

# NIGHTMARES!

JASON SEGEL AND KIRSTEN MILLER

## Sleepover & Camping Trip Activity Kit

### Includes:

- Tips for Hosting an Unforgettable Sleepover
- Read-Aloud Storytime Activities
  - Reading Activity
  - Group Activity
- Shake the *Nightmares!* Off Games
  - "Charlie vs. the Netherworld" Game of Tag
  - Nightmare Shout Squad
  - The Bouncy-Spider Nightmare-Protection Dance
- Arts & Crafts Activities
  - Design the Witch—in 3-D!
  - Make a Scene!
  - Make Your Own Dream Catchers
- Drama Activities
  - Radio Theater
  - Campfire Tales
- Nyum-Nyum *Nightmares!* Nibbles
  - Snack Toes
  - Witch's Hat Ice Cream and Cones
  - Green Platter
  - Stay-Awake Coffee Cake



IF YOU SNOOZE,  
YOU LOSE.

NightmaresNovels.com #NightmaresNovels





# NIGHTMARES!

JASON SEGEL AND KIRSTEN MILLER



## What will you do when the lights go out?

Sleepovers. Camping. They're more than just fun—they're a perfect opportunity to show what you're made of. Because as soon as darkness falls, it's going to be you against your Nightmares—but this time, you've got your best friends by your side.

Together you can take on every creature that's ever gone bump in the night. Witches, goblins, giant grubs, and zombies. As long as you and your friends stick together, there's nothing to fear . . . well, almost nothing.

Just remember these three simple rules when you visit the Netherworld: Never run. Never hide. And never trust a talking cockroach. Follow our advice and face your fears like we did. You created them—now it's time to conquer them. When morning comes, feel free to celebrate your victory with a big batch of kale pancakes. (Or just regular pancakes if you prefer.)

Now turn off the lights. It's time to get started!

Charlie, Alfie,  
Rocco & Paige



## You'll never sleep the same again. . . .

NightmaresNovels.com #NightmaresNovels





## STAY UP WITH *NIGHTMARES!*



### Tips for Hosting an Unforgettable Sleepover

Put aside the same old boring activities and games. *Nightmares!* by Jason Segel and Kirsten Miller scares up some inventive, unique, and fun group activities that will tingle some spines during your overnight sleep shindig. Watch out! Tonight might not be such a snooze-fest after all.

#### NO-SLUMBER READING PARTY

Bookworms love reading. Take it up a notch and hold a No-Slumber Reading Party with *Nightmares!*

Here are some tips for getting organized:

- Contact your book-loving friends from your neighborhood and school, and invite them to your party. Or for campers, incorporate *Nightmares!* into the camp plans.
- On the invitation for your big book event, let guests know that when they RSVP, they promise they'll read *Nightmares!* before the party. (Give your guests at least two weeks between sending the invitation and the night of the sleepover party to get the book and read it.) And for campers, read the book aloud throughout the days and nights at camp—and then cap off the end of camp with a *Nightmares!* night, full of book-based activities.
- Ask some adults to help organize different aspects of reading the book and planning the fun: When will everyone read the book? What kind of food will be served? What activities will there be?
- On *Nightmares!* Night, gather everyone in a circle and talk about the book. (What is everyone's favorite part? Favorite character? Which friend does everyone most identify with? What's everyone's worst nightmare?) Use the suggestions in this guide to create a night of fun food and activities.





## READING ACTIVITY: READ-ALoud STORYTIME

You can do this at your sleepover or camping trip—or anytime with friends from school or your neighborhood. Gather everyone together and have fun with a group read-aloud storytime. Pick two or three chapters to read aloud. Take turns reading. Whether you switch off paragraph by paragraph, page by page, or chapter by chapter, switching reading privileges makes it fun for everyone. Read aloud with animation. *Nightmares!* offers lots of opportunities for using different voices and adding sound effects. Be loose, have fun, and laugh a lot. Look at the illustrations in the book and talk about the details in each. Talk about how the illustrations enhance the story.

## GROUP ACTIVITY: BUILD A NIGHTMARE-PROOF BLANKET FORT

A fort is a great place to hold your No-Slumber Reading Party book discussion or to gather to share your campfire tales. (Be sure to get some adults to help with construction!)



### MATERIALS:

Chairs, cushions, pillows, blankets or quilts, large sheets, towels, clothespins or binder clips, long stick or pole, cardboard boxes, flashlight, branch or leaves, dream catchers (see page 7)

### INSTRUCTIONS:

1. Collect a few chairs. You'll need at least four, one for each corner of the fort. If more chairs are available, add them to create a steadier fort. Place a blanket or quilt on the floor and arrange the chairs around it. This creates your fort footprint.
2. Place the large sheets over the backs of the chairs on one side, and drape them across to the chairs on the other side. You can also use the back of a sofa, tables, or any other furniture that is easy to build with.
3. Use clothespins to connect the sheets. Also, to keep the sheets from falling down, use clothespins to attach the sheets to the backs of the chairs.
4. If you want a fort with walls, take some small blankets, quilts, or towels and clip them to the edges of the roof sheet.
5. Fill your fort with cushions and pillows. This will give everyone who comes into the fort a comfortable place to lounge.
6. To raise the center of your fort, place a stick or long pole in the middle to push the blanket upward. Keep the stick or pole in place by placing large cushions or pillows around it.
7. Make it nightmare-proof: Put cardboard boxes by the entrance. Make sure you have a flashlight. Bring in a small branch from a pine tree or some leaves to re-create the Bunker (Charlie's safety zone with his friends). Most importantly, be sure to decorate your fort with dream catchers.





# SHAKE THE NIGHTMARES! OFF GAMES



## "CHARLIE VS. THE NETHERWORLD" GAME OF TAG

(This activity requires some space. You'll need a park or a yard or a large room—or anyplace with plenty of space to run.)

### INSTRUCTIONS:

It's Charlie vs. the Netherworld. One person is "it"—they represent the Netherworld. Everyone else is a Charlie. The goal for the Netherworld is to tag the Charlies and increase the Netherworld's numbers. The goal for Charlie is to avoid the Netherworld and be the last Charlie standing. Once a person is tagged, becoming part of the Netherworld, they must stand completely still. The last free person is dubbed "Courageous Charlie." Play several rounds of the game with a new "it" each time.

## NIGHTMARE SHOUT SQUAD

Band together and let the nightmares know they can't scare you! Form a Nightmare Shout Squad and give 'em a cheer they can really hear. Be sure to get really loud on the last two lines!

Monsters, witches, snakes, and demons who've come here for some terrible reason—whatever it is, I'll figure it out. So I won't be scared. Instead, I'll shout:  
Witches, monsters, demons, and snakes,  
I'll fight you all for as long as it takes!

## THE BOUNCY-SPIDER NIGHTMARE-PROTECTION DANCE

SCARE AWAY THE NIGHTMARES WITH THESE DANCE STEPS:

- Gather in a circle. Shake out the wiggles and extra energy. Then face the circle, calmly bring your arms to your sides and your feet together, and be still. Close your eyes.
- Inhale deeply. Exhale. Repeat this twice.
- Slowly stretch your spidey arms up above your head and then out to your sides. Swing your arms in circles, nice and slow, using lnnnng, flowing spidey movements. Put your arms straight up in the air, bend your knees, exhale, look up, and release a length of imaginary spiderweb thread to the ceiling.
- Stand up straight, still holding your web thread above your head.
- As if hanging that thread, bend your legs and bounce up and down as a spider might. Do this ten times. Finally, reach high and detach your spider thread from the ceiling, ball it up, and calmly throw it away. Turn to the person to your right and tap your fingertips together.
- Turn back to the circle and throw your arms into it. Make your hands shake and shimmy, then throw them in the air and yell:

## "NIGHT-NIGHT, NIGHTMARES!"





# NIGHTMARES! ARTS & CRAFTS

## ACTIVITIES



### DESIGN THE WITCH—IN 3-D!

She has clawed fingers and nubs for teeth. Under her sleek black hat, there is wildly curly red hair. Her mask-like face is a sickly green, and her eyes are silvery. She's a frightful vision—THE WITCH! Now it's time to take this sleepover to the next level and bring out the Play-Doh. Let everyone mold and design their witch in all her three-dimensional fright! You'll need yellow, purple, green, black, orange, brown, and white Play-Doh and your amazing imagination. Once everyone is done, take pictures of all the witches and share them with your family and friends.

### MAKE A SCENE!

Is there a scene from *Nightmares!* that stood out to you? Something scary, funny, or otherwise memorable? As you and your friends are reading the book, think about favorite scenes that you can bring to life with a drawing. You can do this multiple times as you read the book—or hold one big art activity to cap off your summer reading adventure. Before drawing time begins, have each person share their most memorable scene from the story. Then pull out the paper, markers, pencils, and crayons, and let all those inner Charlotte DeChants come out as everyone draws their scene. Kids can also cut out pictures and words from magazines and add them to the illustrations to render scenes in a different and creative way.



Copyright © The Jason Segel Company





# NIGHTMARES! ARTS & CRAFTS

## ACTIVITIES (CONTINUED)

### CRAFT ACTIVITY: Make Your Own Dream Catchers

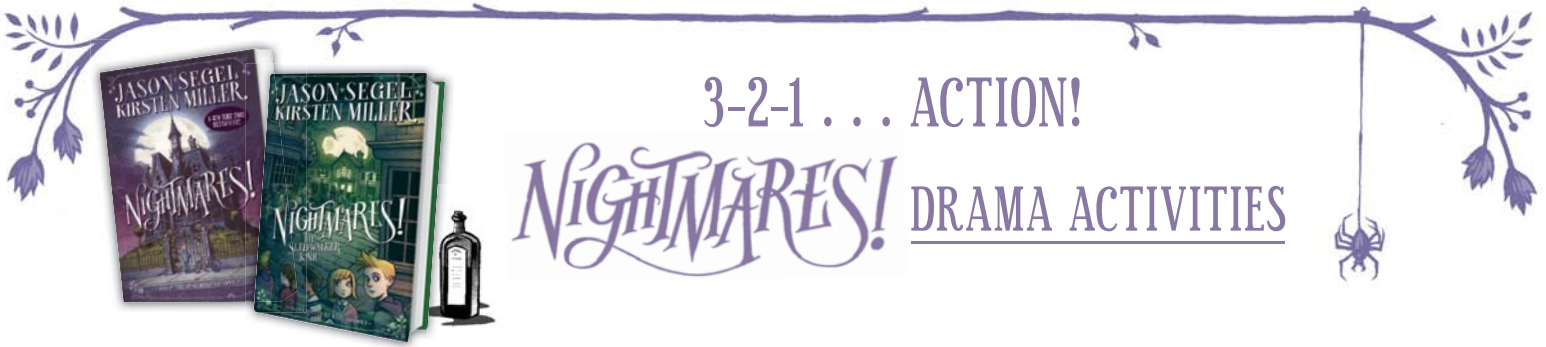
#### MATERIALS NEEDED:

- paper plates
- scissors
- yarn (about 7 feet per dream catcher)
- feathers (3 per dream catcher)
- beads (10 per dream catcher)
- hole punch
- stickers or markers (optional)

The image to the right is what a typical dream catcher looks like. Now you can make your own!

1. Begin by cutting out the center of a paper plate. Leave a rim of 2 inches all around the paper plate.
2. Punch holes in the rim of the paper plate, about 1/2 inch apart.
3. Measure out 5 to 6 feet of yarn. Tie one end to one of the holes.
4. Weave the yarn under, over, and all around the paper rim from one hole to the next. You can make your pattern any way you like. Make sure to loop through each of the holes.
5. You can add the beads to the middle of the dream catcher as you go through the holes. Simply slip them onto the yarn and continue with the next hole. They will end up in the middle of the dream catcher.
6. Once all the holes are threaded, knot the yarn at the last hole.
7. Now punch 3 more holes at what will be the bottom of the dream catcher.
8. Cut 3 more pieces of yarn, each about 5 inches long.
9. Tie them to the 3 holes at the bottom of the dream catcher.
10. Thread some beads onto the yarn pieces, and tie a feather to the end of each one.
11. Use your markers and stickers to decorate the paper rim, if you wish.
12. Lastly, make a piece of yarn the length you need to hang it on the wall. Punch one more hole into the top of your paper plate dream catcher and tie the yarn to it. When you're finished, hang the dream catcher on your bedpost or on a wall in your room. If you have a bad dream, simply blow it into the dream catcher.





3-2-1 . . . ACTION!

# NIGHTMARES! DRAMA ACTIVITIES

## DRAMA ACTIVITY: NIGHTMARES! Radio Theater

Garrison Keillor and his theater troupe weave riveting tales on his live radio show *A Prairie Home Companion*. Audiobooks represent our favorite stories brought to life via the spoken word. (*Nightmares!* is also available as an audiobook!) And of course, Orson Welles created perhaps the most famous (and frightening) radio theater of all time with “The War of the Worlds.”

Now it’s time for a new generation of radio theater, starring your friends and featuring *Nightmares!* There are a multitude of lively characters in *Nightmares!*—and they are already quite theatrical in many ways. Use this guide for mounting a Radio Theater production featuring different scenes from the book. You can pick one scene for a smaller spoken-word production, or you can stage a larger-scale production with multiple scenes, adding music and sound effects. So clear your throats and exercise those vocal cords—it’s time to bring *Nightmares!* to life.

### INSTRUCTIONS:

To get started, use the script below, created from pages 148–151 of *Nightmares!*, when Charlie Laird meets Mr. Meduso, for your first Radio Theater. Once you get the hang of it, choose other scenes from the book, turn them into scripts, and create more radio show episodes.

### HOW TO PREPARE:

- Cast the narrator and characters (fill in the performer names below).
- Make copies of the script for each actor. The same person can play multiple characters if needed.
- Do a couple of practice readings to get familiar with the script.
- Once everyone is prepared, it’s time for the performance.
- Add an extra level of theatrical fun and record your show using a smartphone or computer.

### INTRODUCING THE CAST OF NIGHTMARES!

#### RADIO THEATER PERFORMERS:

The Narrator will be played by: \_\_\_\_\_

Mr. Meduso will be played by: \_\_\_\_\_

Charlie Laird will be played by: \_\_\_\_\_

Fernando will be played by: \_\_\_\_\_

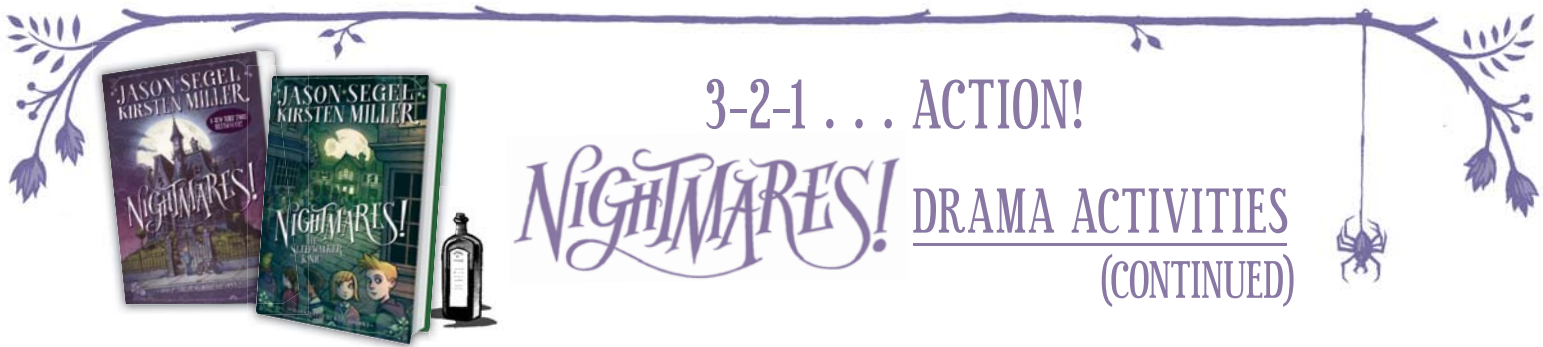
Larry will be played by: \_\_\_\_\_



Copyright © The Jason Segel Company







3-2-1 . . . ACTION!

# NIGHTMARES! DRAMA ACTIVITIES (CONTINUED)

## THE SCRIPT: Meeting Mr. Meduso

In this scene, a voice from behind a sewer grate tells Charlie to come down to the sewer so the bloodthirsty bunnies won't attack him. The scene takes place once Charlie is safely down in the sewer.

**Charlie:** Who are you and why are you here?

**Meduso** (offering his hand): The name's Meduso. And I'm here because of you. I usually do my best to avoid such odiferous conditions.

**Narrator:** He's rude, Charlie thought. But Charlie was in no position to turn away someone who'd been sent to help him.

**Charlie:** So, where are your friends?

**Meduso:** What friends?

**Narrator:** Charlie kicked himself for letting down his guard.

**Charlie:** I heard three voices coming from the sewer. Only one of them was yours.

**Meduso** (fidgeting in discomfort): Oh, those voices. I'm afraid that was just me.

**Charlie** (indignant): Really?

**Narrator:** Charlie stood his ground. Why did everyone in this world think he was stupid?

**Charlie:** Where are the other guys, Meduso? Are you planning an ambush?

**Meduso** (snapping back): That's ridiculous! I just saved your behind—what happened to “thank you”? I swear, children these days! I'm a well-dressed man standing in the sewer. What's not to trust? (Deep breath.) Fine. You want to meet the “other guys”? I'll introduce you. Just remember—we don't have time for idle chitchat. We need to get out of this pipe before the next super nightmare begins.

**Narrator:** Meduso lifted his hat with one hand and three serpents uncoiled from beneath it. Charlie hopped back in horror but managed not to scream. He'd already faced gargoyles, zombies, and bloodthirsty bunnies. He should've known better than to think the Netherworld sewers were safe. The first snake was dark red. Its muscular body swayed from side to side like a hypnotist's pocket watch. The one next to it was a dusty, washed-out brown. It flicked at the air with the pink forked tongue. The third snake, an emerald-green beauty with beady red eyes, immediately bared its fangs.

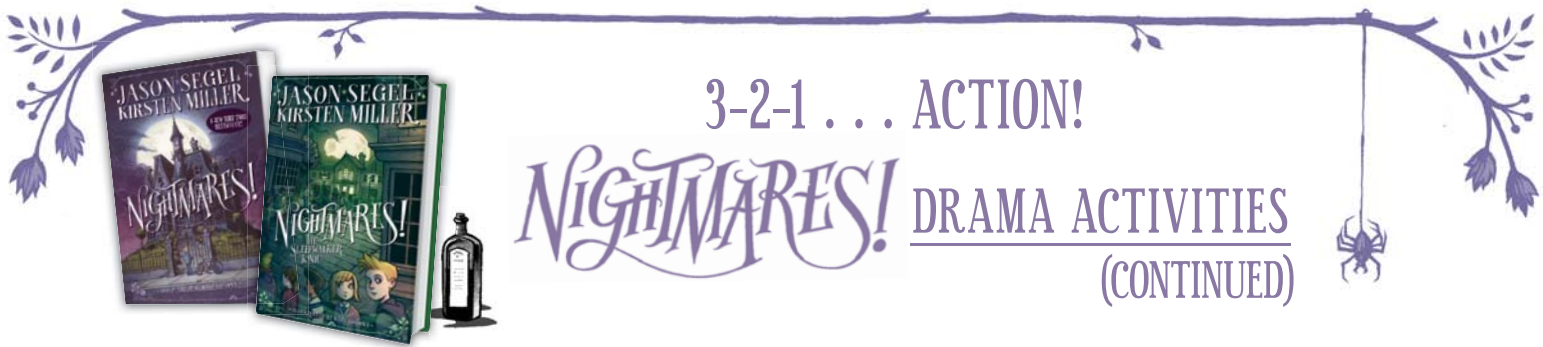
**Meduso:** Meet Larry, Barry, and Fernando.

**Narrator:** That was when Charlie realized that all three snakes were growing directly out of the man's head.

**Meduso:** The green one is Barry. He hasn't spoken since the whole “forbidden apple” misunderstanding. The other two never shut up.

**Fernando** (hissing in a Spanish accent): It'sss a pleasure. My name iss Fernando.





3-2-1 . . . ACTION!

# NIGHTMARES! DRAMA ACTIVITIES (CONTINUED)

Larry: The boy's barefoot is in a sewer. That's just not sanitary.

Charlie: You can talk!

Larry: So can you. Don't sound so surprised.

Fernando: Settle down. Snakes can talk where he comes from. Don't you remember? She said the same thing.

Charlie: She?

Narrator: Medusa clapped his hat back on his head and the three snakes disappeared beneath it.

Meduso: I wouldn't get too close. Barry's a biter.

Charlie: And what are you?

Meduso (flabbergasted): I'm a gorgon.

Charlie: What's a gorgon?

Meduso (snorting at Charlie's ignorance): Surely you've heard of Medusa—the monster from the myths? The lady with snakes for hair and eyes that can turn men to stone?

Charlie: Yeah? So?

Medusa (outraged): So? So she's one of the most famous nightmares that ever lived—and she's a gorgon like me. Over 2,000 years old and as fearsome as ever.

Charlie (astonished): Medusa is still alive? I thought some guy cut off her head a long time ago.

Meduso (sniffing): That was just a story. You shouldn't believe everything you read. Besides, you're talking about a legend. Show some respect or I'll turn you into one of those cute little cherub statues that pee into fountains. All I need to do is take off my sunglasses and give you a peek at my baby blues.

Charlie: You can't turn me into stone if someone sent you to help me. Who was it?

Meduso: I have to help you, not humor you. If you want to leave this world, I suggest you follow me. It's a long trip to the portal, and I haven't got—

Charlie (interrupting): Portal?

Meduso (walking ahead and explaining): The only door between the Netherworld and the Waking World. It's inside that mansion you live in. We need to get you back there before—

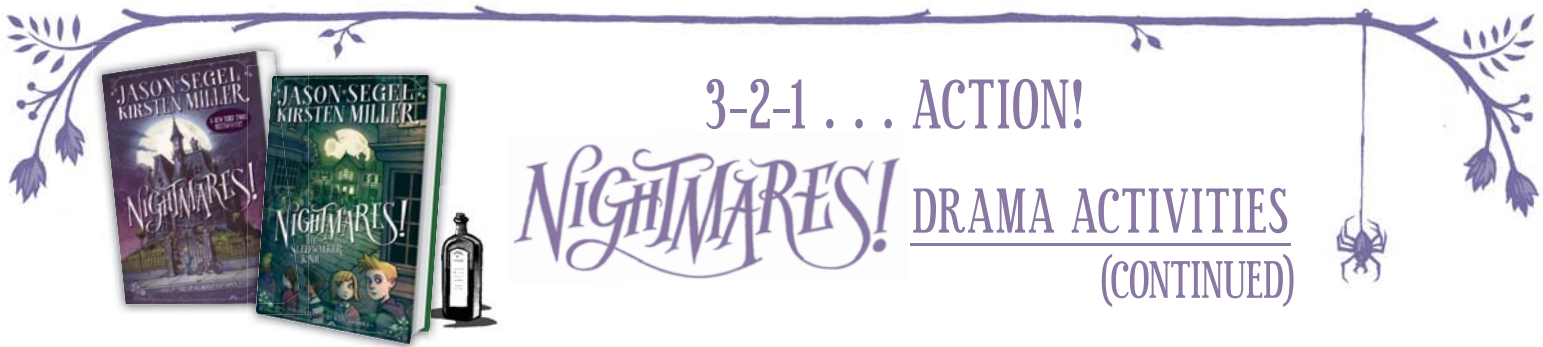
Charlie: No.

Narrator: Charlie's voice echoed through the tunnel. For once he almost sounded grown-up.

Charlie: I can't leave the Netherworld until I find my little brother.



Copyright © The Jason Segel Company



3-2-1 . . . ACTION!

# NIGHTMARES! DRAMA ACTIVITIES (CONTINUED)

## CAMPFIRE TALES

In this storytelling game, everyone adds a sentence to create a silly, semi-scary nightmare story they'll never forget.

### HERE'S HOW TO PLAY:

- Form a group story circle, select someone to be the Story Starter, and give that person an object, like a small ball.
- The Story Starter finishes the phrase: "The other night, I dreamed \_\_\_\_\_."
- After finishing the sentence, the Story Starter passes the object to the person to the right, who continues the story by adding a sentence.
- Keep going around the circle until the story is complete. Hint: Creating a great campfire tale works best when the sentences are stopped at midpoint. The last person finishes the story with a complete sentence.
- Have someone be in charge of writing the story down (you can use the space below). When it's complete, read it aloud. Or record the story with a smartphone or computer and listen to it when you're finished. It's sure to get a few laughs!





# NYUM-NYUM NIGHTMARES!

## NIBBLES

### SNACK TOES

Think pigs-in-a-blanket with a witch's twisted twist! Your sleepover guests will love this living nightmare of baked cocktail franks wrapped in piecrust and dipped in ketchup. A bloodcurdlingly good nibble! Better put your shoes on!

#### INGREDIENTS:

- 1 box (15 oz.) refrigerated piecrusts
- 1 package (14 oz.) beef cocktail franks
- 1 large egg, lightly beaten
- ketchup

#### DIRECTIONS:

1. Heat oven to 450°F. Line a large baking sheet with nonstick foil.
2. On your work surface, unroll a piecrust and cut into half-inch strips.
3. Wrap one-half to two-thirds of each cocktail frank with a dough strip, cutting the dough to fit.
4. Arrange on prepared baking sheet.
5. Brush dough bandages with the egg.
6. Bake 10 minutes, or until pastry is light golden brown. Serve with ketchup.



### WITCH'S HAT ICE CREAM AND CONES

A WICKEDLY DELICIOUS TREAT!

#### INGREDIENTS:

- Mint ice cream (or any other green ice cream)
- Red or orange sprinkles
- Pointy-tipped cones
- Chocolate chips

#### DIRECTIONS:

1. **THE WITCH'S HEAD:** Place one round scoop of green ice cream on small plates or in small bowls.
2. **THE WITCH'S HAIR:** Add the sprinkles on top and down the sides of the scoop of ice cream.
3. **THE WITCH'S HAT:** Place the cone, pointy end up, on top of the ice cream scoop.
4. **THE WITCH'S EYES:** Place two chocolate chips on the front of the scoop.
5. **SERVE.**



# NYUM-NYUM NIGHTMARES!

## NIBBLES (CONTINUED)



### GREEN PLATTER

Charlotte DeChant (aka “Stepmonster”) serves green pancakes and split pea soup (also green!). Continue her verdant tradition by creating a “*Nightmares!* Smorgasbord” of foods that are green. And **ONLY** green. Ask each family member to suggest their favorite green food, and create an exquisitely monochromatic and mouthwatering storytime snack tray.

### SOME GREEN FOOD IDEAS INCLUDE:

- Celery (with green food coloring added to cream cheese to fill the celery)
- Zucchini (raw or baked)
- Spinach dip
- Edamame
- Crispy baked Parmesan green bean fries
- Cucumber slices
- Grapes
- Honeydew melon slices
- Kiwi slices



### STAY-AWAKE COFFEE CAKE

Charlie may drink coffee to stay awake, but coffee cake makes a much better storytime snack. Perfect for hungry tummies the morning after the sleepover!

### INGREDIENTS:

- |                                 |                            |
|---------------------------------|----------------------------|
| <b>Cake:</b>                    | <b>Streusel:</b>           |
| 2 cups flour                    | 1/4 cup flour              |
| 3/4 cup sugar                   | 2/3 cup white sugar        |
| 2 teaspoons baking powder       | 1 teaspoon ground cinnamon |
| 1/2 teaspoon salt               | 1/4 cup butter             |
| 1/2 cup softened butter         |                            |
| 1 egg                           |                            |
| 3/4 cup milk                    |                            |
| 1-1/2 teaspoons vanilla extract |                            |

### DIRECTIONS:

1. Preheat oven to 350° F (175° C). Grease and flour a 9x13-inch pan.
2. Make the streusel topping: In a medium bowl, combine 1/4 cup flour, 2/3 cup sugar, and 1 teaspoon cinnamon. Add butter in small pieces until the mixture resembles coarse crumbs. Set aside.
3. In a large bowl, combine 2 cups flour, 3/4 cup sugar, baking powder, and salt. Add butter until the mixture looks like coarse crumbs. Crack the egg into a measuring cup; add milk to fill to 1 cup. Stir in vanilla. Pour into crumb mixture and mix until moistened. Spread into pan. Sprinkle top with the streusel mix.
4. Bake for 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool before cutting. Enjoy pieces of coffee cake during storytime.

