it.
- Music video: film a short clip on a phone for the birthday girl.

Food and cake: Pizza, popcorn and fruit. For cake, a microphone-topped sponge.

Party bag: A sparkly sunglasses pair or a glow bracelet.

Local help: LuckyDipDisco.com.

Browse pop star party supplies in the shop

Mystery Mansion

A mystery party gives a seven-year-old a puzzle to solve. A short story, a list of suspects and a set of clues work well.

- Whodunit: a simple story, with each child playing a suspect.
- Clue hunt: follow clues round the house or hall.
- Detective badge: awarded at the end.

Food and cake: 'Mystery' lunch of sandwiches, crisps and fruit. For cake, a magnifying-glass-topped cake.

Party bag: A magnifying glass and a notebook.

Browse mystery mansion supplies in the shop

Bake-Off Party

A baking party is a creative choice at seven. Pre-made cakes, icing and sprinkles let each child decorate their own.

- Cake decorating: a sponge each and a table of icing and sprinkles.
- Technical challenge: everyone makes the same biscuit.

- Judges' table: scores for creativity and taste.

Food and cake: The bakes themselves, with sandwiches and fruit. For the birthday cake, a layered sponge.

Party bag: A cupcake box with their creation.

Browse bake-off party supplies in the shop

> Planning for a boy instead? See the 7-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
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 7-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 seven, 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 GlitterPop spa party is £345 (£295 for 8, plus £25 for each

extra child); a Nerf party at Rugged Earth is £280 (bushcraft is £250); and a pony party with lunch at Holly Bush Stables is £400. 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
GlitterPop Glitzy Spa Party (comes to you)	Designed for ages 7+	From **£295 for 8 children**, then £25 per extra child, 12 maximum. 1.5 hours with two party hosts: a chocolate face mask, sugar hand scrub, nail polish, glitter tattoos, a silky robe for each child, a selfie station and floor tables with cushions. At your home or a hired venue, in areas including Woking, Guildford, Weybridge and Camberley. Party bags £9 per child.
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.
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.

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).

What stands out from a parent's seat

- **GlitterPop:** Everything is set up and styled for you, but numbers are capped at 12, so it suits a smaller group of close friends. Decorations and music aren't included, and food isn't mentioned.
- **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.
- **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.
- **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 still invite the whole class?

It's up to you. Year 2 classes can have up to 30 children, so it's a big party. Some families choose a smaller group of friends at seven. If you invite most of the class, it's kinder to invite everyone, and if you're not inviting everyone, send invitations privately.

How long should a 7-year-old's party last?

About two hours. HealthyChildren.org says school-aged children can manage about 2 to 3 hours. Most of the activity parties we checked run 1.5 to 2 hours.

Is seven old enough for a spa party?

For GlitterPop, yes: its Glitzy Spa Party is designed for ages 7+, from £295 for 8 children and up to 12 in total.

Any age limits for Nerf, Laser Quest or gaming?

Rugged Earth Adventures' parties are for children turning 6 to 12, and Dropzone Gaming's van is for ages 6+. Woking Superbowl's party page doesn't state age limits, so ask, especially for Laser Quest. For gaming, check each game's age rating.

Do I need to stay at the venue?

Check each venue's rules. At Ninja Warrior UK Guildford, under-8s must be accompanied on the activities by a ticket-holding adult.

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”.

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 7 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 7th 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)
- GlitterPop Parties, Glitzy Spa Party and Sassy Slime Party
- Rugged Earth Adventures, Price list and Party information
- Woking Superbowl, Kids' parties
- Ninja Warrior UK Guildford, Ninja Warriors, and Guildford.org.uk, Ninja Warrior Guildford
- My Little Princess Parties, Prices and booking
- Holly Bush Stables, Pony parties
- Science Entertainer, Science parties
- Sporty Kidz, Birthday parties in Surrey
- 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
- Dropzone Gaming, Booking and How it works

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