Birthday Party Checklist for an 8-Year-Old Girl

At eight, she wants a say in everything: the guest list, the activity, the cake. That's a good thing. This guide helps you plan the party together: what works at this age, what it costs near Woking, and the details that keep everyone safe and happy.

👧 Age 8 · 📍 Woking · ⏱️ 2 to 3 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. Ten eight-year-olds learning to make a fire, building a shelter that very nearly stands up, and a birthday girl who has decided she could live in the woods. Later there are sausage baps by the campfire, marshmallow s'mores and a cake with sparklers. One guest was nervous about the mud and is now the muddiest of all. At eight, adventure is the best present there is.

START HERE

What's different about an 8-year-old's party

At eight, children want to be trusted with something real: a puzzle, a mission, a plan.

Eight-year-olds can follow complicated instructions, work as a team and stick at a challenge. Many are ready for an activity that would have been too much a year ago, such as an escape room. They also have strong views about the guest list.

- **Two to three hours is fine.** HealthyChildren.org, from the American Academy of Pediatrics, says school-aged children can manage parties of about 2 to 3 hours.
- **The activity sets the numbers.** Escape Hunt's rooms take up to 6 players each, Rugged Earth Adventures' parties take 10 to 26 guests, and Pinewood Raceway's exclusive events need at least 10 people. Check before you write the guest list.

- **Escape rooms open up.** Escape Hunt Woking's after-school parties are for ages 8 to 16, and one parent or guardian must be present for every 5 children.
- **Agree the guest list together.** Most children turning eight are in Year 3. If you're not inviting the whole class, send invitations privately rather than handing them out at school.
- **Lifts need car seats.** If parents are sharing lifts, remember that in the UK children must use a child car seat until they're 12 years old or 135cm tall, whichever comes first.
- **Sleepovers might come up.** Some eight-year-olds ask for one. If you say yes, keep it small (see the questions below).

THE PLAN

Countdown checklist

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

Start about eight weeks before, and plan it with her. Popular activity slots go first, especially at weekends. Tick things off as you go. Your ticks are saved on this device.

8 weeks before

- [ ] Agree a budget with her, covering the activity, food, cake and any extras.
- [ ] Ask her to choose between two or three activities (ideas below).
- [ ] Agree the guest list together, and check it against the activity's minimum and maximum numbers.
- [ ] Pick two or three possible dates. Some parties only run on certain days: Escape Hunt's after-school parties are Monday to Thursday, for example.

6-8 weeks before

- [ ] Shortlist 2-3 options and ask each the questions below.
- [ ] Book, pay any deposit and save the confirmation.
- [ ] Check the age limits, safety kit and adult rules. Escape Hunt, for example, needs one parent or guardian for every 5 children.
- [ ] Send the **Save the Date**, privately if you're not inviting the whole class (text in the invitation section below).

4-6 weeks before

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

- [ ] If it's a sleepover, plan the evening with her: food, film, lights-out and breakfast.

2-3 weeks before

- [ ] Chase RSVPs with a friendly text.
- [ ] Collect allergies, dietary needs, medicines and emergency numbers.
- [ ] Confirm numbers and the food order.
- [ ] Sort lifts, and check every child will have the right car seat.
- [ ] Ask a second adult to help on the day.

Party week

- [ ] Confirm the times and address with the venue or provider.
- [ ] Check the weather and tell guests what to wear.
- [ ] Pack the party kit.
- [ ] Agree a phones and photos rule with her.
- [ ] 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 8-year-olds? Are there age or height limits?
- [ ] What are the minimum and maximum numbers, and how are big groups split?
- [ ] How long does it run, and what's included: food, drinks, a host, invitations?
- [ ] How many adults must be present?
- [ ] What safety kit and briefing are provided?
- [ ] 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 easy to find?

IDEAS

Themes and party ideas she might love

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

At eight, she'll probably choose an activity first: a spa party, an escape room, bushcraft, bowling or ponies. Themes still work for the cake and decorations: pamper and spa, pop stars, art, sleepovers, detectives or horses.

Shop by theme: Pamper · Pop star · Art · Sleepover · Detective · Pony. 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 comes to your home (prices below). Pampered to Perfection runs pamper parties at its salon in Staines; reviewers mention parties for 9 to 11-year-olds, so ask about age.
- **Escape rooms.** Escape Hunt Woking (prices below).
- **Bushcraft and Nerf.** Rugged Earth Adventures at Sutton Green (prices below).
- **Bowling and Laser Quest.** Woking Superbowl (prices below).
- **Ponies and crafts.** Holly Bush Stables in West Byfleet runs pony parties, and Fired Frog Pottery Café in St John's lists parties on its website.
- **Ninja course and science.** Ninja Warrior UK Guildford (an adult must be on site for under-12s) and Science Entertainer; call for a quote.

THEME PLAYBOOK

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

Glitter and Slime Studio

At eight, a pamper-and-slime party can be about making something. A host brings robes, slime kits and a photo corner, and the children take their creations home.

- Slime making: colours, glitter and mix-ins, with gloves.
- Pamper corner: nail art and face sparkle, with a host.
- Photo booth: props and a backdrop for photos.

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

Party bag: The slime they made, in a labelled pot, and a sparkly hairband.

Local help: Glitter Pop Parties.

Browse glitter and slime studio supplies in the shop

Art and Fashion Design

An art-based party suits an eight-year-old who likes to design. A gallery or pottery café offers a workshop, and the children take home their finished piece.

- Design a T-shirt or tote bag: fabric pens, stencils and a plan.
- Pottery painting: choose a piece and paint it.
- Fashion parade: show the designs on the catwalk.

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

Party bag: The designed bag or painted piece.

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

Browse art and fashion design supplies in the shop

Big Bake-Off

Eight-year-olds can follow a recipe, so a bake-off is a good fit. Pre-measured ingredients, a clear task and a judge keep it calm.

- Technical challenge: everyone bakes the same biscuit, and a judge scores them.
- Showstopper: decorate a cupcake in a theme given at the start.
- Judges' table: scores out of ten and a rosette for each baker.

Food and cake: The bakes, with sandwiches and fruit. For cake, a sponge with a rosette.

Party bag: A box of their own bakes, a recipe card and a rosette.

Browse big bake-off supplies in the shop

Photo Booth Premiere

A film-premiere or red-carpet party is a good eight-year-old idea. A photo booth, a red carpet and popcorn turn a front room into a cinema.

- Red carpet: each guest walks the carpet and poses for the photographers.
- Awards: handmade awards for best costume, best dance and best laugh.
- Film and popcorn: a short film to finish.

Food and cake: Popcorn, pizza and fruit. For cake, a clapper-board sponge.

Party bag: A photo strip from the booth or a printed picture.

Local help: Surrey Party Hire.

Browse photo booth premiere supplies in the shop

Pony Day

An eight-year-old can join a proper stable session: grooming, plaiting and a ride. Riding school staff run it and keep the group safe.

- Grooming and plaiting: help to care for the pony.
- Pony games: gymkhana-style games, run by the instructors.
- Stable quiz: a short quiz on horse care.

Food and cake: A packed lunch or a tea back at the venue, depending on the stable. For cake, a horse-shoe sponge.

Party bag: A rosette or a pony sticker.

Local help: Holly Bush Stables, Perfect Pony Parties.

Browse pony day supplies in the shop

> Planning for a boy instead? See the 8-year-old boys' party checklist, which has different themes.

THE AFTERNOON

Schedules, games and party bags

A real challenge, a fair fight and plenty of food.

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

A 2-hour activity party

Venues set their own timings, so fit food and cake around their slot. Escape Hunt's after-school parties run 1.5 hours; Rugged Earth Adventures' run 2 hours with a campfire meal.

TIME	WHAT HAPPENS
0:00	Arrive, safety briefing and teams
0:15	The main event: escape room, Nerf battle, bowling or racing (60-75 minutes)
1:30	Food
1:50	Birthday cake and singing
2:00	Hand-over to parents

A 2.5-hour home party

A home party at this age works best with a plan and a bit of competition. Keep a film or a calm game for the end.

TIME	WHAT HAPPENS
0:00	Guests arrive: music on and a quick ice-breaker game
0:15	Challenge games: minute-to-win-it, a team quiz or a treasure hunt with riddles
0:50	Make-your-own pizzas or wraps
1:20	Main activity: karaoke, a craft, a film or a gaming van
2:10	Birthday cake and singing
2:20	Goodbyes and hand-over (or pyjamas, if it's a sleepover)

- [ ] Have a second adult to help, especially with lifts and hand-overs.
- [ ] Keep a back-up game ready in case something finishes early.
- [ ] If it's a sleepover, agree lights-out and breakfast plans in advance.

Games for 8-year-olds

Eight- to ten-year-olds like a real challenge and a bit of friendly competition. Keep teams mixed so nobody is left out.

- [ ] Minute-to-win-it challenges: stacking cups, moving sweets with a straw, balancing biscuits.
- [ ] A team quiz, or “Who knows the birthday girl best?”
- [ ] A treasure hunt with riddles or codes to crack.
- [ ] Charades or a drawing game.
- [ ] Karaoke or a dance-off.
- [ ] A detective or escape-room-style game at home.
- [ ] Decorating cupcakes or making pizzas.
- [ ] A film with blankets and snacks to finish.

Party bags

By now, one decent thing beats a bag of bits: a paperback, a notebook and gel pens or a hair accessory, plus a slice of cake. Some providers sell party bags (GlitterPop's are £9 each), or you can skip them. 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

- [ ] Let her help choose the menu: pizza, wraps, hot dogs or a make-your-own pizza table.
- [ ] Ask about allergies and dietary needs (including vegetarian, halal or kosher) on the RSVP, and pass them to the venue.
- [ ] Check what's included: Woking Superbowl's parties include a kids' meal, Rugged Earth Adventures includes a campfire meal, and Escape Hunt's page doesn't mention food.
- [ ] If younger brothers and sisters are coming, cut grapes into quarters and keep whole nuts and popcorn away from under-5s (NHS).
- [ ] Offer water and squash.
- [ ] Plan the cake moment: Rugged Earth recommends sparklers, because candles can't be blown out on a shared cake there.

Safety

- [ ] Check the adult rules: Escape Hunt needs one parent or guardian for every 5 children, and Ninja Warrior UK Guildford needs an adult on site for under-12s.
- [ ] Make sure safety kit is used: goggles for Nerf, safety socks for ninja courses.
- [ ] For gaming, check each game's age rating with the provider.
- [ ] Lifts: in the UK, children must use a child car seat until they're 12 years old or 135cm tall, whichever comes first.
- [ ] Agree a phones and photos rule with her, and ask parents before you share photos of their children.
- [ ] For sleepovers, collect emergency numbers, allergies and medicines, and agree a pick-up time.
- [ ] If younger siblings are coming, keep latex balloons away from them. St. Louis Children's Hospital advises they aren't recommended for children under 8.
- [ ] Note where the first-aid kit and exits are.

THE DAY ITSELF

Party kit, the day itself and afterwards

Pack the night before, then let her help you set up.

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, lighter, knife, plates and napkins.
- [ ] Printed guest list with phone numbers, allergies, medicines and who is collecting each child.
- [ ] A lift plan: who's driving whom, with the right car seats.
- [ ] Water bottles and snacks for active or outdoor parties.
- [ ] Rain jackets or a change of clothes for outdoor parties.
- [ ] A small first-aid kit, wipes and tissues.
- [ ] Party bags, or slices of cake to take home.
- [ ] Phone and a power bank.
- [ ] Bin bags for the tidy-up.

On the day

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

- [ ] Arrive early and check in with the host.
- [ ] Tick every child off as they arrive, and check you have a number for each parent.
- [ ] Let her help host: greeting guests and handing out food.
- [ ] Check food against allergies before serving.
- [ ] Keep an eye out for anyone who seems left out, and quietly bring them in.
- [ ] Hand each child to the adult you expect to collect them.

After the party

When the last guest has gone, there'll be wrapping paper everywhere and a very happy 8-year-old. 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.
- [ ] Thank-yous: she can write her own notes, or send a short message with a photo.
- [ ] Back up the photos, and ask before sharing any that include other children.
- [ ] Delete the guest list with allergy details once the party's done.

📍 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); Escape Hunt's after-school party is £22 per person, with the birthday guest free in groups of 10 or

more; 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
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.
Escape Hunt, Woking (escape rooms)	After-school parties for ages 8-16 (Monday to Thursday, 3pm-6pm)	**£22 per person** for an after-school party: 1.5 hours with one escape room per person, a drink, e-invites and a game host. The Birthday Celebration package is £35 per person. Up to 6 players per room (bigger groups book more rooms), and one parent or guardian must be present for every 5 children. The birthday guest goes free in groups of 10 or more.
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.

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.
- **Escape Hunt:** A brilliant team challenge for this age. Rooms take 6, so bigger groups play in parallel rooms, and food isn't mentioned, so plan tea elsewhere.
- **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

How many friends should I invite?

Let the activity decide. Escape Hunt's rooms take up to 6 players each, Rugged Earth Adventures takes 10 to 26 guests, Pinewood Raceway needs at least 10 people, and GlitterPop's spa party takes up to 12.

Is eight old enough for an escape room?

At Escape Hunt Woking, yes: its after-school parties (Monday to Thursday, 3pm-6pm) are for ages 8 to 16. One parent or guardian must be present for every 5 children.

Can we do a sleepover?

It's your call. If you do, keep it small, collect emergency numbers, allergies and any medicines from every parent, agree a pick-up time, and have a plan for anyone who wants to go home in the night.

How should we handle lifts?

Ask parents' permission, and make sure every child has 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.

How long should an 8-year-old's party last?

Two to three hours is fine. 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, plus food.

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 8 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 8th 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
- Escape Hunt Woking, Birthday packages
- Rugged Earth Adventures, Price list and Party information
- Pinewood Raceway, Parties
- Warwickshire County Council, Understanding the law on child car seats
- Holly Bush Stables, Pony parties
- Ninja Warrior UK Guildford, Ninja Warriors, and Guildford.org.uk, Ninja Warrior Guildford
- Science Entertainer, Science parties
- GlitterPop Parties, Glitzy Spa Party and Sassy Slime Party
- Woking Superbowl, Kids' parties
- NHS, Preparing food safely (Start for Life)
- St. Louis Children's Hospital, Why are latex balloons dangerous for children?

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