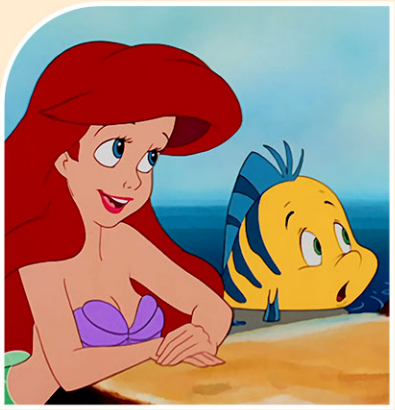
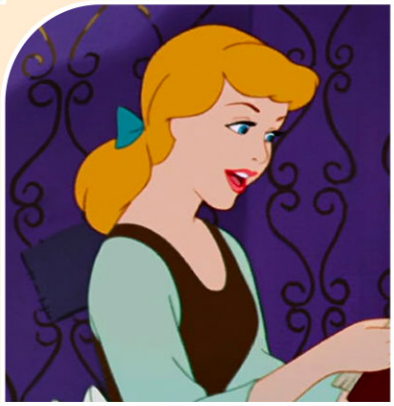


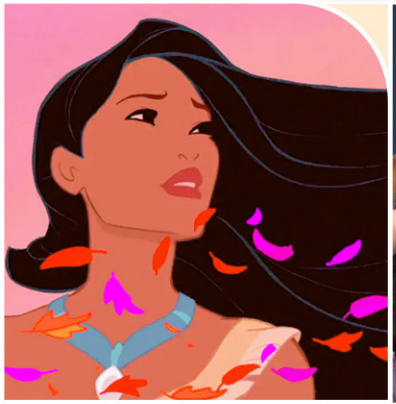


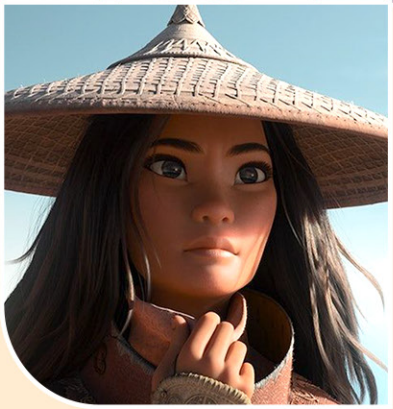
Disney

PRINCESS

CREATE YOUR WORLD

ACTIVITY BOOK





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©Disney

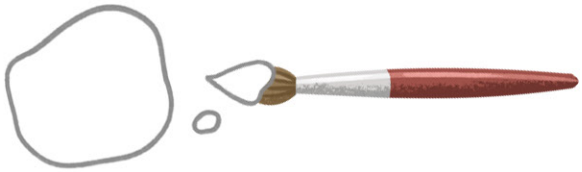
Create YOUR WORLD

Every princess has a world of their own and now it's time to share yours!

HELLO, MY NAME IS _____

THIS IS MY SIDEKICK _____

MY FAVORITE FOOD IS _____



I LOVE TO DO _____

MY FAVORITE COLOR IS _____

©Disney

Embrace YOUR INNER PRINCESS

There is a lot that makes a princess! Cut and paste the princess-inspired characteristics you most connect with and add them to a picture of you in your world on the next page!

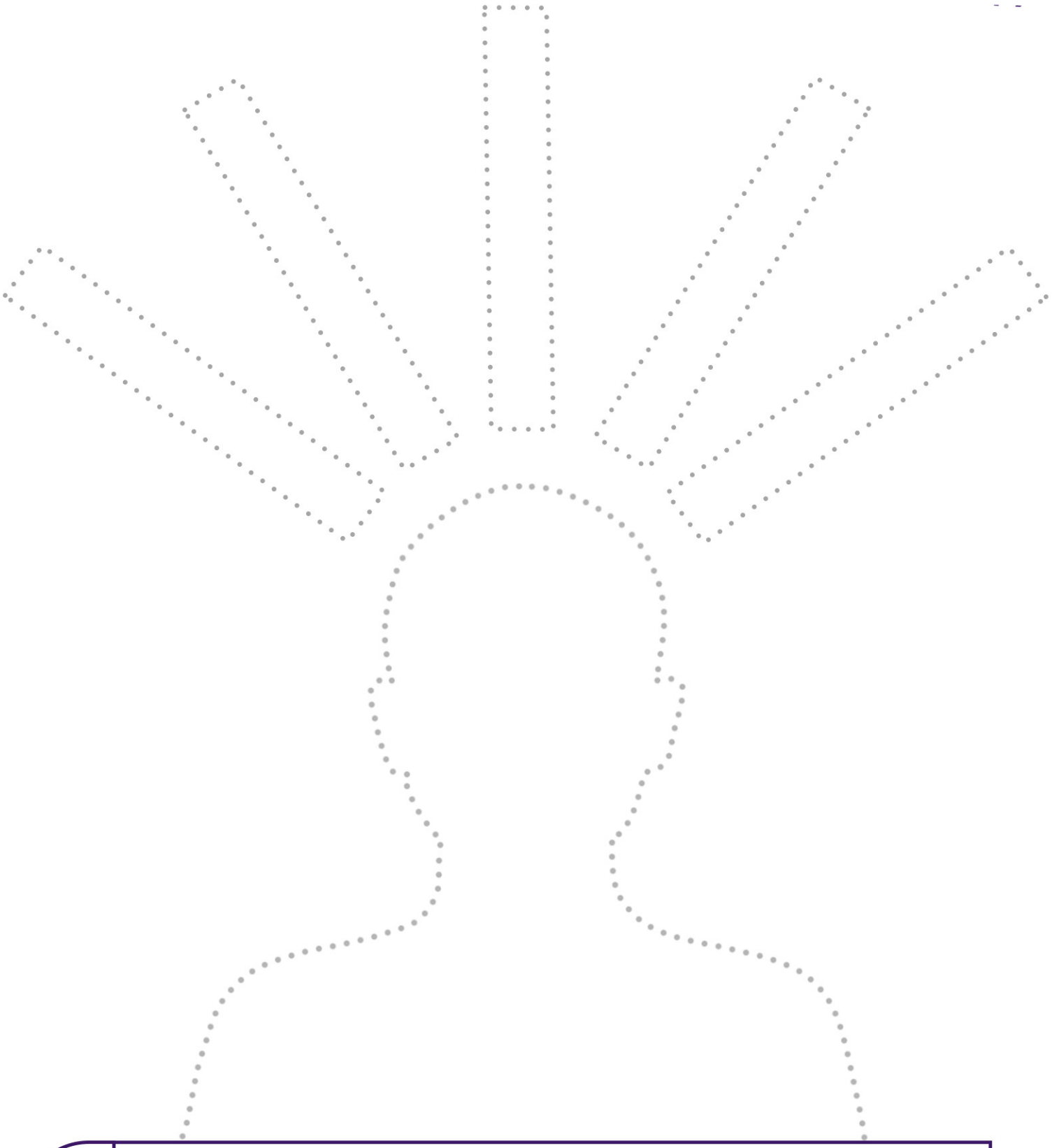
Ask an Adult for Help

PRINCESS CHARACTERISTICS

- DETERMINED
- INTELLIGENT
- CURIOUS
- DARING
- DRIVEN
- PROTECTOR
- CREATIVE
- LOYAL
- KIND-HEARTED
- BRAVE
- HOPEFUL
- LEADER
- IMAGINATIVE

©Disney

Embrace YOUR INNER PRINCESS



5 | GENERAL | CRAFTING | INDOOR | ●○○

©Disney

Snow White
FOREST FACT FINDER

Help Snow White find her forest friends by following these fun facts about each animal!

FACTS!

1. This animal has antlers and tends to hang around the stream.

2. This fluffy animal's favorite food is carrots and they love to burrow in holes.

3. This winged animal build their nests in trees where they will have 4-6 eggs.

4. This animal lives in their own shell and can breathe through their skin.

5. This little animal buries their food and loves to climb trees.

ANSWER KEY: 1. Deer 2. Bunny 3. Blue Birds 4. Turtle 5. Squirrel

©Disney

Snow White
BIRD FEEDER

Make magic from the ordinary with your very own Snow White-inspired bird feeder!

Ask an Adult for Help

SUPPLIES

- Peanut Butter
- Popsicle Sticks
- Bird Seeds
- Small Apple Slices
- Toilet Paper Rolls
- Twine

DIRECTIONS

1. Take a popsicle stick and cover outside of toilet paper roll with peanut butter.

2. Roll the peanut butter covered toilet paper roll in the bird seed and small apple slices until covered.

3. Thread a piece of twine through the toilet paper roll and knot.

4. Hang where birds can enjoy and meet your new friends!

©Disney

Tiana

RAY'S SHOOT FOR THE STARS

Help Ray find Evangeline in the night sky with your own glow in the dark slime!

Ask an Adult for Help

SUPPLIES

- 5 oz (147ml) 'Glow in the Dark' Glue
- ½ Tsp (2.5g) Baking Soda
- 1 Tbsp (15ml) Saline Solution *(Make sure to use one with boric acid in it. This is very important).*

DIRECTIONS

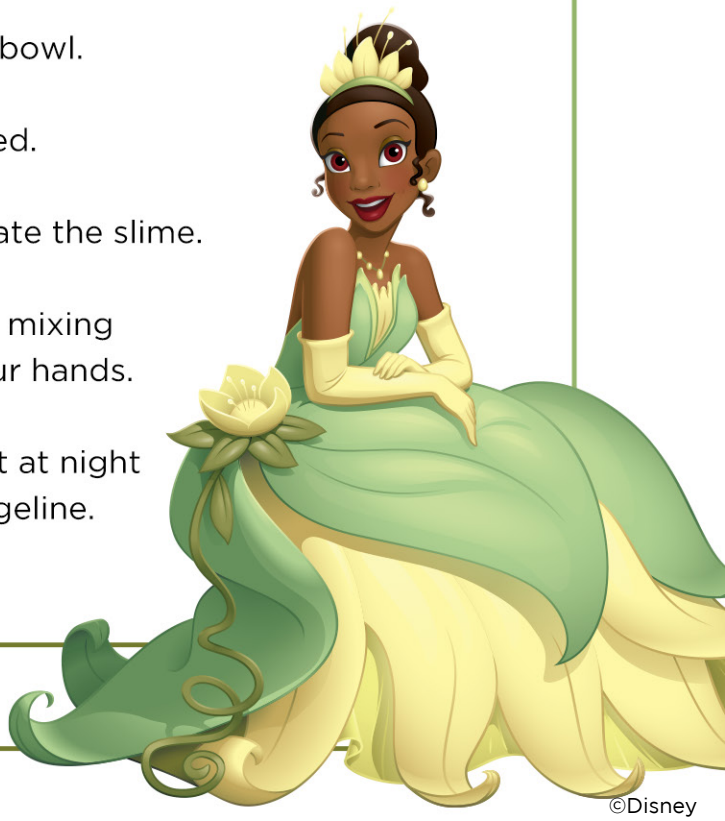
1. Put the glow in the dark glue in a mixing bowl.

2. Stir in the baking soda until well combined.

3. Slowly add in the saline solution to activate the slime.

4. When the glue begins to combine to the mixing spoon, begin to knead the mixture with your hands.

5. Take your new glow in the dark slime out at night to light up the sky like Ray to find his Evangeline.



©Disney

Tiana

ALMOST THERE

Be Tiana's guide through the bayou to pick up everything she needs for Mama Odie's gumbo! Don't get caught in the trees!

©Disney

Tiana

MAIN DISH

Tiana has been asked to cater a special dinner for the town, but needs your help in coming up with the main dish. Draw your favorite food on the plate to finish Tiana's menu for the night!

©Disney

Tiana

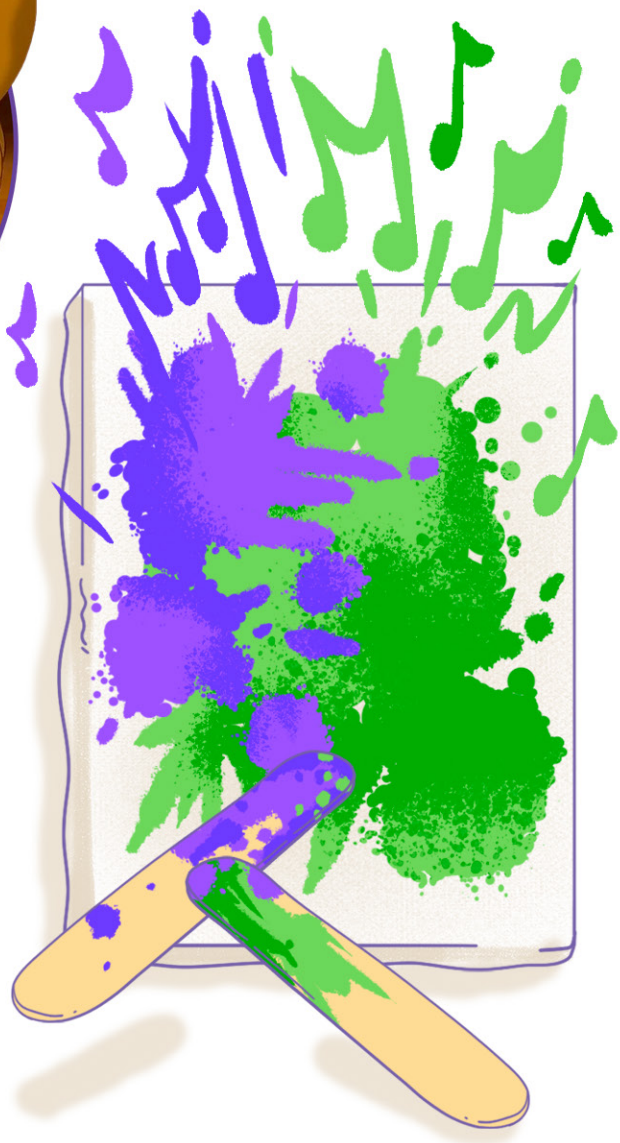
LOUIS' JAZZ BAND

You have been invited to join Louis' Bayou Jazz Band as their new drummer just in time for the Mardi Gras parade! Gather the following materials and turn on *The Princess and the Frog* on Disney+ to play along with the music.

Ask an Adult for Help

SUPPLIES

- Craft Sticks
- Canvas
- Paint



DIRECTIONS

1. Draw a circle on the canvas and decorate your drum base.

Parent Pro Tip: Place a sheet/newspaper under the canvas to protect surfaces

2. Add a few dollops of your favorite paint colors inside the circle.

3. Grab your craft sticks (your drumsticks) and pound along to the beat of your favorite songs!

4. Hang up your canvas artwork after to remember your time jamming with Louis' Bayou Jazz Band!

©Disney

Ariel

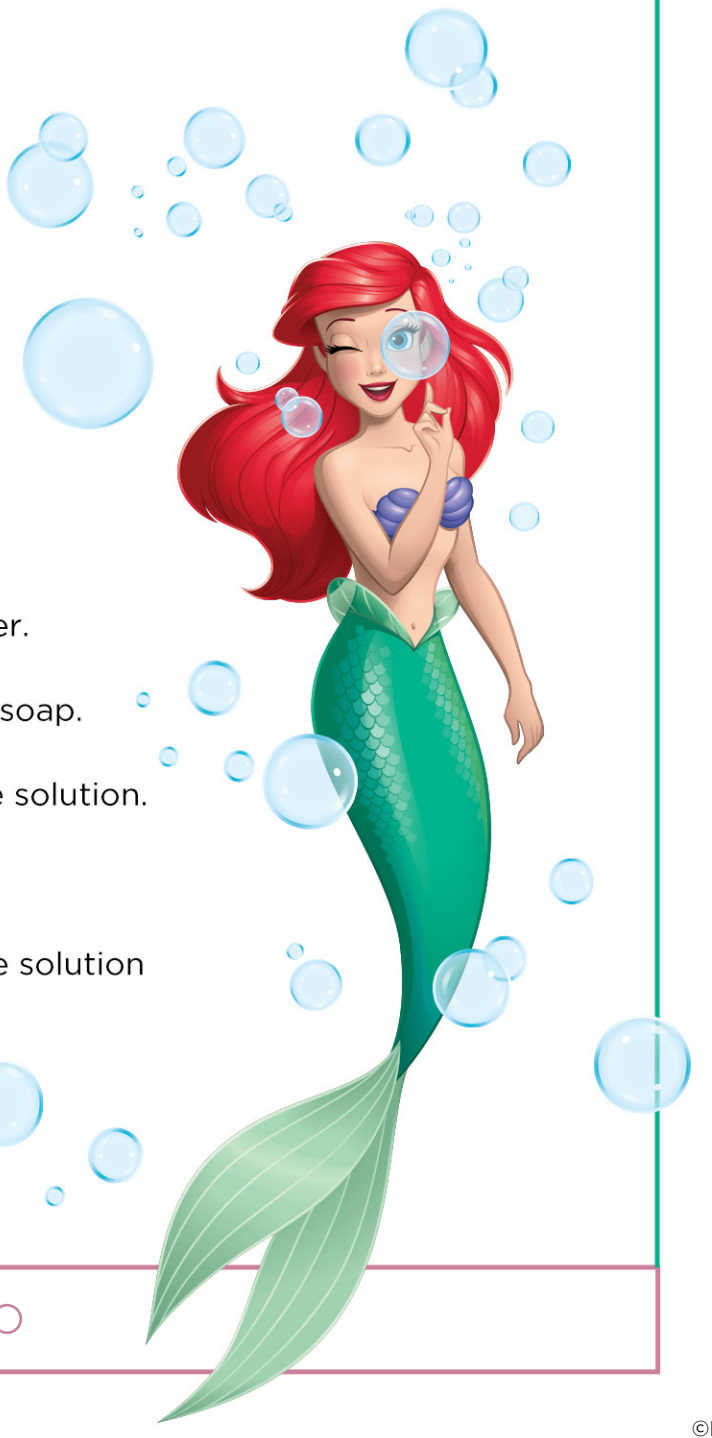
MAKE YOUR OWN BUBBLES

Have a special adventure under the sea with your own magic unpoppable bubble creations!

Ask an Adult for Help

SUPPLIES

- 6 Cups (1420ml) Water
- 1 Cup (237ml) Liquid Dish Soap
- 1/4 Cup (59ml) Corn Syrup



DIRECTIONS

1. Put six cups of water into a container.

2. Slowly stir in one cup of liquid dish soap.

3. Mix in 1/4 cup of corn syrup into the solution.

4. Let solution sit overnight.

5. Dip a bubble wand or straw into the solution and blow your own bubbles!

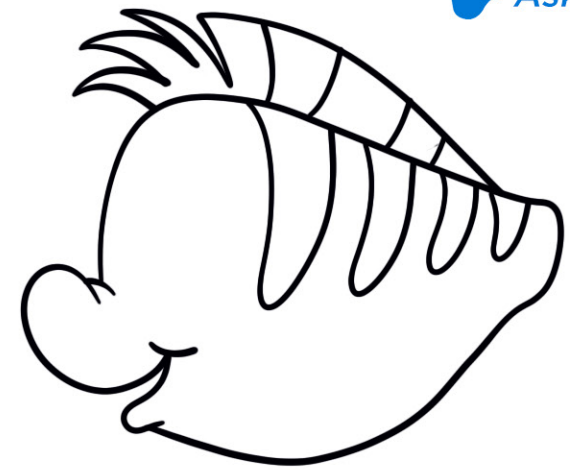
©Disney

Ariel

FLOUNDER'S FISH FRIENDS

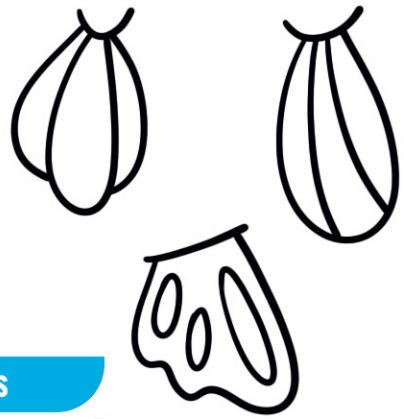
Make your own fish friend like Flounder by cutting out your favorite fins!

Ask an Adult for Help

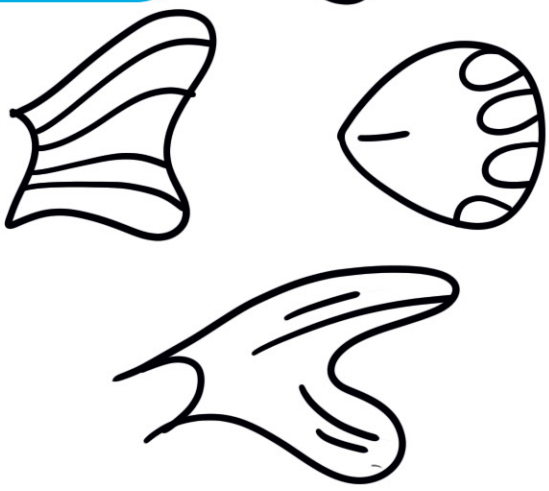


Fish Bodies

Fish Eyes



Fish Fins



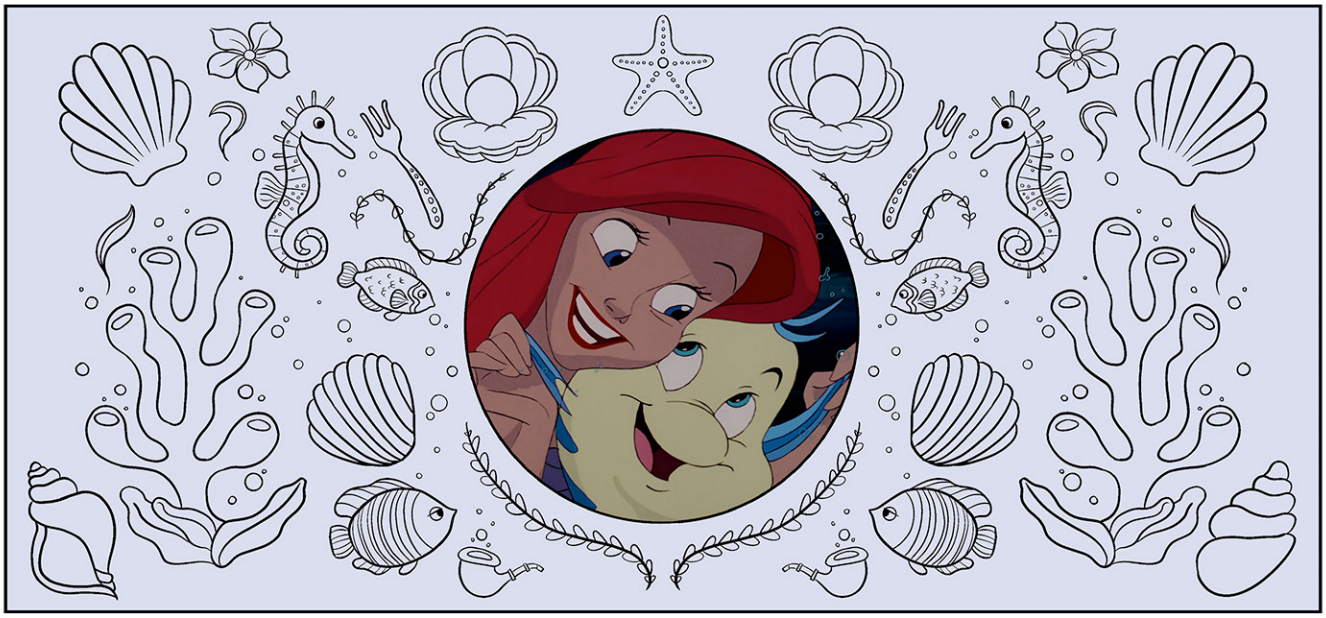
Fish Tails

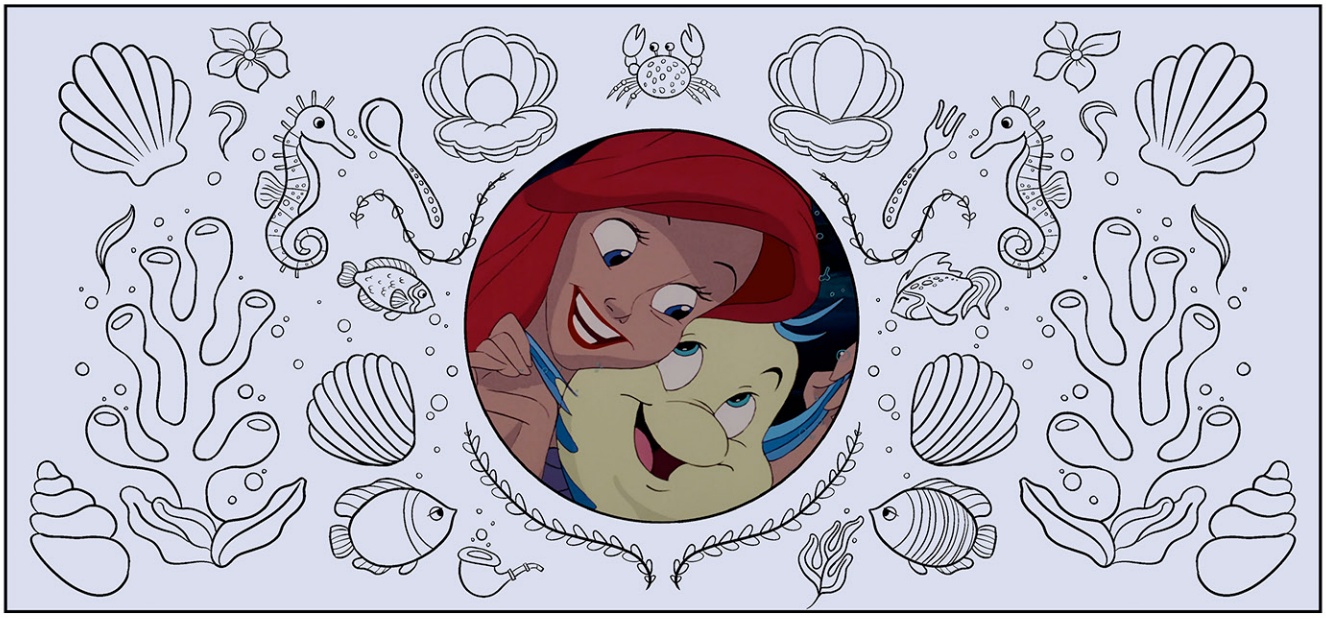
©Disney

Ariel

WHOZITS AND WHATZITS GALORE

Can you spot what's changed between the two images?
Circle the 8 changes below.





©Disney

Ariel

URSULA'S TREASURES UNTOLD

Oh no! Ursula has stolen the voices of all of Ariel's friends and family! Draw a line to who said it and restore their voice!

1. "You're not getting cold fins now, are you?"

2. "You're the one, the one I've been looking for."

3. "Okay. Yeah, you go. I'll stay and—what? Sharks?!"

4. "As long as you live under my ocean, you'll obey my rules."

5. "The human world, it's a mess."

6. "It's a dinglehopper. Humans use these little babies to straighten their hair out."

ANSWER KEY: 1. Ariel. 2. Eric. 3. Flounder. 4. Triton. 5. Sebastian. 6. Scuttle

©Disney

Rapunzel

CREATE YOUR OWN PAINT

Create your own natural paint colors using things you can find in and around your house. All you need are three starting colors to unlock all the colors of the rainbow!

Ask an Adult for Help

SUPPLIES

- **BLUES:** Blackberries, Blueberries, Blackcurrants
- **REDS:** Rose Petals, Beetroot, Cranberries, Strawberries
- **YELLOWS:** Mustard Powder, Pumpkin, Bee Pollen
- Honey
- Water

DIRECTIONS

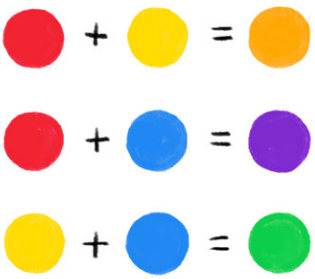
1. Push berries or other soft fruit through a sieve to pull out the color. Add a small splash of water and mix.

2. Grind petals, leaves, and other dry ingredients to a fine powder. Mix in a tiny bit of honey and stir.

3. Mix powders with a small bit of water, careful not to use too much and make the mixture runny.

4. Once you have your three primary colors, blend them together to create all the colors seen under the rainbow!

Color Tip!



©Disney

Rapunzel

PASCAL'S HIDE N SEEK

Can you help Rapunzel spot the sneaky Pascals hiding in the images below? She counted 10 hidden chameleons!

DID YOU KNOW?

- A chameleon's spit is 400 times stickier than human spit, allowing them to grasp their food easily.
- A group of chameleons is called a Camp
- Their tongues can be up to 3x longer than their bodies
- The largest breed of chameleon can grow up to 27 inches (about the size of a tennis racket) while the smallest fully grown chameleon is only .5 inches! (Half the size of a quarter)

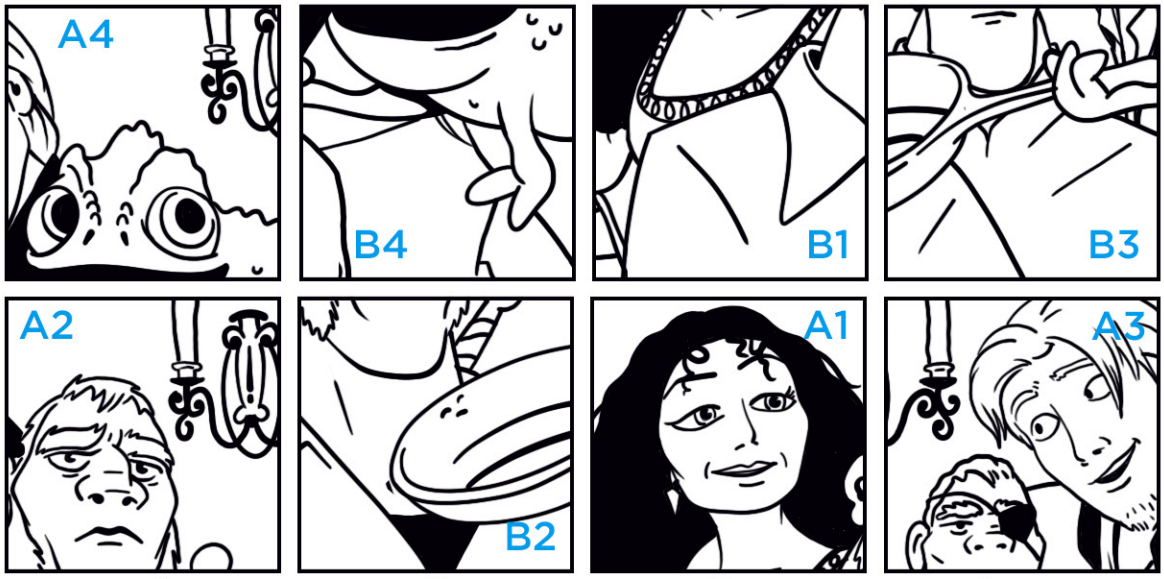
©Disney

Rapunzel

CORONA'S MOST WANTED

Raunzel's frying pan has gone missing! She's narrowed down the search to just a few suspects, but she can't seem to figure out who's the culprit. Draw or cut out the scrambled grid back in its original order to help Rapunzel finally figure out who nabbed her precious pan!

Ask an Adult for Help



1 2 3 4

A

B

©Disney

Rapunzel

SEE THE LIGHTS

Leap outside your comfort zone!
Guide Rapunzel on a coding adventure along the path to see the lights!
Help Rapunzel avoid the villains by choosing the correct step-by-step equation that will move Rapunzel to the lanterns on time.

A → ↓ ← ↓ → → ↑ →

B ↓ → ↓ ↓ → → ↑ ↑

C ↓ ↓ → → ↑ →

Pro Tip:
Once you solve it, route your own path to the lanterns!

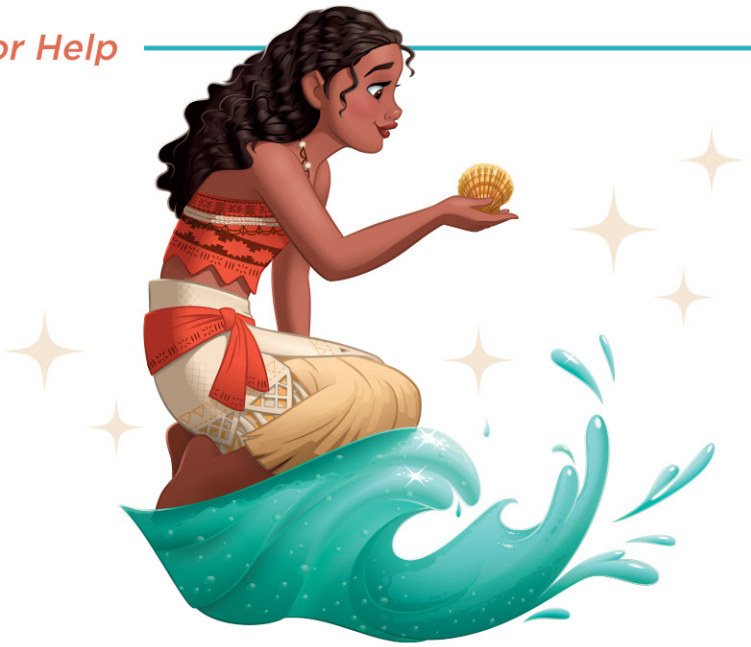
©Disney

Moana

SAIL BEYOND THE REEF

Sail beyond the reef! Follow the directions to build your own wa'a kaulua, a traditional Polynesian double-hulled outrigger canoe

Ask an Adult for Help



SUPPLIES

- 12 Craft Sticks
- Skewer Stick
- Glue
- Yellow Paper
- Red Marker

DIRECTIONS

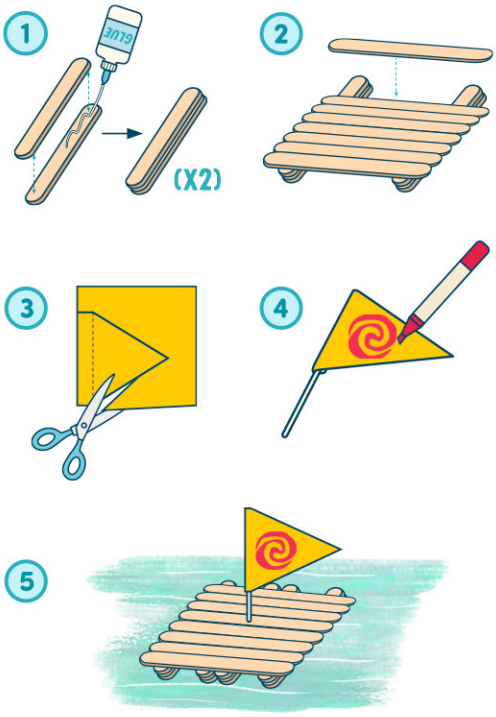
1. Start by stacking 2 craft sticks on top of one another and glue together. Repeat once more to create two hulls total.

2. Line up 8 sticks in a row and glue one double-stacked piece at each end to create the platform deck.

3. Cut a triangular piece of paper to create the sail and glue around the skewer to form the mast.

4. Draw Moana's swirl design onto the sail, then glue the mast and sail to the deck.

5. See if your boat can withstand the waves! *(bath time, your sink at home, etc.)*

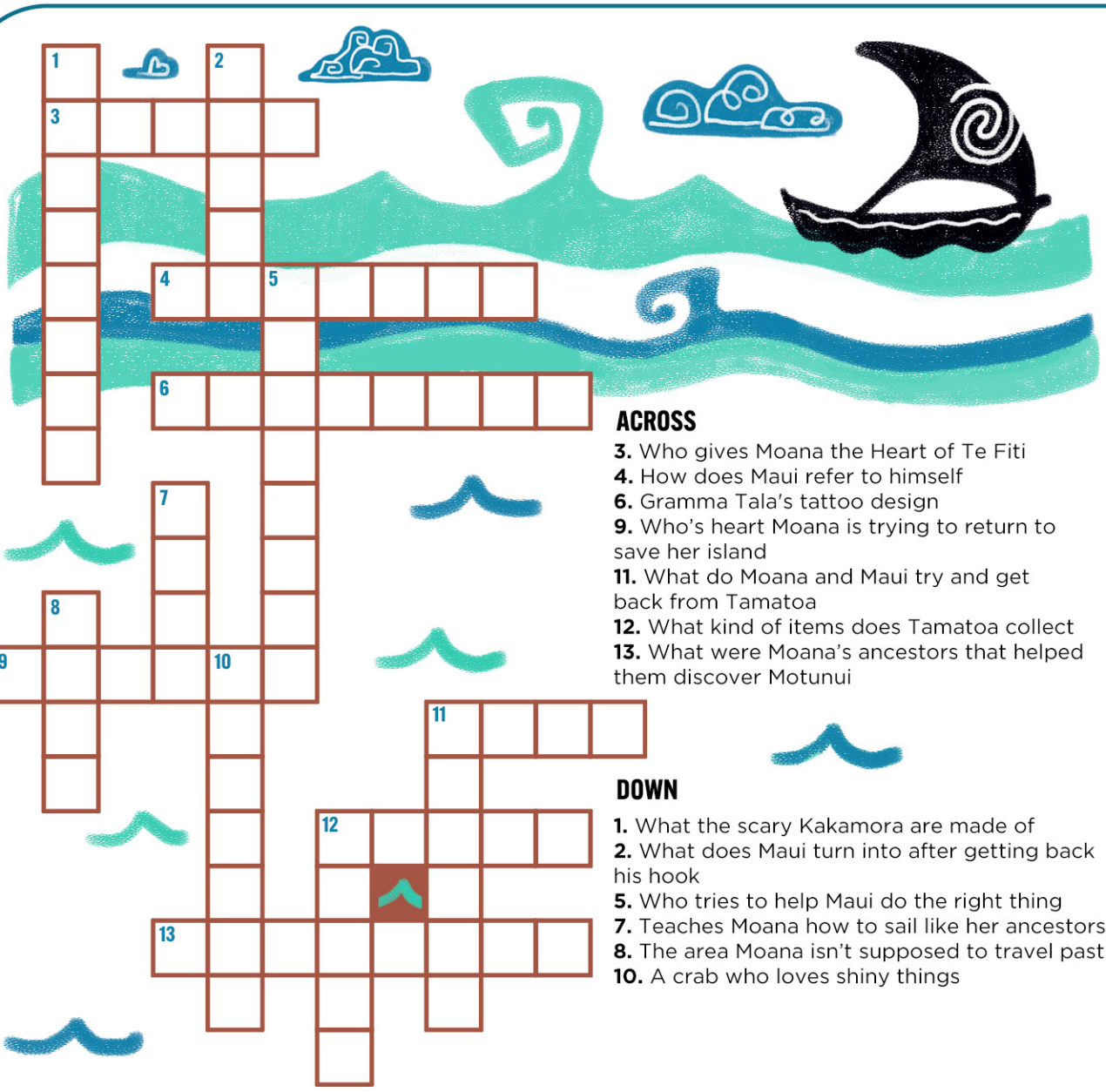


©Disney

Moana

CROSS(WORD) THE OCEAN

How well do you know Moana?
Find out by filling out this crossword puzzle. For clues, watch *Moana* streaming now on Disney+ (you're welcome).



ACROSS

3. Who gives Moana the Heart of Te Fiti
4. How does Maui refer to himself
6. Gramma Tala's tattoo design
9. Who's heart Moana is trying to return to save her island
11. What do Moana and Maui try and get back from Tamatoa
12. What kind of items does Tamatoa collect
13. What were Moana's ancestors that helped them discover Motunui

DOWN

1. What the scary Kakamora are made of
2. What does Maui turn into after getting back his hook
5. Who tries to help Maui do the right thing
7. Teaches Moana how to sail like her ancestors
8. The area Moana isn't supposed to travel past
10. A crab who loves shiny things

3. Ocean 4. Demigod 6. Manta Ray 9. Tefiti 11. Hook 12. Shiny 13. Voyagers
1. Coconuts 2. Eagle 5. Mini Maui 7. Maui 8. Reef 10. Tamatoa

©Disney

Moana

WAYFIND YOUR WAY

Dive in to a new challenge. Color and count each of the illustrations from around Motunui.

3	COCONUT (KAKAMORA)	2	HEIHEI	1	HEART OF TEFITI / SPIRAL SYMBOL	5	OAR
5	PALM TREE	4	BOAT	3	SHELL	1	PUA
1	MAUI HOOK	1	WAVE	5	FLOWER (PLUMERIA)		

©Disney

Moana

HEIHEI GRANOLA BARS RECIPE

Since we've seen Heihei make some questionable dietary choices – like eating rocks – this oat-based bar recipe should exceed his expectations!

Ask an Adult for Help

INGREDIENTS

MAKES 12 GRANOLA BARS

- 2 Cups (455g) Gluten-free Rolled Oats
- ½ Cup (115g) Almond Butter
- 3 Tbsp (43g) Pure Maple Syrup
- 2 Tbsp (28g) Honey
- 3/4 (4g) Tsp Salt
- ½ Tsp (2g) Ground Ginger
- ½ Cup (115g) Chopped Macadamia Nuts
- ½ Cup (115g) Chopped Dried Pineapple
- ½ Cup (115g) Dried Coconut Flakes

GF, Veg

DIRECTIONS

1. Line an 8x8-inch baking dish with parchment paper or oven-safe plastic wrap.

2. In a large mixing bowl combine the oats, almond butter, maple syrup, honey, salt, ginger, macadamia nuts, pineapple, and coconut flakes, and stir with a fork until fully combined. Pour onto the prepared baking dish, and press down with your hands until mixture is an even layer.

3. Refrigerate overnight or until firm. Cut into 12 bars. Store in the refrigerator.

SCAN HERE FOR MORE RECIPES!

©Disney

Raya
HEART OBSTACLE COURSE

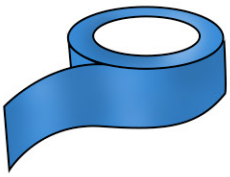
Can you get to the dragon gem? Build your own Heart obstacle course and maneuver your way through just like Raya!

Ask an Adult for Help

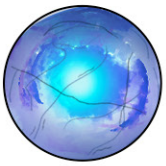
SUPPLIES

1. String

2. Painter's Tape



3. Dragon Gem



(or equally valuable world-saving stuffed animal)

INSTRUCTIONS

1. Find a space to layout your obstacle course, hallways or walkways work best!

2. Tape the end of the yarn to the wall or doorframe. You can also tie a knot at the end of the yarn to not get pulled off the wall while setting up.

3. Stretch the yarn from wall to wall all the way down the hallway, taping at high and low angles for kids to go over and under.

4. Place your Dragon Gem at the end of the maze and start your quest to retrieve the precious stone!

*Parent Pro Tip:

Leave a bit of slack in the yarn so if it gets touched by a player it doesn't immediately fall down.

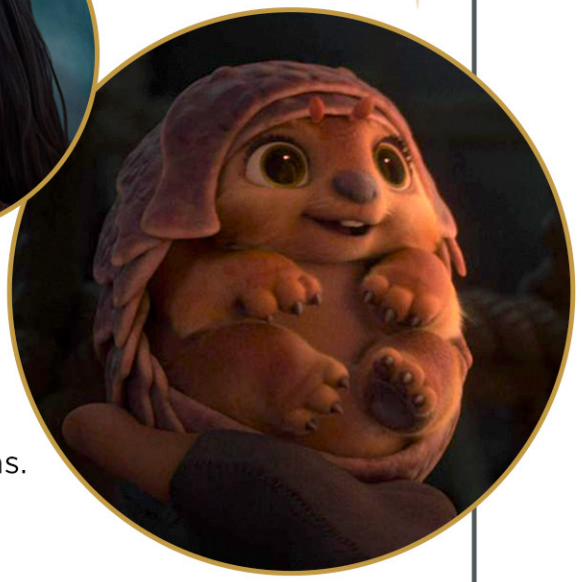
©Disney

Raya

TUK TUK'S GLOW IN THE DARK BOWLING

Keep your Dragon Gem glowing with your own glow in the dark Tuk Tuk bowling game! Line up the pins, turn off the lights, and get Tuk Tuk rolling.

Ask an Adult for Help



SUPPLIES

- Pins *(Recycled Bottles)*
- Glow Sticks
- Ball

DIRECTIONS

1. Gather empty recycled bottles to use as the pins.

2. Fill bottles with glow sticks.

3. Then grab a ball that rolls like TukTuk and get glowing!

©Disney

Cinderella

QUICK CHANGE

Magical things can happen if you believe in yourself. Race to the closet and dress in your best ball outfit before time runs out!

Ask an Adult for Help

INSTRUCTIONS

Step 1. Ask an adult to set a timer to 5 minutes (easy), 3 minutes (medium) or 90 seconds (hard).

Step 2: Start the clock! Race to your room to find your best royal ball outfit.
.

Step 3: Don't forget accessories! Make sure your shoes fit just right.

Step 4: Dash back before the time strikes 0 and hold your best Cinderella pose.

Step 5: Take a picture of your magical Cinderella moment!

©Disney

Cinderella

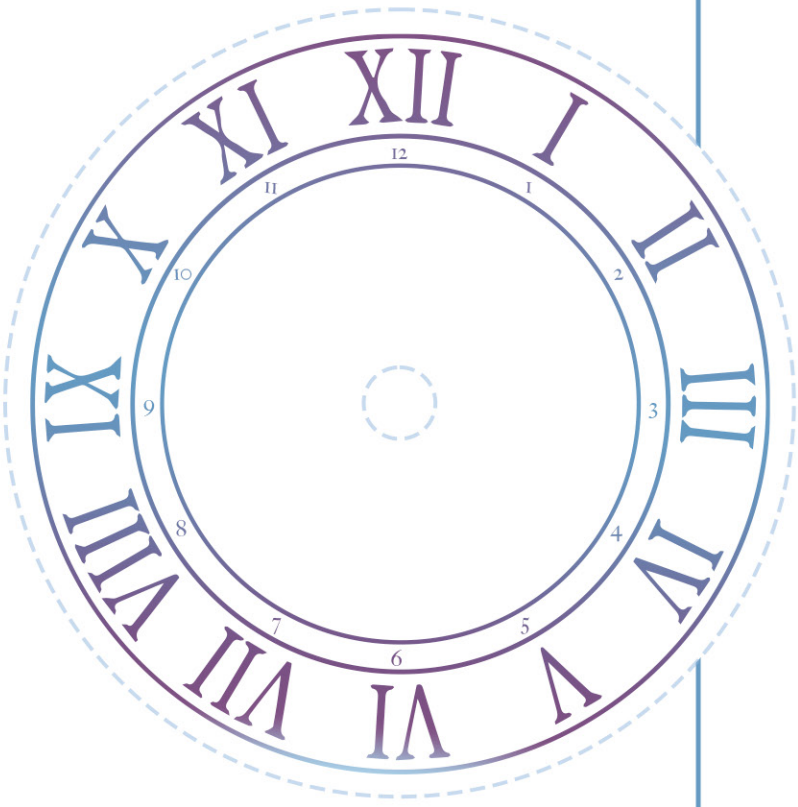
OH THAT CLOCK

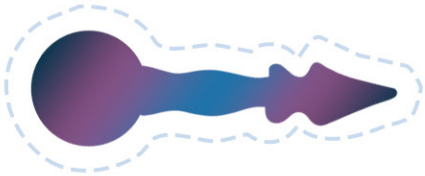
Don't let your dreams end at midnight. Make time to build your own Cinderella-inspired clock and set it to the following times listed.

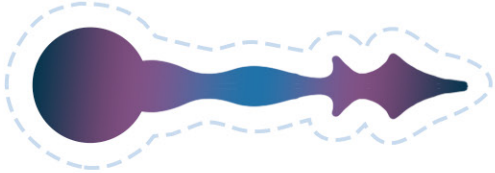
Ask an Adult for Help

SUPPLIES

- Scissors
- Extra cardboard for the hands
- Clock Hand Options: Pipe Cleaner / Sandwich Tie / Brass Fastener







DIRECTIONS

1. Cut out the clock, the big, and little hands.

2. Stick the split pin (or other options above) first through the hole in the hour hand, then the minute hand, and then the clock face itself.

3. Now that your clock is ready, try setting it to the following times for Cinderella!
(8:15, 4:30, 1:45, 12:00)

Roman Numerals:
1 = I 5 = V 10 = X

©Disney

Aurora

WANDER WITH WONDER

Adventure outside and try to find all of Aurora's animal friends!

BIRD

SQUIRREL

OWL

Ask an Adult for Help

SUPPLIES

- Cardboard
- Scissors
- Glue
- Bird, Squirrel, Owl

DIRECTIONS

Find some recycled cardboard. Glue this activity page onto your cardboard. Cut out the square to create your very own animal friend spotter. Take your Wander with Wonder Spotter outside to find the friends above!

©Disney

Aurora

FLORA, FAUNA, & MERRYWEATHER'S MAGICAL CAKE RECIPE

Whether it's blue or pink, tall or short, make and decorate your own Sleeping Beauty-inspired cake.

Ask an Adult for Help

INGREDIENTS

- 1 Mug
- 6 Tbsp (85g) Flour - *Spelt, White, or Oat*
- 3 Tbsp (42g) Sugar or Granulated Sweetener of choice
- 1/2 Tsp (2.5g) Baking Powder
- 1/8 Tsp (1g) Salt
- 1/4 Cup (60ml) Water
- 1 ½ Tbsp (21g) Mashed Banana
- 3/4 Tsp (4ml) Pure Vanilla Extract

  Optional: Fresh Fruit or Sprinkles

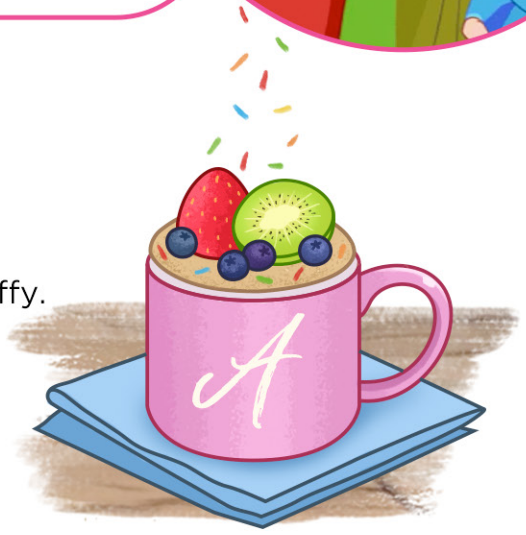
DIRECTIONS

1. Simply stir all ingredients in a greased mug.

2. Microwave around 1 ½ to 2 minutes until fluffy.

.

3. Top if your fresh fruit or sprinkles to add some extra fairy magic!



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Belle

CREATE YOUR OWN ADVENTURE STORY

Belle lived out her storybook adventure and now it's your turn to write one!

Hello, my name is _____ and amongst many things, I am an adventurer! One day, while strolling through the library, I found a _____ book about _____. When I opened it, it showed a map to a _____ castle in the woods. I then took the book and _____ all the way through the woods until I got to the castle. When I opened the _____ double doors, I saw my best friend _____ already there! Together, we snuggled up next to the _____ and opened up the book. Inside, we discovered amazing adventures!

(your name)
(adjective)
(activity)
(adjective)
(verb)
(adjective)
(friend's name)
(thing in your house)

©Disney

Belle

CREATE YOUR OWN ADVENTURE STORY

Belle lived out her storybook adventure and now it's your turn to write one!

We giggled while reading about _____ (fairy tale 1), gasped when we read _____ (fairy tale 2), and cheered after reading about _____ (fairy tale 2). As the sun started to go down, my friend and I closed the book and explored the castle. We then came across the _____ (type of room) to find a table full of _____ (food)! After, we danced and sang and snacked until we heard a noise outside. When we peeked around the doorframe, we saw _____ (character) strolling down the hall. That was when I said, "I think it's time for us to go" so the two of us grabbed our book and one more snack and _____ (verb) all the way back home, excited to start our next adventure.

©Disney

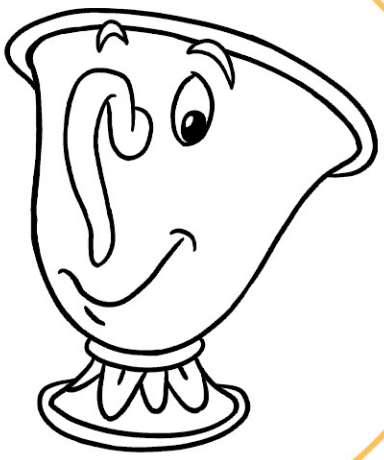
Belle

CHIP'S BEDTIME STORY

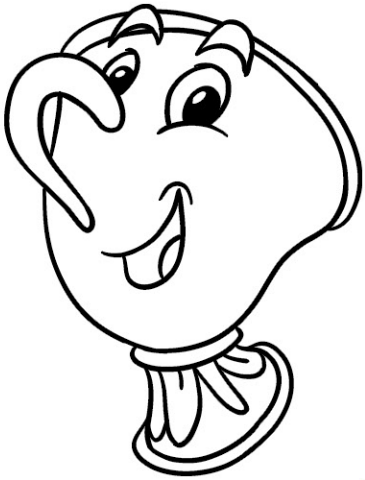
Belle is reading Chip some of his favorite bedtime stories - adventures filled with pirates, knights, and more! Dress Chip up as he would be in each of the fantasy settings.

PIRATE

EXPLORER



WIZARD



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Jasmine
MAGIC CARPET ROLL UPS

Brightly trimmed with carrot and red-pepper tassels, these roll-up sandwiches are shaped like Jasmine's friend the Magic Carpet – and make for a perfect lunch on the fly.

Ask an Adult for Help

INGREDIENTS

- 1 Carrot
- Half of a Red Bell Pepper
- 2 Flatbreads or Large Flour Tortillas
- Cream-Cheese Spread *(Plain or Veggie)*

  Tip: *You can make these roll-ups using hummus instead of cream cheese.*

DIRECTIONS

1. Ask an adult to help you prepare the vegetables. Peel the carrot and slice it into 3-inch-long sections. Cut each section into thin strips. Slice the red bell pepper into similarly sized strips.

2. Trim off the curved edges of each flatbread or tortilla to create a rectangular "carpet" shape.

3. Spread cream cheese on the surface of each flatbread, and then roll it up.

4. Add "tassels" to each Magic-Carpet sandwich by inserting several of the carrot and red-pepper strips into the center coil at both ends.

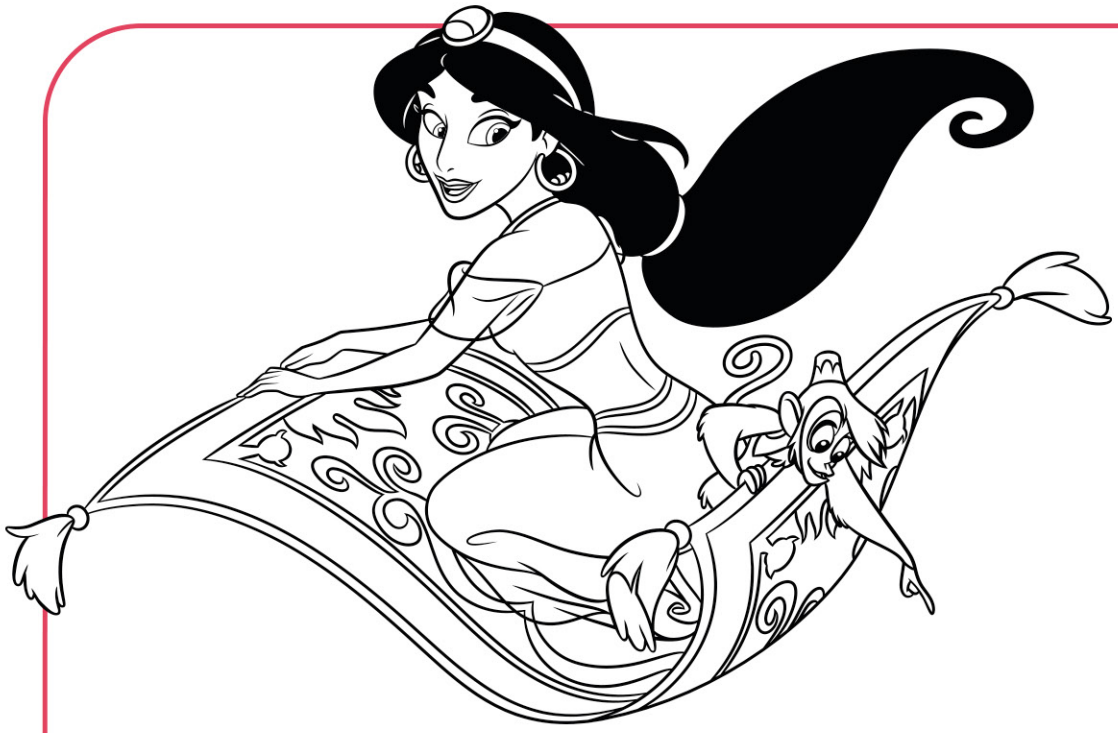
SCAN HERE FOR MORE RECIPES!

©Disney

Jasmine

CREATE A WHOLE NEW WORLD

See the world from your magic carpet!
Jasmine and Abu travel to unbelievable sights on the magic carpet.
Take Jasmine and Abu where you would like to go and draw it below.

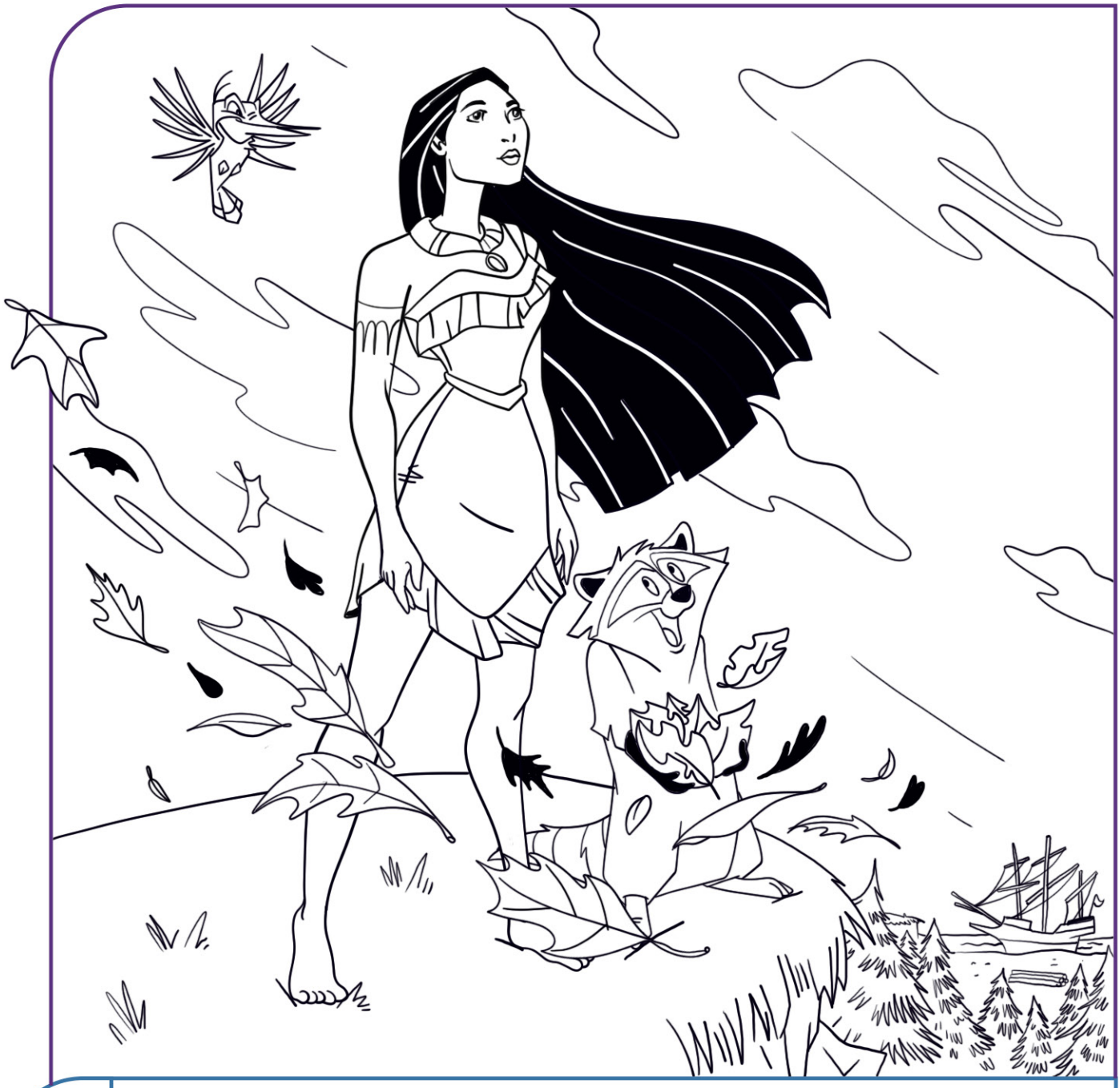


©Disney

Pocahontas

COLORS OF THE WIND

Paint your world with all the colors of the wind. Go where the wind takes you and use all your favorite colors below!



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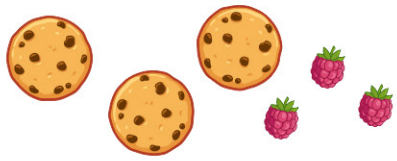
Pocahontas

MEEKO'S SNACK COUNTER

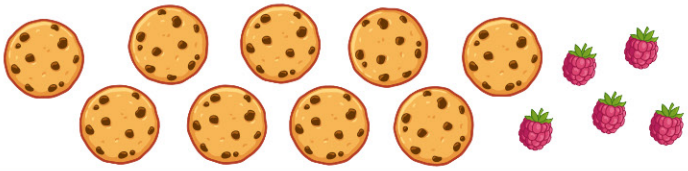
Meeko needs help gathering all his snacks before adventuring with Pocahontas! Can you add up all his snacks together?



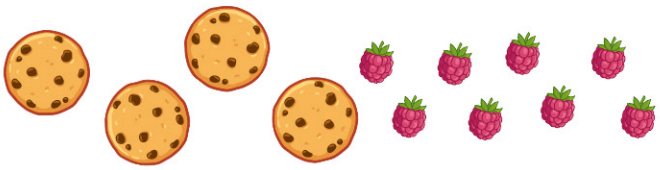
3 + 3 =

5 + 7 =

1 + 2 =



9 + 5 =



4 + 8 =

DID YOU KNOW?

- A baby raccoon is called a "kit"
- Raccoons wash their food before eating it
- A group of raccoons are called a "nursery"

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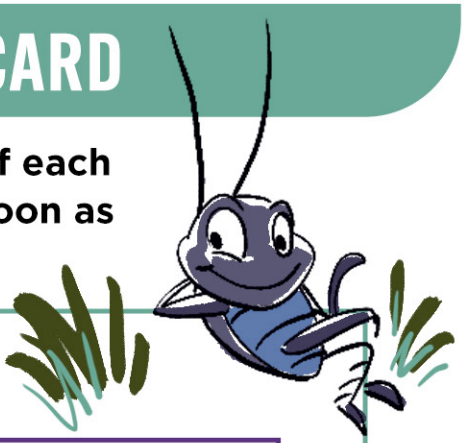
Mulan

CRICKEE'S LUCKY BINGO CARD



Watch *Mulan* on Disney+ and cross off each item as you see it. Shout "bingo" as soon as you get four in a row!

BINGO

FISH	DOG	DRAGON	BAMBOO
TEAPOT	HORSE	CRICKEE	YIN YANG PENDANT
APPLE	JADE BEADS	FLOWER COMB	DRAGON MEDALLION
BALANCE WEIGHTS	FAN	CHINESE LANTERN	FIREWORK

©Disney

Mulan

WARRIOR TRAINING

Welcome to Mulan's Warrior Training Camp!
Mulan shows courage and determination in all that she does.
Try these mini games to shape your world with spirit and strength!

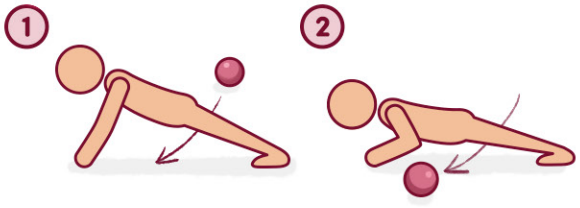
SUPPLIES

- Ball
- Paper Plate
- Pillows

CANNONBALL ROLL

1. Balance on toes and forearms as you hold the rest of your body off the ground. Have your teammate roll a ball under you.

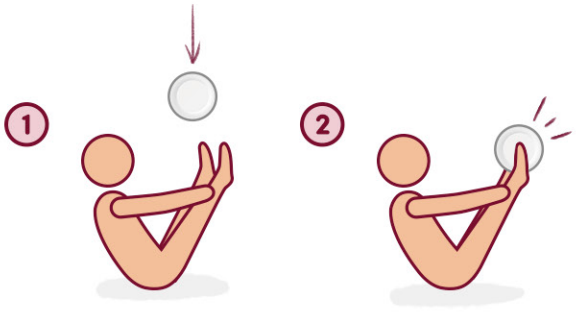
2. Attempt to do a pushup over the ball as it passes.



SHIELD CATCH

1. Sit on the ground with your legs as high as you can raise them. Have your partner drop a paper plate.

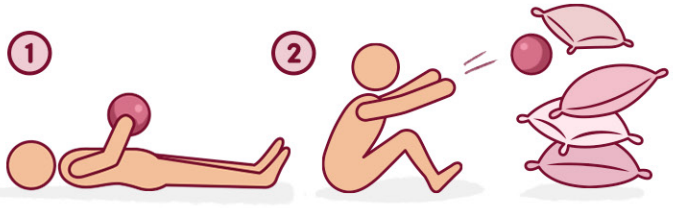
2. Try to catch the paper plate between your feet.



PILLOW WALL CATAPULT

1. Set up a wall of pillows. Lay on your back, holding a ball.

2. Quickly sit up and toss the ball, trying to knock down the pillows.



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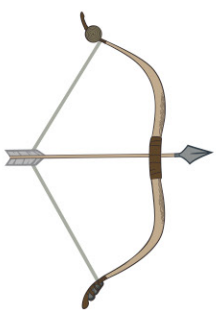
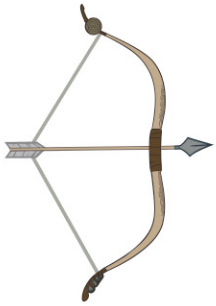
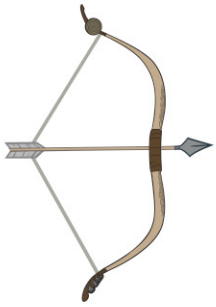
Merida

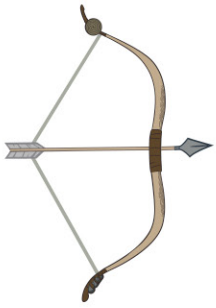
CHANGE YOUR FATE MAZE

Help Merida by following the arrow's path to the target. Use a pencil or your finger to trace each path. Which arrow will hit the bullseye?









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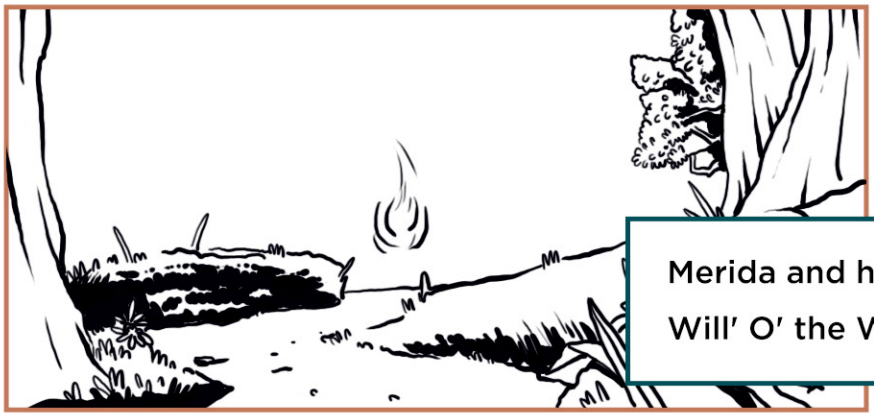
Merida

A DAY IN DUNBROCH

Spend the day with Merida and help her decide what to do next! Fill in each blank work and then draw in your own details to the scenes below.

Merida is outside gathering _____ for Angus.



Merida and her mom follow the Will' O' the Wisps to _____ .

Merida eats a plate of _____ in the great hall with her family for dinner.

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