



The gift of **PLAY**



Disney

PIXAR

STAR
WARS

MARVEL



The Gift of Play Guide

Welcome to Disney's The Gift of Play Guide! In this guide, you will find ideas and tips on the best ways to make the most of imaginative playtime together with your children. We want to inspire you, as parents, guardians and grandparents, to use the magic of our storytelling to help create shared precious moments with your loved ones.

When you grow up, life can feel like all work and no playtime - and it can be hard to find the time to play. New research has revealed that 75%* of us have 'forgotten' how to play, yet 77%* of parents agree their children are happier when play involves them. Imaginative playtime together benefits everyone as it helps us develop creative and inventive skills to dream big and realise our potential.

It's perfectly normal to experience those days where we lack confidence when it comes to playing 'make believe' games with children or simply feel uninspired. So this guide has been created to give you the tools to make playtime that little bit easier, inspired by our beloved stories and characters across Disney, Pixar, *Star Wars*[™] and Marvel.

We've recruited some help along the way including the Institute of Imagination, parenting expert Sue Atkins, and our theatrical Stage Masters, to show you and your children how to use your own surroundings to stimulate imagination and creativity - and most of all, have fun playing together!

We hope you enjoy our hints on how to play, a mix of play-starter scenarios to help spark shared imaginative playtime plus a selection of the latest toys that can help add to the magic.

HOW THE GUIDE WORKS

This guide is for any adult looking for a bit of inspiration for their playtimes with their kids aged 3+.

The play-starter scenarios involve lots of characters from Disney Princess and *Frozen* but you can swap in your favourite characters from any movie or show, whether that's Disney, Pixar, *Star Wars*[™] or Marvel!



SUE ATKINS

Sue is an internationally recognised parenting expert, and has created a series of top tips for imaginative playtimes with your kids.



BEN RAWLINGS AND JENNIFER TYLER

Ben and Jen are Disney Stage Masters – theatrical performers that teach adults and kids the art of play and performance through Disney’s stage shows and films – who have created a series of play-starter scenarios to help you shed any inhibitions, let yourselves go and create imaginative shared playtimes with the whole family!



THE INSTITUTE OF IMAGINATION

The Institute of Imagination helps to re-imagine our world together, and to create the space for you and your children’s imaginations to thrive.

Importance of Imaginative Play

The Institute of Imagination explain the importance of imaginative play together

The Importance of Imagination

Did you know that you have a superpower? It's called imagination and humans are the only species on this planet who are able to exercise it. Imagination allows us to time travel, to look back to the past or imagine what the future might be. It also allows us to step outside of our current context and reimagine the world we live in. Our world is constantly changing and it can sometimes feel overwhelming. That's where your imagination muscle comes in!

Your imagination

Good news! We all have an imagination, we are born with it. We just need to give it the space and time it deserves to support us as we grow, develop and respond to changes in our lives. So get started by giving yourself the permission to dream and let your mind wander. There are more opportunities for this in your day than you realise, particularly when you are engaged in repetitive or untaxing tasks.

The Benefits of Imagination

Imagination allows us to be creative

Evidence suggests that creativity helps us stay healthier and happier in our lives. Our imagination is the spark for our capacity to be creative. We often associate being creative with subjects like art or music, but we believe you can apply your creativity to anything. It helps you to generate new ideas and apply your thinking by creating something that is original and that adds value to you and to others.

Imagination enables us to be aspirational

From the first mark on a cave wall to the first footsteps on the Moon, our greatest developments have begun with leaps of someone's imagination. We wouldn't ride bikes, read books, switch on lights in our home if someone hadn't

first thought of these ideas and then invented them. We all have the capacity to bring our ideas to life and we can all aspire to contribute positively to the world. Imagination ignites passion and purpose in our lives.

Imagination is magical

If we create the right space and environment for play, our imaginations will flourish. Just take a moment to watch your child play as they turn the things around them into a magical experience. A cardboard box can become a pirate ship or the bathtub a new ocean world. Your home is an imaginative world waiting to be unlocked through playtime with your children.

Parenting expert Sue Atkins gives her top tips on playing with kids:

1

FOLLOW THE CHILD'S LEAD

Provide an object, toy, or activity for your child and then see what they do with it.

2

READ THE SIGNALS

This will tell you which activities your child prefers, so be guided by them & go with the flow.

4

ASK OPEN-ENDED QUESTIONS

Like "What do you think will happen if...?" or "what else can you do with...?"

5

BE A GOOD SPORT

Express how much fun you had taking part and congratulate all the kids for taking part.

3

RELAX AND ENJOY

Relax, show interest, approval and encouragement.

6

GO OUTSIDE

Let your child experience playing with water, wind and the earth.

7

MAKE PLAY REGULAR

Spend time playing together every day, be consistent and make the shared time special.

8

PRAISE GOOD BEHAVIOUR

Let your child know what you like and be specific with praising good behaviour, like when they play nicely with their friends or siblings.

9

BE ENCOURAGING

Encourage your child and show them they have your full attention.

10

BE ENTHUSIASTIC

Show your child you are excited to play with them.

Get in the

MOOD

Disney Stage Masters Ben and Jen have created a fun range of play-starters for you to lead with your children.

LET IT GO!

to get moving

Countdown shake – everyone has to shake each body part, letting it go to the count of 8, 7, 6, 5, 4, 3, 2, 1!

Show children how this can be done standing or sitting down, and explain how the counting helps you focus and gets you in the mood for physical movement.

You can shake it out to some of your favourite Disney songs and even dance it out once you've finished!

Kids could pretend they're Olaf, Anna or Elsa from *Frozen* or one of the Disney Princesses while you all dance!



BIBBIDI- BOBBIDI- BOO!

get in the mood



One person plays the Fairy Godmother from Cinderella, using a magic wand to enchant the others. As you do, you ask “what are we going to wear today?”

As children yell out the answers, they must pretend to be wearing them – like Cinderella’s glass slippers, Elsa’s ice skates or Mulan’s army boots.

You can bring in real clothes here too, such as Elsa or Anna’s outfits from the Disney Princess Classic Costumes collection.

Everyone must be prompted to think how each item makes them move differently, how it affects their body language, their voice and how they act.

Once their footwear is sorted, open it up beyond shoes, maybe even a pair of wings or the wand from the Disney Princess Rapunzel Costume!

CREATE YOUR OWN DISNEY STORY

to promote communication and teamwork

Stand in a circle and tell a story together, with each person saying three to five words at a time. Why not make it *Frozen*, *Spider-Man* or *Star Wars™* themed – for example, the title could be ‘Olaf’s *Frozen* Space Adventure’, ‘Spidey’s Journey to Mars’, or ‘Darth Maul Escapes from the Jungle’!

There are no limits here – go wild with your imagination!

Once you’ve told a story together, it’s time to act it out!



Use Disney Frozen Shimmer Elsa and Anna Fashion Dolls to bring your story to life.

Rediscovering

PLAY

**Now it's time to get set to try out these
enjoyable Play-starter Scenarios for
everyone to play together!**

MOANA'S SAILING ADVENTURE

Te Ka / Te Fiti



Moana loves sailing across the ocean on her boat, exploring new places!

IMAGINE

See if you can find a boat – is it the sofa, rug or a blanket?

Get in the boat together and imagine how it will set sail. Do you need to paddle with an oar? Do you need to create a sail? Is it wet under foot?

You can be Moana, Maui, Hei Hei or any other character you choose on this adventure – or just be yourself!

SET SAIL

On your journey, who and what might you encounter?

Be careful, a big wave could knock you off your boat, make sure to swim back!

The Kakamora pirates could attack... do you sail away or try to fight back?

VISIT

You might visit Moana's island – Motunui – to get some coconuts, or go to the depths of Lalotai (the Realm of Monsters) to save Maui's hook from Tamatoa. Where do you want to go?

At any point in your journey, if someone shouts out "Te Ka" that means that the floor is now lava! Try and get off the ground at all costs!

If someone shouts "Te Fiti", the lava disappears and peace is restored ...until Te Ka is announced again! Quick, run!



Add to the magic with a Moana Disney Princess Shimmer Doll.

MICKEY'S DINNER DATE

In this scene you're out for dinner in a restaurant or having friends and family around to yours, and you have a chance to play lots of different characters.

CHOOSE

First, choose your favourite Mickey & Friends character – are you Minnie Mouse, Donald Duck or Goofy?

Now count down together: "3, 2, 1, Show Yourself!" and form a pose that brings your character to life, including facial expressions. Announce who you are – "I'm Donald Duck!"

BUILD

Then pretend you're out to dinner with each other, talking as these characters would. Ask each other questions like "What are you having for dessert?", "Do you prefer mayonnaise or tomato sauce?" and "Would you choose chocolate or sweets if you had to only have one forever?".

The more you know about where you are and who you are in this imaginative restaurant, the more you can enjoy building on each other's ideas!

FREEZE

At any point in the scene, any character can say FREEZE! When this happens, characters must magically freeze still. The player who said FREEZE now becomes a new character.



Add to the magic with a Mickey or Minnie Mouse Soft Toy.

BONUS

You can play this game with your favourite Disney characters, from *Star Wars*[™], Marvel and Pixar!

SNOW WHITE MEETS THE WOODLAND CREATURES

Befriend woodland creatures and bring the forest to life in your very own home as Snow White!

GET INTO CHARACTER

One person becomes Snow White or all of you can take on the role together.

SETTING

You've just escaped the castle after the Huntsman's warnings about the Queen. You find yourself in the nearby woodlands.

Take time to build the woods imaginatively around you using your surroundings – houseplants could be trees, a rug could be mud on the ground, a toy might be a bird.

Interact and find delight with each new thing. For example:



MEET NEW CREATURES

When woodland creatures appear, someone plays the part of the animal.

"Hello my name's Cyril the Squirrel, welcome to my home! This is my favourite tree, Leafy!"

How many animals do you meet in the forest today? Maybe you see a bunny burrowing, feed the birds or sing your favourite Snow White song with a deer!



Add to the magic by incorporating a Snow White Disney Princess Shimmer Doll.

"I see tall trees!"
Everyone go and hug trees!

"Yes and I see mud on the ground!"
Everyone squelch their feet in the mud.

"Yes and I see a small squirrel burying nuts in the muddy ground!"
Go and meet the squirrel!

BONUS

On your next woodland walk, see how many animals you can spot! Give them a name, a voice and bring them to life in your next imaginative playtime together at home!

ELSA'S FROZEN ADVENTURE



Add to the magic with a Disney Frozen Audio Tonie to listen to songs as you play.



The ice is melting, so we need to go on an adventure to find out why!

GET INTO CHARACTER

Anna, Elsa, Kristoff, Sven, Bruni – you can either become these characters or use your toys as the stars of the show!

SETTING

Try and find out why the ice is melting at one of these places – The Enchanted Forest, The Ice Palace, a Sinking Ship, Arendelle or Wandering Oaken's Trading Post and Sauna. Can you think of any more locations?

Once you've decided where to go, jump on board Kristoff's sled (which could be your sofa or chairs) and ride to that place.

LET'S PRETEND

Let's pretend we're chasing after Bruni to find out the secret of the melting ice. This is the opening scene, but can you finish the story?

ANNA: Elsa help! He's running out of sight, what shall we do?

ELSA: I don't know, I can't keep up.

KRISTOFF: Don't worry, here comes Sven!

Sven runs to the rescue

ELSA: Sven quick, don't lose him! He's the only one who knows why the ice is melting.

NOW CONTINUE YOUR OWN STORY!

How would you act in each place? The Sinking Ship could be dangerous and constantly moving, the Enchanted Forest could be mysterious and Oaken's Sauna might be warm and relaxing!

TIANA'S KITCHEN

The stage is set for everyone to pretend you are making Tiana's speciality, gumbo.

MAKING A BIG POT OF GUMBO

This pot of gumbo is going to be really special, as what goes in it is all up to Tiana.

Ask some questions to get you started like:

*What's your favourite food?
Imagine what it's like when we eat our favourite food!
Put that in the pot!*

*What's your least favourite food?
What don't you like about it?
Maybe that doesn't go in the pot!*

*What drink would go well with it?
How would you serve it?*

WHAT YOU NEED

Some stuff around the kitchen like a bowl, cooking utensils, plates and cups.

GET INTO CHARACTER

One of you becomes Tiana, and you own the kitchen! Everyone else is there to help Tiana make her inventive, unique pot of gumbo!



ENJOY

Imagine you're sitting down at the table to enjoy Tiana's special gumbo! Who's there, and what special guests arrive for dinner? Does anything exciting happen at the table? Continue your own story, and don't forget dessert!



Suggestion to use a Tiana Disney Princess Shimmer Doll – to be your guest of honour!

JASMINE'S MAGIC CARPET GAME



Go anywhere in the world on Jasmine's magic carpet!

FIND THE MAGIC

Simply choose a rug, a cushion, a blanket or a spot on the carpet – this is now your magic carpet!

VISIT

Now decide where you want to go – either in the real world or in Jasmine's, like a market in Agrabah. But wait, how do you get the carpet to fly? Is it a magical lift-off, or do you need to chant or sing to fly in the air?

IN THE AIR

Now you're in the air, the next chapter of the story is up to you! But help direct your scene by asking questions like:

*Where do you want to go today?
Why would you like to go there?*

Is it hot or cold there?

How fast are you flying?

What do you want to do when you get to your destination?



Add to the magic and set the scene with Disney Princess Jasmine and Mulan's Adventure by LEGO – this could be where you visit.

BONUS

This allows for multiple players, so grab as many dolls and characters as you can find and give them a flying carpet experience.

SUIT UP WITH SPIDEY



In this game,
you get to draw
your own scene!

WHAT TO DRAW

Each person has to draw and colour a Spider-Man character that they want to be – you could be Peter Parker, the Green Goblin, Mary Jane, Spider-Woman or anyone else.

Then... transform into that character!

GET INTO CHARACTER

Now you've drawn your character, it's time to act like them!

To get into character, each playmate needs to work out:

How do the characters walk and move? Are they wearing boots, shoes, or are they barefoot? Talk like your character! How do they speak? Where are they from?

THE NEXT CHAPTER

Now you know a bit more about each other, what about where you're from? Start the next scene by visiting a character's home town!

Add to the action with a Spider-Man Classic Costume.



GUESS AND PLAY



**In this scene,
you have to think
about what
different things
sound like!**

PART ONE

One person takes on the role of Darth Vader, who has to guess what sounds everyone else is making.

PART TWO

Everyone thinks of something or someone from *Star Wars*[™]. They take turns making the sound of that person or thing – what does the Millennium Falcon sound like? What about a lightsaber?

When the person playing Darth Vader guesses the sound, they have to say it in his voice.

Play until everyone has had a turn.

Now you've got the hang of it, each person gets a chance to be in the 'hot seat' and 'become' a character, like Luke Skywalker!

Everyone else in the room has to guess the character. Bonus points for those who make the best sound!



Add to the experience by offering the option to wear a *Star Wars*[™] Deluxe Darth Vader Costume.

GET DRIVING WITH CARS

Welcome to the
Piston Cup Races

GET STARTED

Ask everyone to pick a Cars character – who's Lightning McQueen? Who's Chick Hicks?

Each of you announces yourself and makes the sound of your car's horn. Is it squeaky? Is it LOUD?

THE RACE

Sit on the floor or in an outdoor play area, and imagine you're about to race each other. How do you feel? What do you shout out to your competitors?

Now – get driving!

Stay sitting on the floor, but pretend you're driving really fast around the race track. Swerve as you go round corners, brake suddenly when something gets in your way, rev your engine loudly to go faster!

Play your favourite Disney Pixar song in the background to drive to!



Add to the magic by bringing Pixar Cars to the race!

DO YOU WANT TO BUILD A SNOWMAN?



Imagine you are a young Elsa, Anna or any one of your favourite Disney Princesses. You are about to go out into the snow to have some fun in Arendelle!



GET IN THE SPIRIT

Think about all the fun things you can do in the snow. Are you throwing snowballs, making snow angels, catching snowflakes on your tongue or making your very own Olaf snowman?

It's cold out there so imagine putting on your best winter outfit. Don't forget your scarf, hat and gloves! How cosy does it feel to wear them?

OPEN THE GATES

One of you asks the question "Do You Want to... Build a Snowman?"

The other players start building a snowman together. Make sure to collect enough snow. Does he need sticks for arms? What are you using for his nose and eyes?

Once you're happy with your creation, someone else starts a new activity with a question like "Do You Want to... Go Bobsledding with Elsa?"

Everyone stops, sits on the floor one behind the other and pretends they're in a high speed bob sleigh with someone holding the *Disney Frozen 2 Singing Queen Elsa* doll. Whichever way the front person leans, everyone has to follow.

Remember, communication on what you're all doing is key to the imaginative experience.

BONUS

There are lots more spin-off imaginative games to play such as going ice skating, making snow angels or making an ice palace!

Stimulating

ACTIVITY

**LOOKING
FOR MORE
INSPIRATION?**

Head over to
www.disneythegiftofplay.co.za
to watch new videos guiding
you how to play!



**BEN AND JEN HELP YOU GET
IN THE MOOD FOR PLAY**



**SUE ATKINS TALKS
YOU THROUGH HER
TOP TIPS FOR PLAY**