

MILDRED OCH SPOKNATTEN



BY [CHILDBOOK.AI](https://childbook.ai)

Mildred bounced excitedly when Coach Nelly announced the special sleepover at the gymnastics hall. "We'll have the whole place to ourselves!" Nelly said with a smile. Märta and Mathilde cheered. "This will be amazing!" Mildred said, hugging her two best friends. "I've never slept in a gymnastics hall before." The three girls could hardly wait. They planned to practice cartwheels all night long. "Bring your sleeping bags on Friday," Nelly reminded them.



Friday evening arrived. Mildred, Märta, and Mathilde walked into the big gymnastics hall carrying their sleeping bags. The space looked different at night with dim lights casting long shadows. "It feels magical," Mathilde whispered. Nelly greeted them warmly. "I brought someone special," she said. A baby in a carrier cooed softly. "This is my baby sister Alba." Two small children peeked from behind Nelly. "And these are Reidun and Tom."



The girls rolled out their sleeping bags near the balance beam. Märta chose the spot closest to the vault. "Let's practice before bedtime," Mildred suggested. They did cartwheels and handstands while Nelly watched. Reidun and Tom giggled and tried to copy them. Baby Alba made happy sounds from her carrier. "Time for a snack," Nelly announced, pulling out juice boxes and crackers. Everyone sat in a circle. The gymnastics hall felt cozy and fun.



After snacks, Nelly dimmed the lights further. "Story time," she announced. The girls snuggled into their sleeping bags. Nelly told a funny tale about a gymnast who could flip so high she touched clouds. Reidun and Tom listened with wide eyes. Baby Alba had fallen asleep. "Now everyone should sleep," Nelly said softly. Mildred closed her eyes, but she felt too excited to sleep. The hall was quiet except for soft breathing.



Mildred's eyes popped open. She heard a mysterious thump. "Did you hear that?" she whispered to Märta. Another thump echoed through the hall. Mathilde sat up, looking around nervously. The parallel bars seemed to shake slightly. "Maybe it's just the building settling," Märta said, but her voice trembled. A soft giggle came from somewhere in the darkness. "That didn't sound like settling," Mildred said. Her heart beat faster. Something strange was happening.



Mathilde pointed toward the vault. "I saw something move!" A small shadow darted behind the springboard. The three friends held hands tightly. Another shadow appeared near the rings, swinging slightly. "There are two of them," Märta breathed. Suddenly, a stuffed animal flew through the air and landed on Mildred's sleeping bag. She squeaked in surprise. Soft footsteps padded across the mat. "Is this a dream?" Mathilde wondered aloud. The shadows moved again, closer this time.



"We need to investigate," Mildred declared bravely. The three girls crawled out of their sleeping bags. They tiptoed toward where they'd seen the shadows. Märta grabbed a flashlight from her bag. Its beam swept across the equipment. "Over there!" Mathilde pointed. They spotted small handprints on the foam pit edge. Giggles erupted from behind the vault. "Come out, whoever you are!" Mildred called. Her voice echoed. They crept closer, hearts pounding with nervous excitement.



Two small figures jumped out. "Boo!" shouted Reidun and Tom. The three-year-olds wore sheets draped over their shoulders like capes. They laughed hysterically at the girls' surprised faces. "You were the ghosts?" Märta exclaimed. Reidun nodded proudly. Tom held up a toy that made spooky sounds. "We tricked you!" he giggled. Mildred started laughing too. "You certainly did!" Soon all five children were laughing together. The scary night had become funny.



A soft babbling sound came from Alba's carrier. Nelly walked over, looking sleepy but amused. "I think someone else was involved," she said, picking up the baby. Alba had a mischievous look in her eyes. "Alba?" Mildred asked in disbelief. Nelly laughed. "She kept pointing and babbling whenever Reidun and Tom snuck away. I think she was directing them!" Baby Alba cooed proudly. "The baby was the mastermind?" Mathilde gasped. Everyone burst into laughter again.



"Since we're all awake, let's play!" Mildred suggested. Nelly agreed they could have a little more fun. They played a gentle game of hide and seek in the gymnastics hall. Reidun hid behind the beam while Tom squeezed under a mat. Alba watched from her carrier, clapping her tiny hands. Märta found Reidun first. Mathilde discovered Tom's hiding spot. "This is the best sleepover ever!" Mildred declared. Even the spooky tricks had made it special.



Finally, everyone grew tired. Nelly tucked Reidun and Tom into their small sleeping bags near her. "No more tricks," she said gently but firmly. The little ones nodded sleepily. Alba yawned widely in her carrier. Mildred, Märta, and Mathilde returned to their spots. "That was quite an adventure," Märta whispered. "We'll remember this forever," Mathilde added. Mildred smiled in the darkness. "We survived the spooky gymnastics hall," she said proudly. Soon everyone's breathing became slow and steady.



Sunlight streamed through the high windows. Mildred woke to see Märta and Mathilde already sitting up. "Good morning, ghost hunters!" Nelly called cheerfully. She was making breakfast with Reidun and Tom helping. Alba babbled happily. The girls rolled up their sleeping bags. "Can we do this again?" Mathilde asked eagerly. Nelly smiled. "Maybe next month." As they ate breakfast together, Mildred felt grateful. She had the best friends and the most memorable sleepover adventure ever.



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