

PHANTOM PARTY

PACKET & EVENT GUIDE

BY *The Girls' Ghost Hunting Guide*
AUTHOR **STACEY GRAHAM**

We can all get a little chill at things that **go bump in the night**. Maybe you hear a *racket* in the basement. Or perhaps you saw some *movement* from the corner of your eye. Professional ghost hunter **Stacey Graham** shows you the tips of the trade—no expensive equipment needed!

Throwing a **Phantom Party** is a great way to learn a few fun tips about ghost hunting to see if it's a ghost or a gopher. Learn the different types of ghosts, how to tell a ghost story with your friends, and chat with the Other Side with the **Ghost on a Rope** game while munching on Bloody Muddy Ghost Cookies. Turn on that mood music and get ready to boo-gie!

Have fun, stay safe, and remember to keep an open mind (but not so open that your brain falls out!)



ABOUT THE *Girls'* GHOST HUNTING GUIDE

Want to really see what's going on out there? It may not be a mouse (shudder) after all! Filled with great information for all ages of girls and boys, *The Girl's Ghost Hunting Guide* explains how to conduct an investigation step-by-step, helps you determine if it's really something interesting or more mundane, showcases the fun tricks of the trade, offers interviews with actual ghost hunters, and more! This book is perfect for anyone ready to poke the paranormal and see if it giggles.



STACEY'S GHOULISH

GHOST QUIZ: *What kind of ghost is it?*

After an hour or two of sitting in a dark room and waiting for something to happen, it's easy to let your guard down. But when you take your mind off your butt cramp and stretch your legs, that's when things get hopping. **Can you figure out what kind of ghost is getting into the cookie jar when you least expect it?**

Match the name of the ghost with its description below.

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☐ FULL-BODIED APPARITIONS

☐ INTELLIGENT HAUNTING

☐ MIST OR FOG HAUNTING

☐ PETS

☐ PHANTOM VEHICLES

☐ POLTERGEIST

☐ RESIDUAL HAUNTING

☐ SHADOW PEOPLE

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1 The walls, they are a shakin', the dog is hiding under the bed and there is one very cranky 13-year-old not able to download her favorite song. This ghost throws a temper tantrum that makes the neighbors edge a little closer to moving when it gets stirred up. One of the more frightening paranormal phenomena, it's believed that some of the activity may stem from the subconscious mind of teenagers—though don't use that excuse if your room gets trashed after your mom sees it.

2 Nothing says "I like you" like a ghost popping up and following you into the bathroom at 4 a.m. While they can be a bit on the friendly side, don't confuse them with your cat. Usually large, dark, and mysterious, this ghost type can be classified by one of those things that make you go "hmmmm?" Or scream and throw things at the wall. Whatever.

3 The most rarely seen ghost type, they make the best ghost stories. Where else can you stare into the gaping eyeholes of a skull with long flowing hair? Okay, ick. These ghosts may be seen in the clothes they died or were buried in so try to remember what they were wearing to help place a date for your ghostie.

4 Hearing lullabies while a cradle rocks by an unseen hand every night? This ghost makes her presence known without all the showing off like some of the other spirits. One of the more commonly reported phenomena; they're trapped in a loop like a giant hamster wheel. A ghostly hamster wheel. Yes, I went there.

**THE GHOST QUIZ
CONTINUES ON THE
NEXT PAGE...**

STACEY'S GHOULISH

GHOST QUIZ: *Continued!*

5 Not much is nicer than a soft fuzzy creature showing its love by rubbing up against you. Unless that creature died years ago and you're kind of squicked out by the whole idea of a phantom feline. This ghost is one of the more welcome spirits to return and say howdy.

6 How the heck did fog get into the house? While the weather outside might be frightful on some investigations, this ghost manifests (appears) by forming a mist or fog that has nothing to do with the temperature.

7 The rock stars of paranormal phenomena, these bad boys can be chatty, annoying, and fascinating at the same time. Able to interact with the living, this ghost type keeps the investigator coming back to see what they'll do next.

8 Not a person or a place but a thing. These ghosts show up but have no floating heads to pack around. If a spectral car pulls up and offers a ride, tell them to hit the road, Jack.



1. Poltergeist
2. Shadow People
3. Full-bodied apparitions
4. Residual haunting
5. Pets
6. Mist or fog haunting
7. Intelligent haunting
8. Phantom vehicles

ANSWERS:

STACEY'S GHOST TIPS:

PHANTOM *or* FAKE

Most paranormal activity can be easily explained by natural causes, such as animals or weather, so don't lose your head even if you see a floating one coming at ya. Okay, you have my permission to run in small circles if that happens.

Sometimes it's not so easy to tell if what you're seeing is real or if your mind is playing tricks on you. That's when your investigative skills kick in and it's time to whip out your notebook.



Need a little reminder?

Think of your friendly neighborhood chicken:

H.E.N.S.

H: *Hands* – Can you feel a cold or hot spot? What is the temperature in the room? Tuning into your sense of touch can be a big help in determining the overall vibe of the room, since when you're focused on ghosts, you may become more in tune with your environment.

E: *Eyes* – What can you tell about the phenomena? Did you see something scoot across the room? If it's a ghost, what are they wearing? Many times investigations are done in dimly lit rooms and your eyes can trick you into thinking you've seen something that didn't really happen. Always stick with a buddy who may be able to confirm what you've seen.

N: *Nose* – Is there a smell that suddenly appeared? Can it be traced back to a person who is currently standing near you or is it dinnertime in the neighborhood? Sometimes someone's supper smells can waft in through an open window or vent and make you think you've stepped into a paranormal event...and make you hungry.

S: *Sounds* – Can you pinpoint the source of the sound? Rodents can wiggle up walls and beneath floorboards so be sure to ask if the family has had problems with pests before. If you think you hear something, start recording an Electronic Voice Phenomenon session and see if you can pick up more on what they're chatting about. You may find that it's simply someone downstairs looking for fruity cereal at midnight.

Before you begin your ghost hunt, you should have some items on hand to help track down the any haunted places and people. Look at **THE GIRLS' GHOST HUNTING GUIDE** for suggestions!

What's in your **GHOST KIT?**

Every ghost hunter needs to be prepared before walking out the door to an investigation. Name seven things you'll need before you hit the road.



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STACEY'S SUGGESTIONS:

- 1** *Notebook* **2** *Camera* **3** *Pencil* **4** *Compass* **5** *Flashlight*
- 6** *Digital voice recorder to capture electronic voice phenomena*
- 7** *Extra batteries*

GHOSTLY GAMES:

Who (or what) goes there?

Capturing a ghost on camera can be tricky. Most orb or spirit photos you see turn out to be dust, sun spots, or have a reasonable explanation. Look at the photos below:

ARE THEY *fakes* OR *phantoms*?

1



2



3



ANSWER:

1 The figure is a girl in the woods wiggling. The movement caused the picture to look like a ghost was caught wandering!

2 Dust kicked up in an old building can create orbs in photos. The light bounces off of the dust particle and flashes back. Some orbs may look like they have faces or depth to the bubble, but we're pretty sure it's just a case of needing to be vacuumed.

3 The dog looks pretty happy to be sitting next to an orb. Is it a flash, dust, or really a ghost? Photos taken later at this location show an orb in the same spot. Hmmmm...

GHOST *on a* ROPE

Who would have thought that a sassy accessory like a necklace or charm bracelet would be a handy way to chat up ghosts? Pendulums have been used for centuries as a simple tool for finding water and locating lost objects, but you can also use them for answering questions and tracking ghosts on your investigations. **For this game, divide the group into two teams and get your questions ready for the Other Side.**

A pendulum is made up of a length of chain or ribbon and a weight at the end, such as pendant or heavy bead. To get started learning how to use a pendulum, follow these steps:

1 Rest your elbow on a steady surface and get comfy. Hold the chain between your thumb and forefinger or middle finger. Make sure the chain is long enough to swing freely without dragging on the table. Before you begin, make sure the chain is as steady as possible so you don't influence the

movement of the pendant or "bob."

2 Determine as a team how you would like to receive your answers. Back and forth for "yes" and side-to-side for "no"? Or going in circles as clockwise and counter-clockwise? If you can't decide, ask the pendulum to give you a

heads up and show you what it prefers.

3 After you've got down the "yes" and "no," ask it a simple question like "Is it Tuesday?" or "Am I wearing shoes?" At first you may not get any response but keep trying until you see it start swinging.

Once you've got the hang of it, try asking questions that require a little more finesse by using the circular alphabet on the next page. Hold the pendulum over the center dot and ask if your phantom guide can spell out a name or answer a question by gently swinging over each letter. Have a friend record the letters so you don't break your ghost groove. This will take a little practice so don't worry if it comes out jumbled at first.



GHOST *on a* ROPE



Which team received more answers to their questions? What kind of questions did they ask? Did they have more luck with one person than the rest?

But how can you use a pendulum on a ghost hunt?

Easy peasy! If you suspect paranormal activity in a room, pull out your pendulum and begin asking questions. If you are in a larger location and have a map, hold the pendulum over the area you want to explore and the bob will swing where it feels you may find the strongest evidence for ghosts.

APPARITIONAL ACTIVITIES

Setting the ZOMBIES out of the CHEESE DIP: **HOW TO TELL A GREAT GHOST STORY**

KNOW YOUR AUDIENCE

A story crafted for preschoolers will be different than one for teenagers. For younger children, stay with safe themes and a silly ending such as a dog making a spooky noise. For tweens, it's fine to add in more drama but keep the focus on a less-gory ending than you would for older kids. This age loves to hear about aliens taking over familiar situations such as classrooms or hiding under the bed. Add something about smelly feet and you've got ghost story gold.

PREPARE YOUR STORY CHARACTERS

Television has made it difficult to create something new and scary. How can you compete with the blank-eyed stare of a chainsaw mass murderer? To create a character new and slightly horrifying, choose someone from everyday life—pizza delivery person, teacher at school, the creepy neighbor with the suspicious holes in his backyard—and exaggerate their mannerisms. Everyone should be able to identify the villain and it will make the story more realistic.

CREATE THE PERFECT SETTING

Ghost stories don't have to be at night or in a secluded location. Some of the best hauntings happen in everyday houses in large cities. To make the setting real to your listeners, add in familiar locations so they can become part of the story themselves. Weather also can play a part in a great story: storms, earthquakes, or a sudden cold snap that awakens the dead can enhance the ambience.

PLOT LINES

Get creative; they don't want to hear about scratching at the windows one more time. The more real the plot is to them, the more effect you will have. Take what is familiar and comfortable and make it sinister. What exactly was on that pizza...

**TURN THE PAGE FOR
MORE STORYTELLING
TIPS!**

APPARITIONAL ACTIVITIES

Setting the ZOMBIES out of the CHEESE DIP: **HOW TO TELL A GREAT GHOST STORY**

TELLING THE STORY

Speak softly so the audience will need to lean in to hear you. This also demands their concentration so the focus will not be on your partner. Use hand gestures to tell the story. The more animated you become the more they will be involved themselves. Pace yourself so the telling doesn't come out in a rush and the zombies are in the cheese dip before the marshmallows are ready to eat.

WRAPPING IT UP

Every good story needs a satisfactory ending. With a ghost story you're

looking for the physical reaction to what you've told them—a scream, jump, or quickly dialing their parents on the cell phone. The last bit should drag out slowly; create the suspense by speaking softly and intently. Your partner will be prepared to grab the person NOT holding a flaming marshmallow on a stick for safety reasons and at the climax of your story, end with a bang not a shrug and watch them dig for bugs with their shoe.

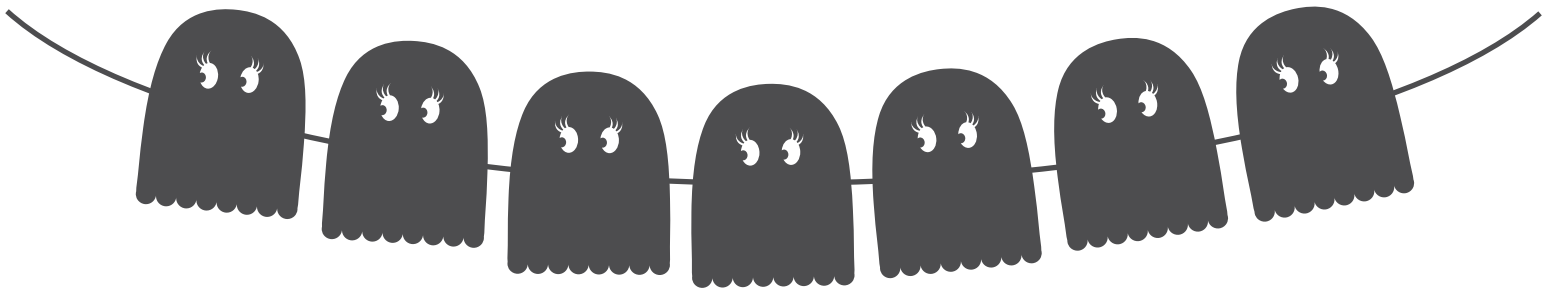


Get with your group and write your own ghost story to share with the other team or start the ghost story and have everyone contribute. Be sure to write it down or record it to share with them later!

A *Phantom Party* isn't perfect without decorations and food. Check out the ideas below to make your event **SPOOKTACULAR!**

Decorate your **PHANTOM PARTY:**

BUNTING: Outline and cut out a bunch of ghosts, then string them hand-to-hand!



GLOWING GHOSTS:

Draw your favorite scary face onto a frosted jar with black marker and pop in an electric tea light candle for a spooky ghost to light up your party!

PHANTOM LOLLIPOPS:

Cover a round sucker with a tissue or white fabric and tie a bow at the base. Draw on eyes and leave as a sweet treat for your guests.

GHOST GLOBS:

Squeeze hot glue onto foil in the shape of a ghost. Carefully place a length of clear stretchy cord at its head and use two large sparkly sequins for its eyes. When it dries, your ghost glob will be ready to hang in the window.

A *Phantom Party* isn't perfect without decorations and food. Check out the ideas below to make your event **SPOOKTACULAR!**

SPOOKY SNACKS:

Bloody Muddy Ghost Cookies

INGREDIENTS:

- Two soft and gooey chocolate chip cookies
- Marshmallow fluffy goodness
- Sliced strawberries
- Chocolate bar

The perfect snack for after a ghost hunt or hanging out with friends, layer marshmallow fluff, strawberries, and bits of the chocolate bar between two chocolate chip cookies. Pop it into the microwave for 15 seconds (carefully, it will be hot) and munch!

Sweet Specters

INGREDIENTS:

- 12oz vanilla-flavored candy coating, chopped into pieces
- 1 package of round vanilla wafers
- 1 package of mini chocolate chips

In the microwave, melt the vanilla-flavored candy coating pieces in a glass bowl, stirring every 30 seconds. When the candy is melted, with a fork, dip the vanilla wafers into the gooey goodness until it's covered. Place the wafer on a wax-paper lined plate and add chocolate chip eyeballs. Let stand about ten minutes to set.