

LandAid SleepOut

Build a Bed Competition

Hints and tips to help get you on your way



SleepOut at Home: Build a Bed Competition ✨



Think you've got what it takes to create the ultimate SleepOut bed? We're excited to announce our Build a Bed Competition for everyone sleeping out at home!

Get creative with your setup and show us how you're bringing the SleepOut experience to life in your own space. Whether it's a cozy den, a makeshift shelter, or a full-on outdoor setup, we want to see it!



How to Enter:

1. Build your bed – Use whatever you have on hand to create a comfortable (or challenging!) setup.
2. Snap a photo – Take a picture of your space.
3. Send it to us – Email your photo to sleepout@landaid.org

All entries will be entered for a chance to win a prize.



Our Guide to Bed Building

Step 1: Gather Materials

You'll want to have a good mix of practical and decorative materials. Here are some items to consider:

Essentials:

- Cardboard boxes
- Sleeping bag, blankets, and pillows
- Mat or yoga mat

Optional Decorations:

- Fairy lights or LED string lights
- Paint, markers, or crayons
- Tapestry or fabric pieces
- Small cushions or stuffed animals

Step 2: Choose a Location

Find a good spot where you'll feel safe and sheltered. If you're outside, look for a level, dry area. Inside, pick a cozy corner that feels like a little escape.

Make sure you have enough space to lay down and stretch out comfortably.



Step 3: Build Your Bed Base

- **Lay a Mat:** Start with a mat for extra cushioning.
- **Set Up Your Base:** Flatten and overlap cardboard boxes to create a sturdy floor.
- **Create a Den:** Use larger boxes for walls and a headboard to make a cosy, enclosed space.
- **Build a Roof:** Position chairs back-to-back and drape blankets or sheets over them. Add brooms or mops for support.
- **Add Bedding:** Layer blankets, a sleeping bag, and pillows for warmth and comfort.

Step 4: Get Creative and Decorate

- **Fairy Lights:** Drape battery-powered lights around your cardboard base or walls for a magical, cosy glow.
- **Get Creative:** Paint, draw, or colour your cardboard with fun designs or inspiring words.
- **Drape Fabric:** Add a sheet or tapestry over the sides or walls for extra privacy and warmth.
- **Personal Touches:** Include cushions, a favourite toy, or small decorations to make it feel like home.
- **Hidden Library:** Bring your children's favourite books and explore our 'How to talk to children about homelessness' guide for ideas.

Step 5: Settle In

Once your bed is set up and decorated, settle in! Make sure you have everything you need nearby, such as snacks, water, a flashlight, and maybe a book or some music.



Good Luck!

We can't wait
to see your
Build a Bed
entries!

