



Disney

PRINCESS

WORLD PRINCESS WEEK

ACTIVITY  
BOOK





# TABLE OF CONTENTS

Print and play along as you watch each film during World Princess Week!

		Courage and Kindness Poster	3
		Watch Party Coloring Checklist	4
<b>SUN 08.21</b>		Rapunzel's Towering Parfaits Recipe	5
		Rapunzel's Tangled Word Search	6
		Rapunzel's Make Your Own Paper Lantern	7
<b>MON 08.22</b>		Merida's Bullseye Pizza Recipe	9
		Merida's Word Quest	10
<b>TUE 08.23</b>		Mulan's Lucky Cucumber Salad Recipe	11
		Mulan's Self-Portrait Reflection	12
		Mulan's Connect the Dots with Cri-Kee	13
<b>WED 08.24</b>		Belle's Enchanting Strawberry Roses Recipe	14
		Belle's Create Your Own Book Cover	15
<b>THU 08.25</b>		Tiana's Southern Spoon Bread Recipe	16
		Tiana's Almost There Maze	17
		Tiana's Dig a Little Deeper: Spot the Differences	18
<b>FRI 08.26</b>		Raya's Dragon Magic Lemonade Recipe	19
		Raya's Tic Tac Toe with Tuk Tuk	20
		Raya's Draw Your Own Dragon	21
<b>SAT 08.27</b>		Moana's Sunshine Bowl Recipe	22
		Moana's Heart of Te Fiti Maze	23
		Moana's Make Your Own Paper Hei	24

Continue the fun with more activities inspired by your favorite heroines!

Jasmine's Genie Wishes Coloring Page	26
Jasmine's A Whole New Word Scramble	27
Cinderella's Crossword	28
Cinderella's Magical Match	29
Pocahontas' Colors of the Wind	30
Aurora's Shadow Match	31
Snow White's Coloring Page	32
Princess Pals Matching Game	33



**THIS BOOK IS FILLED WITH FUN ACTIVITIES,  
DELICIOUS RECIPES, COLORING SHEETS, AND MORE.  
GRAB A FAMILY MEMBER OR FRIEND AND JOIN IN ON THE FUN!**

**START BY CUTTING OUT AND DECORATING THIS POSTER –  
A DAILY REMINDER TO BE BRAVE AND  
COMPASSIONATE LIKE THE PRINCESSES!**





# WATCH PARTY COLORING CHECKLIST

Watch each film on  during World Princess Week,  
and color in the corresponding icon to keep track!

TANGLED  
Sunday | 08.21



BRAVE  
Monday | 08.22



MULAN  
Tuesday | 08.23



BEAUTY AND THE BEAST  
Wednesday | 08.24



THE PRINCESS AND THE FROG  
Thursday | 08.25



RAYA AND THE LAST DRAGON  
Friday | 08.26



MOANA  
Saturday | 08.27



After World Princess Week, discover more powerful Princess stories!

SNOW WHITE



CINDERELLA



SLEEPING BEAUTY



THE LITTLE MERMAID



ALADDIN



POCAHONTAS





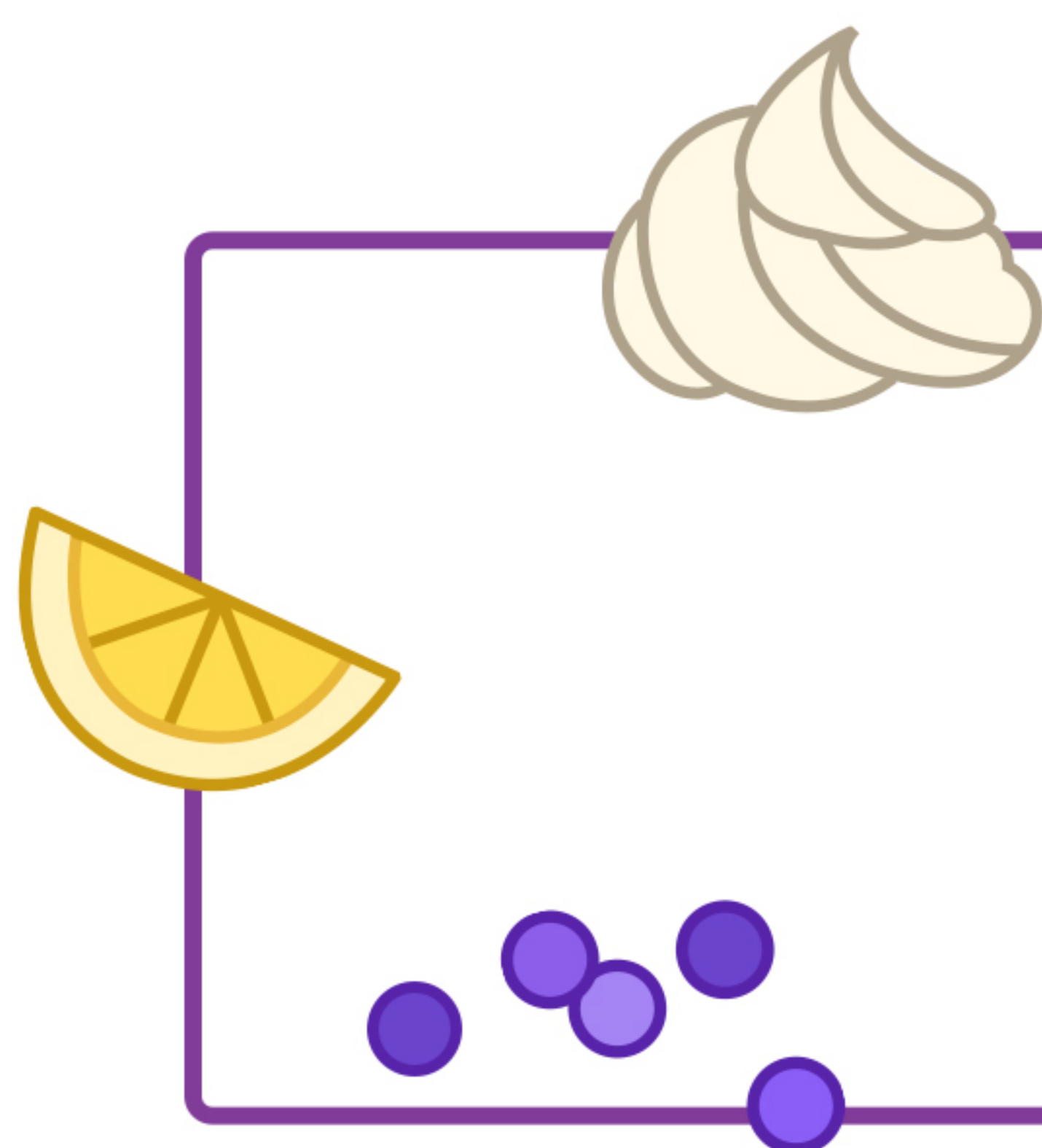
# Rapunzel's TOWERING PARFAITS

ASK AN ADULT FOR HELP

After discovering the world outside her tower, Rapunzel is very happy she left. Still, it's fun to remember her old home with this tasty treat's towering layers of pudding, fruit, and whipped cream.

Makes 2

## INGREDIENTS:



Lemon or vanilla  
low-fat pudding  
Fresh blueberries or blackberries  
Whipped cream



## DIRECTIONS:

1. Spoon a little pudding into the bottoms of two parfait glasses. Top the pudding with a layer of fresh berries, followed by a big dollop of whipped cream.
2. Repeat step 1.
3. Add one more layer of pudding.
4. Top each parfait with a small blob of whipped cream garnished with 1 or 2 fresh berries.



*Tip:* For another yummy version of this snack, you can make this treat with yogurt instead of pudding.





# Rapunzel's TANGLED WORD SEARCH

Rapunzel is going after her dreams!  
Help her along the way by finding each of the words on her list!

L	R	R	A	P	U	N	Z	E	L	G	V	W	Q	K
D	S	V	Y	M	R	S	E	F	O	Q	O	T	V	W
F	H	Q	D	F	M	D	E	T	J	J	R	W	M	W
Z	E	M	D	C	S	X	M	A	X	I	M	U	S	E
L	U	G	V	M	A	G	I	C	D	U	B	K	I	G
X	Q	L	G	L	U	A	X	H	L	G	E	J	Y	J
D	N	A	X	T	N	D	L	A	P	V	X	K	L	C
R	P	N	B	E	F	R	Y	I	N	G	P	A	N	M
E	A	T	B	Z	Z	W	S	R	K	U	U	Q	S	K
A	S	E	Z	R	V	Q	T	G	P	D	R	P	T	P
M	C	R	F	X	J	W	K	Z	L	U	H	X	X	Y
C	A	N	F	S	I	P	A	X	M	Z	G	G	K	Y
W	L	S	W	S	I	Z	Q	Y	T	Q	N	S	D	E
B	K	D	R	F	L	Y	N	N	H	J	C	N	B	Z
E	H	D	X	Q	T	F	Z	R	T	O	W	E	R	X

Words

TOWER  
RAPUNZEL  
DREAM  
PASCAL  
HAIR  
MAXIMUS  
FRYING PAN  
LANTERNS  
FLYNN  
MAGIC





# Rapunzel's MAKE YOUR OWN PAPER LANTERN

ASK AN ADULT FOR HELP

Join Rapunzel in seeing the lights!  
Follow the instructions below to make  
your own special lantern.

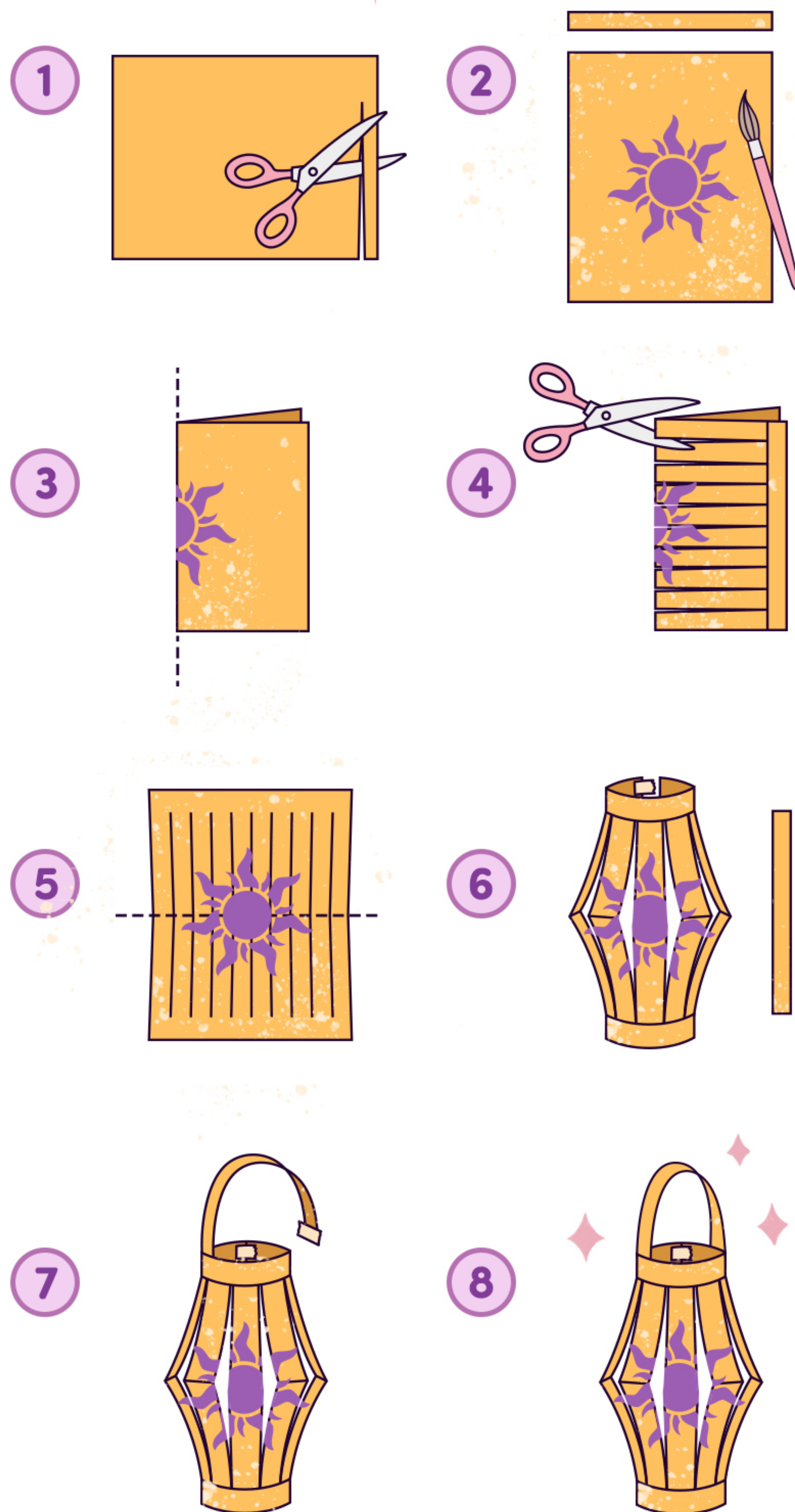


## Supplies

- Paper or Cardstock
- Markers, Paint, Glitter, Washi Tape
- Scissors
- Tape
- Stapler

## Directions

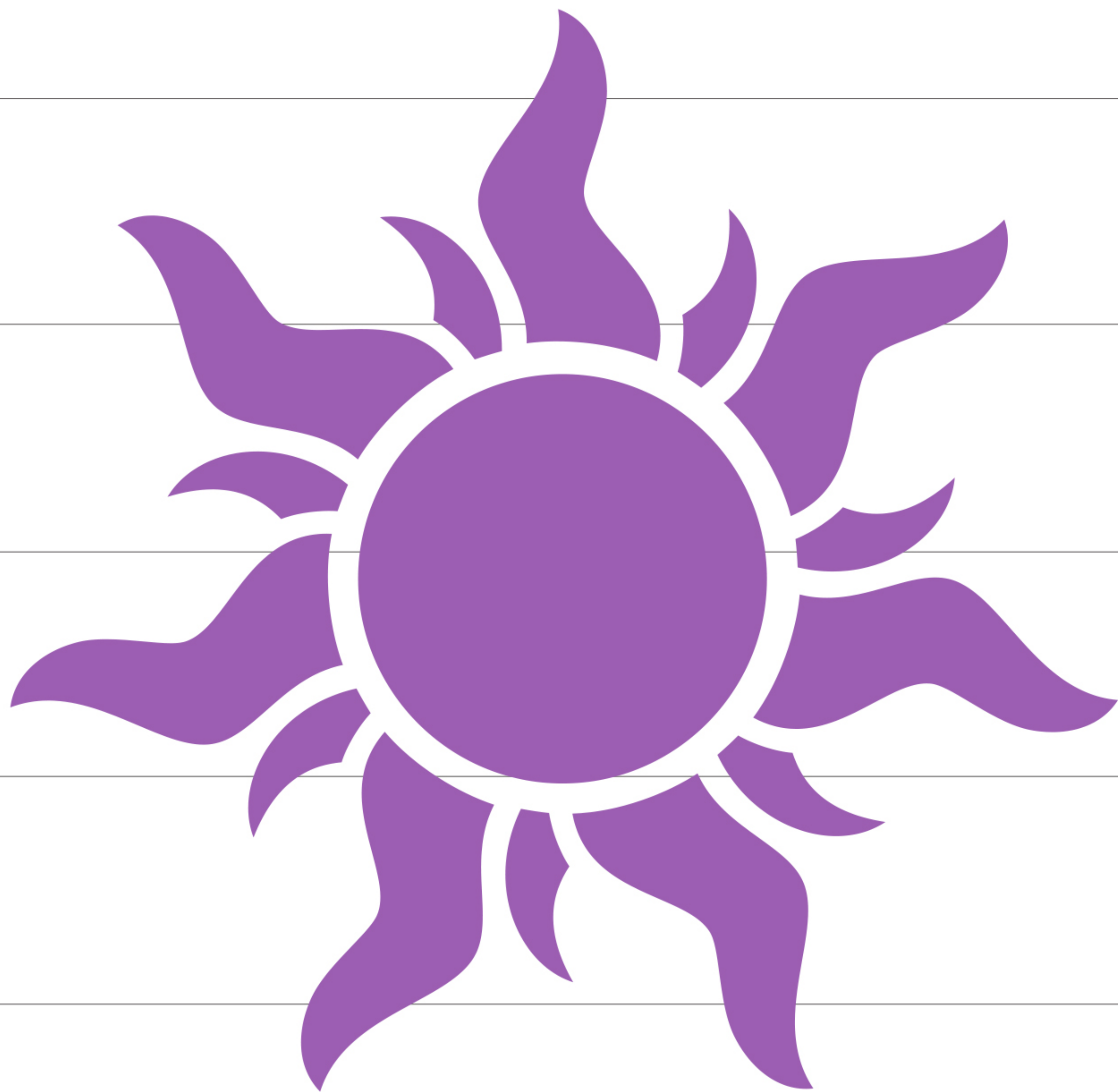
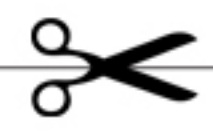
1. Start with a rectangular sheet of paper. Cut a 1" strip off the short side and set aside to use as the handle.
2. Decorate your sheet and handle using markers, paint or glitter (add a sun shape to match Rapunzel's).
3. Fold your paper in half lengthwise.
4. Cut strips crosswise: cut from the folded edge towards the raw edge leaving an inch border at the edge (do not cut through).
5. Unfold the paper.
6. Match the long edges together and loop the paper around to form a tube. Use tape to hold it in place.
7. Staple the handle to the top of the lantern.
8. Hang up your lantern and enjoy seeing the lights!







FOLD



FOLD





# Merida's **BULLSEYE PIZZA**

👉 **ASK AN ADULT FOR HELP**

Nothing's more important to Merida than being able to make her own choices. That's why this pizza recipe is all about targeting the toppings you like best.

*Makes 2*

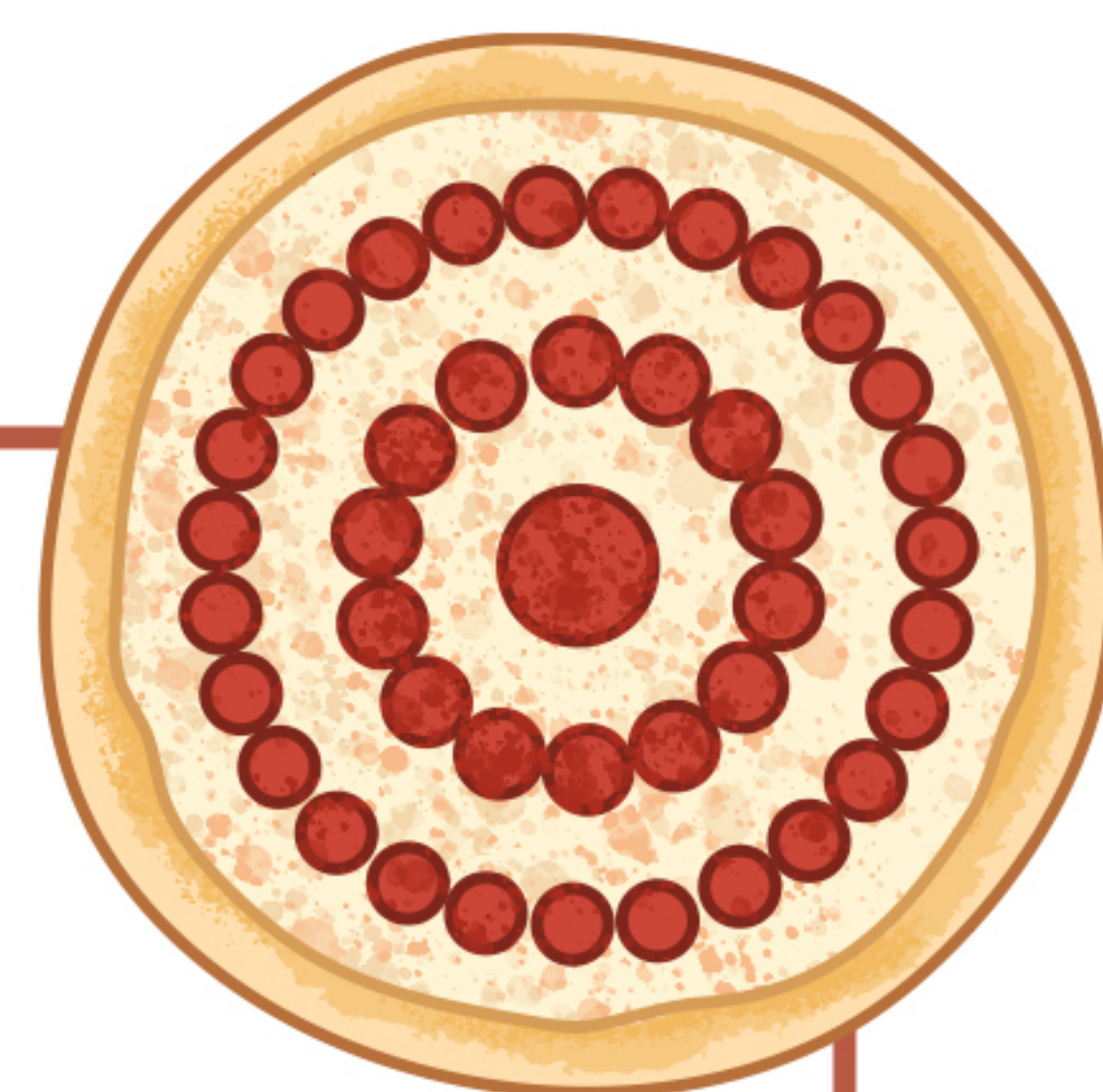
## **INGREDIENTS:**



16 oz premade pizza dough  
1 Tbsp olive oil  
2 pinches cornmeal  
1 cup pizza sauce  
1½ cups grated mozzarella cheese

### **TOPPINGS:**

Diced ham  
Pepperoni  
Broccoli florets  
Diced bell peppers  
Pineapple chunks  
Sliced black olives



## **DIRECTIONS:**

1. Divide the pizza dough in half and knead each piece into a ball. Place the dough balls in a large bowl and cover with plastic wrap. Let them rest at room temperature for 10 minutes.
2. Heat the oven to 425°F. Lightly oil two baking sheets and sprinkle a pinch or two of cornmeal on top.
3. Working on a flour-dusted surface, roll both dough balls into ¼-inch-thick circles. Carefully place each one on a prepared baking sheet.
4. Spread spoonfuls of pizza sauce on both pizza crusts. Top the sauce with grated mozzarella cheese.
5. Add your choice of toppings. Place one kind—chopped ham or pepperoni slices, for example—in the center. Arrange a second topping in a ring around the first one. Keep adding toppings in this way, creating a colorful bullseye pattern, until you reach the crust.
6. Ask an adult to help you with the oven. Bake the pizzas on different oven racks until the edges and bottoms of the crusts are golden brown (about 15 minutes). Switch the position of the trays after 7 or 8 minutes so that the pizzas will cook evenly.
7. Let the cooked pizzas cool slightly before slicing and serving.

*Tip:* If you use pineapple chunks for a topping, blot them first with a paper towel or clean reusable cloth to absorb the extra juice and keep the crust from getting soggy.





# Merida's WORD QUEST

Merida is a brave, headstrong princess who is **determined** to carve her own path in life. How many words can you make using the letters from this powerful trait of hers?



D	E	T	E	R	M	I	N	E	D
---	---	---	---	---	---	---	---	---	---





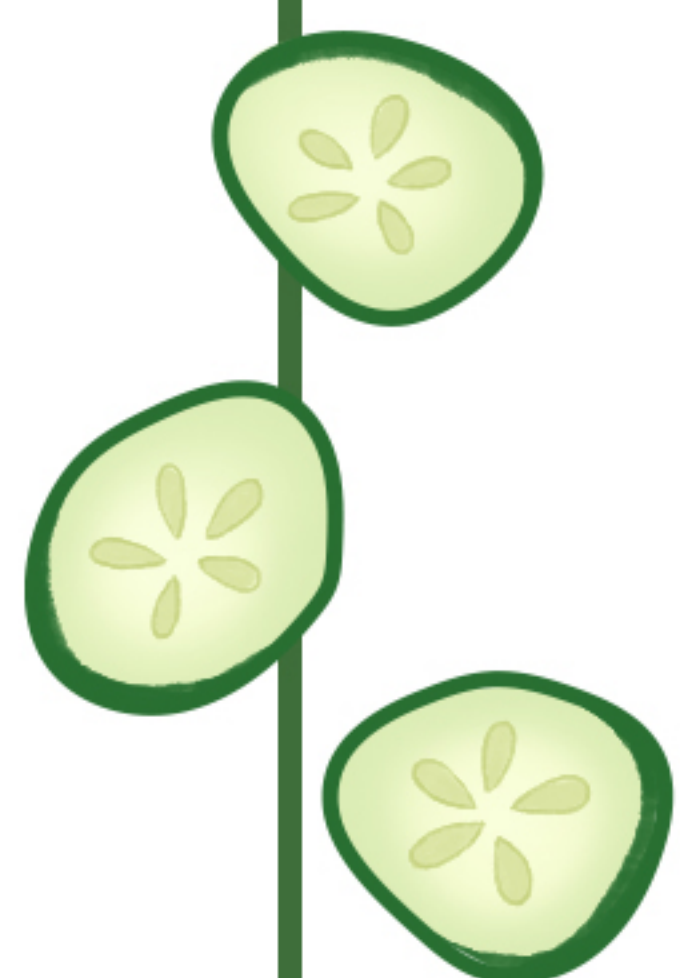
# Mulan's LUCKY CUCUMBER SALAD

👉 ASK AN ADULT FOR HELP

Mulan's cricket friend, Cri-Kee, loves spending time in the Fa family garden. Make your own lucky salad dish with some crunchy cucumbers!

*Serves 6-8*

## INGREDIENTS:



1 medium English cucumber

3 Tbsp rice vinegar

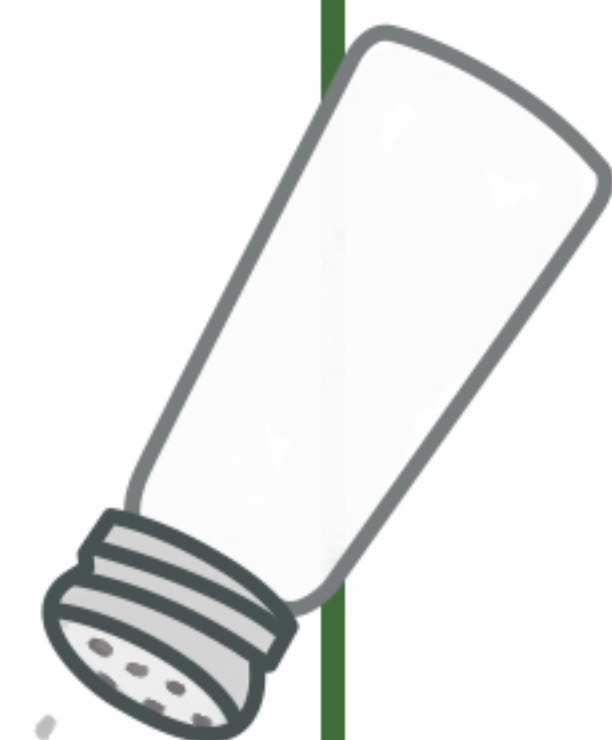
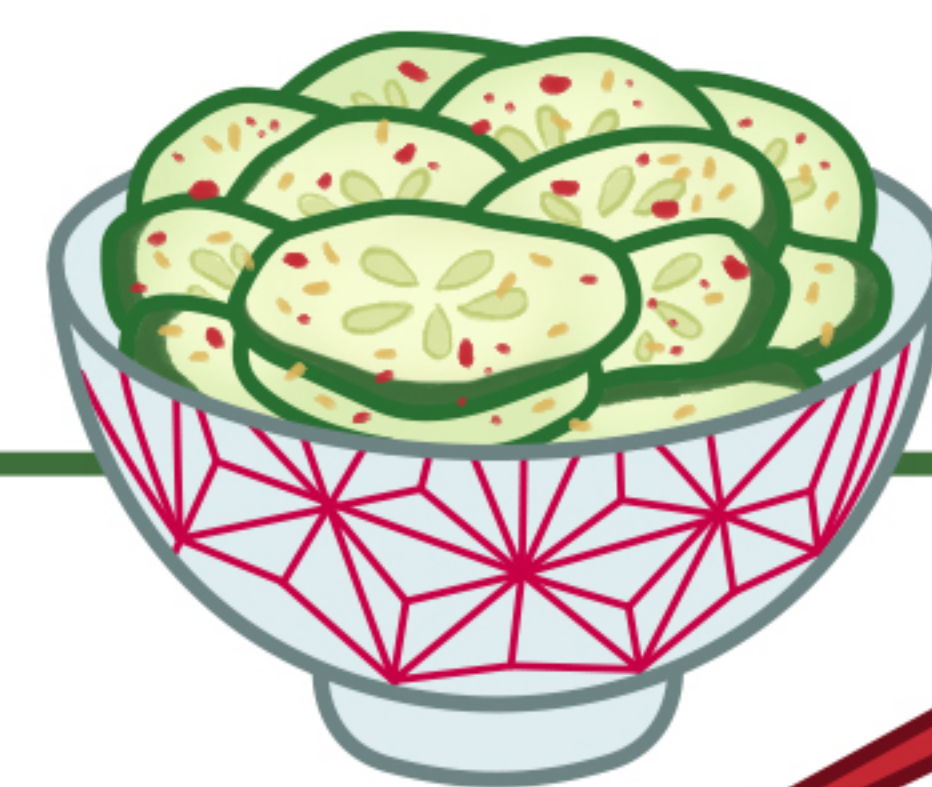
1 Tbsp sugar

1 Tbsp salt

1 Tbsp toasted sesame seeds

Salt to taste

Dash of crushed red pepper flakes  
(optional)



## DIRECTIONS:

1. Cut the cucumber into thin circular slices.
2. In a medium-size bowl, stir together the cucumber slices, vinegar, sugar, sesame seeds, and salt. Add the crushed red pepper flakes if you're using them.
3. Chill the cucumber salad for 30 minutes before serving.

*Tip:* Red pepper flakes are really spicy, so don't use too many.

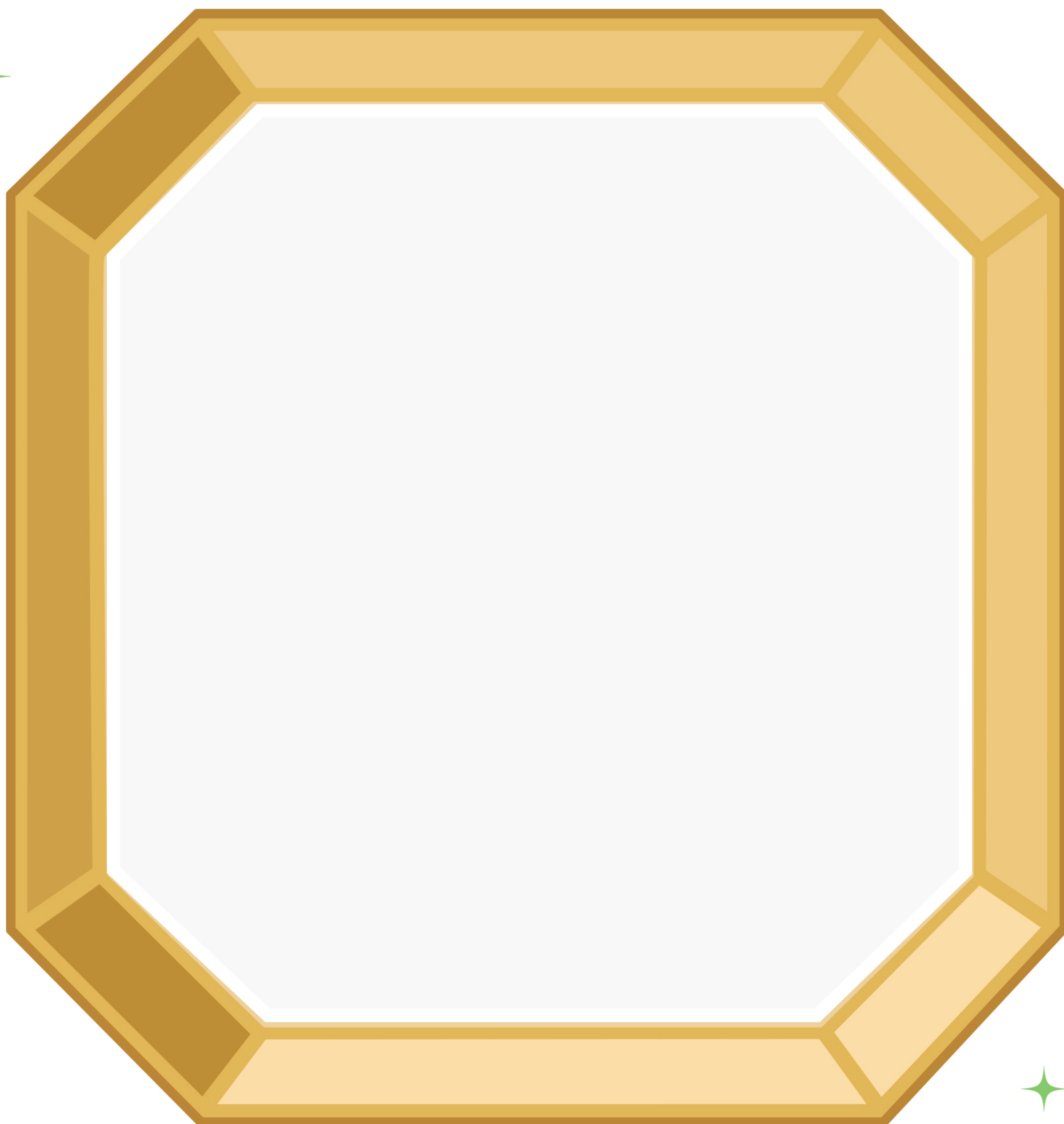






# *Mulan's* **SELF-PORTRAIT REFLECTION**

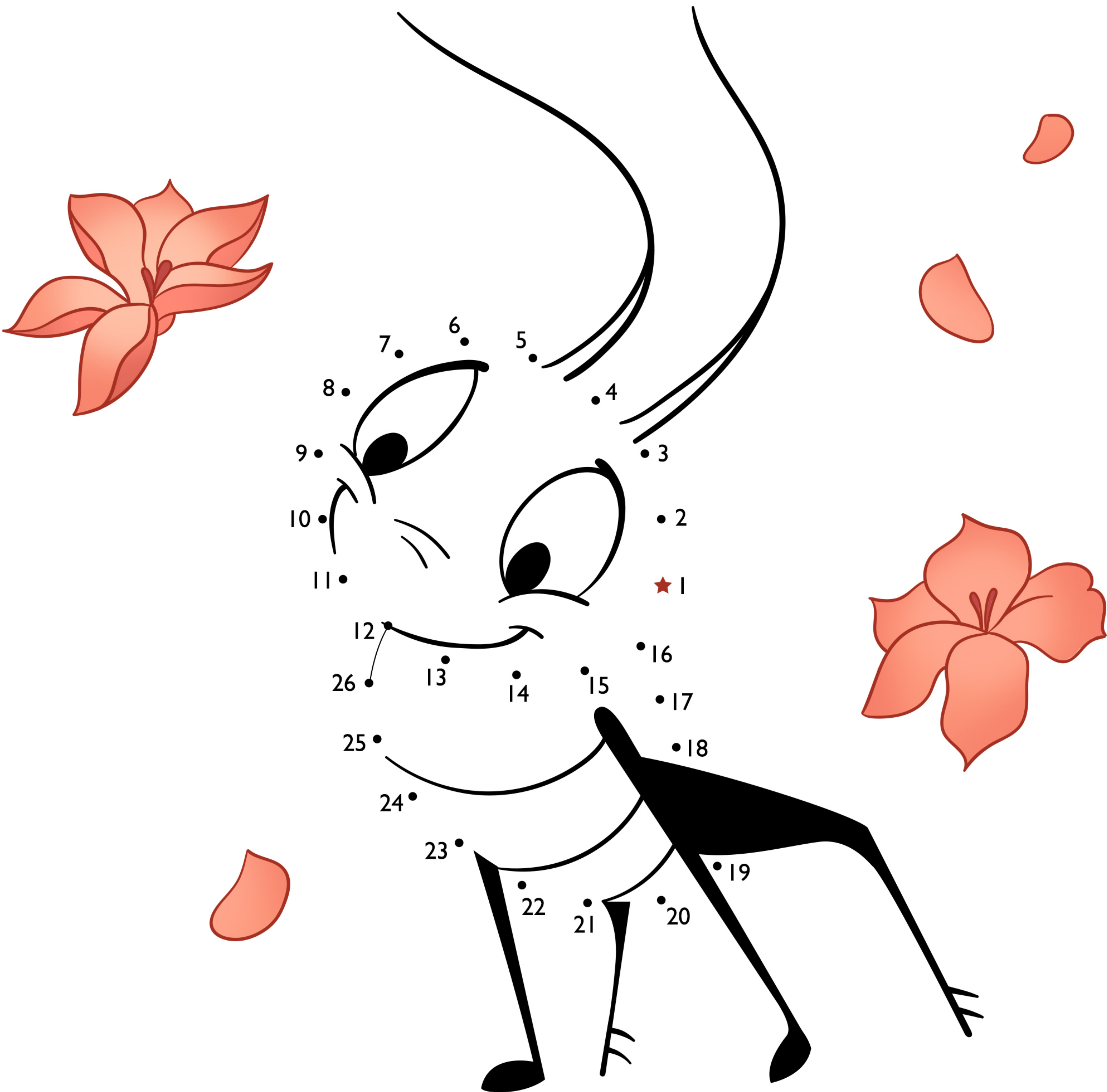
Mulan found courage and heart  
in her reflection. Grab a mirror  
and draw your own strong self!





Mulan's  
**CONNECT THE DOTS  
WITH CRI-KEE**

Connect the dots in order to draw your very own lucky sidekick!





# Belle's ENCHANTING STRAWBERRY ROSES

👉 ASK AN ADULT FOR HELP

A rose began Belle and the Beast's tale.  
Relive the story by making these beautiful edible roses.

*Serves 4*

## INGREDIENTS:



## DIRECTIONS:

1. Wash the strawberries in cold water and pat them dry with a paper towel.
2. Ask an adult to help you with the knife. Then, slice off the strawberries' leafy tops.
3. Turn one of the strawberries upside down. Create an outer row of 4 rose petals around the tip by slicing three-quarters of the way down through the berry on all 4 sides.
4. To finish the rose, cut a second strawberry in half from top to bottom. Then cut one of the halves into several slices. Tuck 3 or 4 of the slices between the tip and outer petals of the first berry.
5. Repeat with the remaining strawberries. Store any leftover strawberry pieces in the refrigerator to enjoy as a snack later.
6. Put a spoonful of whipped cream into the bottoms of four small bowls. Set the strawberry roses on top, and serve.

*Tip:* A strawberry rose makes the perfect topping for a bowl of yogurt, too.



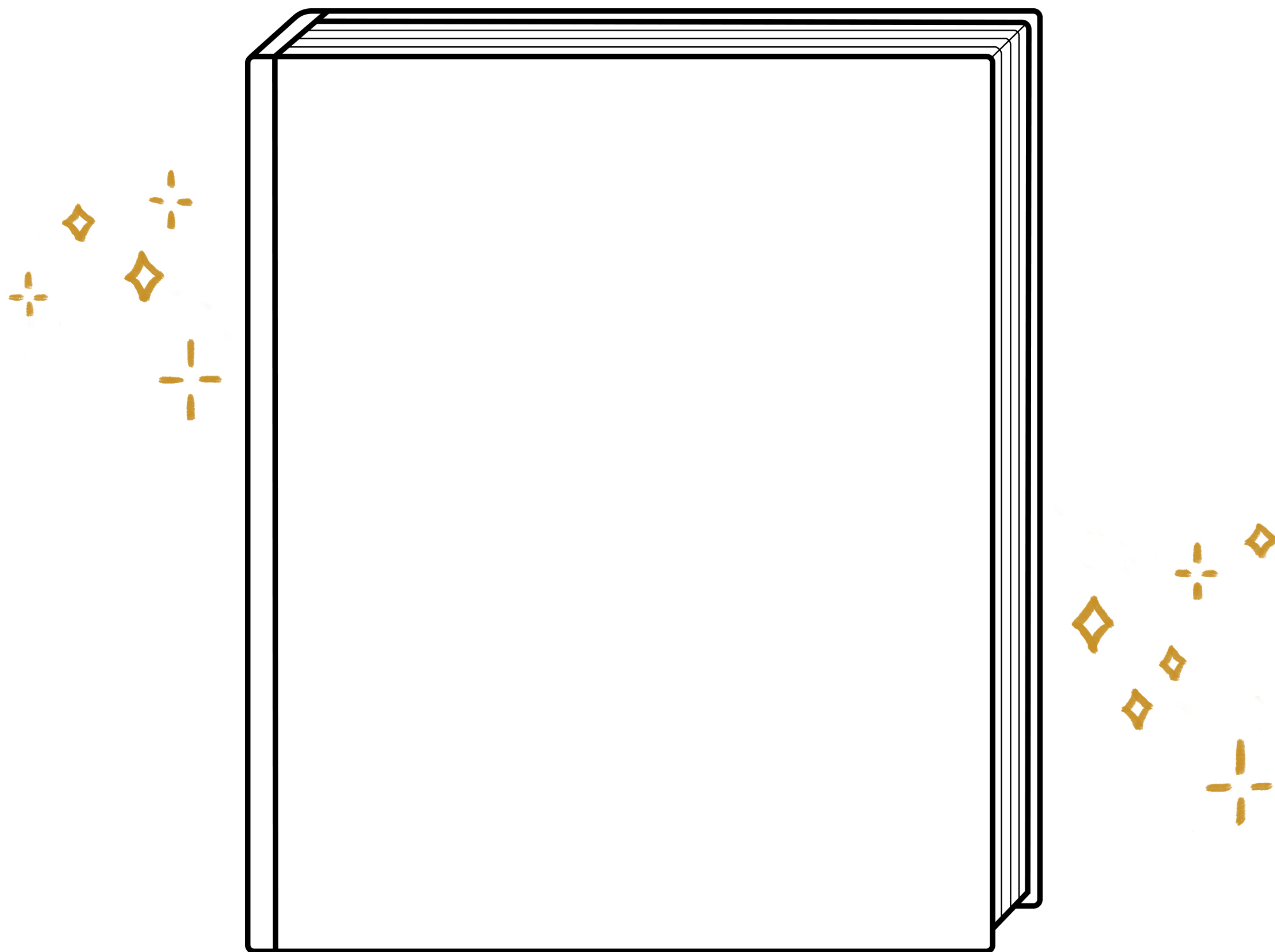
SCAN HERE FOR  
MORE RECIPES!





# *Belle's* **BOOK COVER**

Belle has read all the books in the town's library and needs a new one! Can you dream up a new story for her? Draw the book cover!





# Tiana's SOUTHERN SPOON BREAD

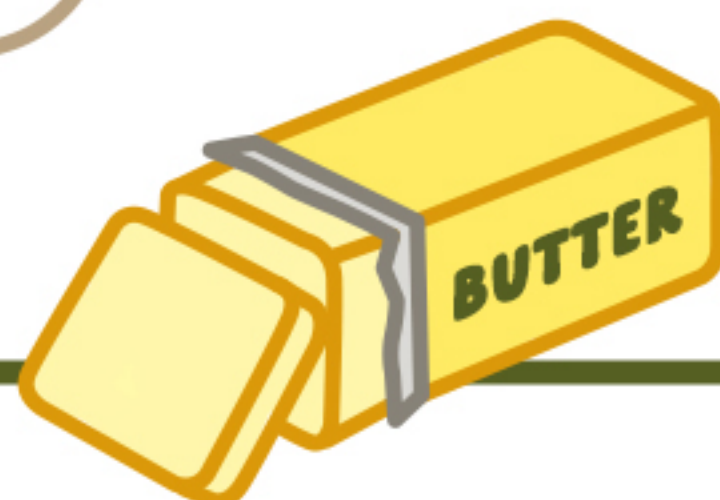
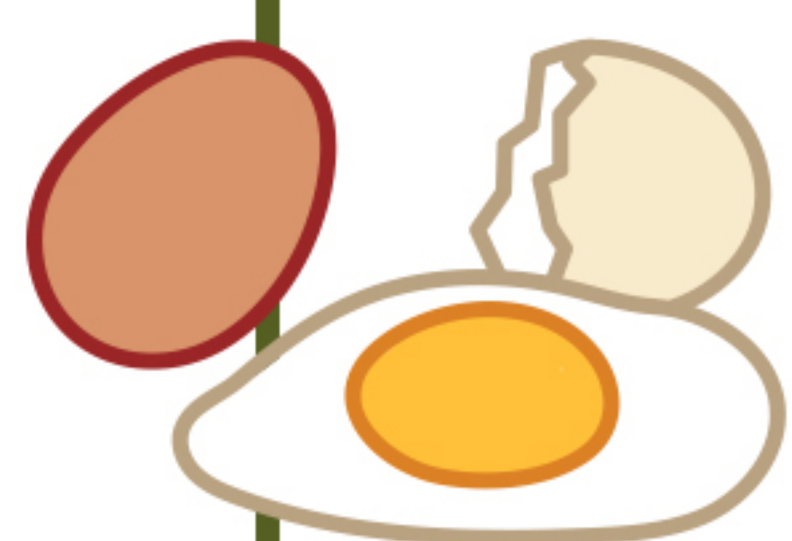
 **ASK AN ADULT FOR HELP**

At her restaurant, Tiana serves unique versions of her favorite dishes. Put your own spin on a side dish with this Spoon Bread recipe. It tastes a lot like cornbread, but it has a delicious gooey texture that's fun to spoon up at mealtime.



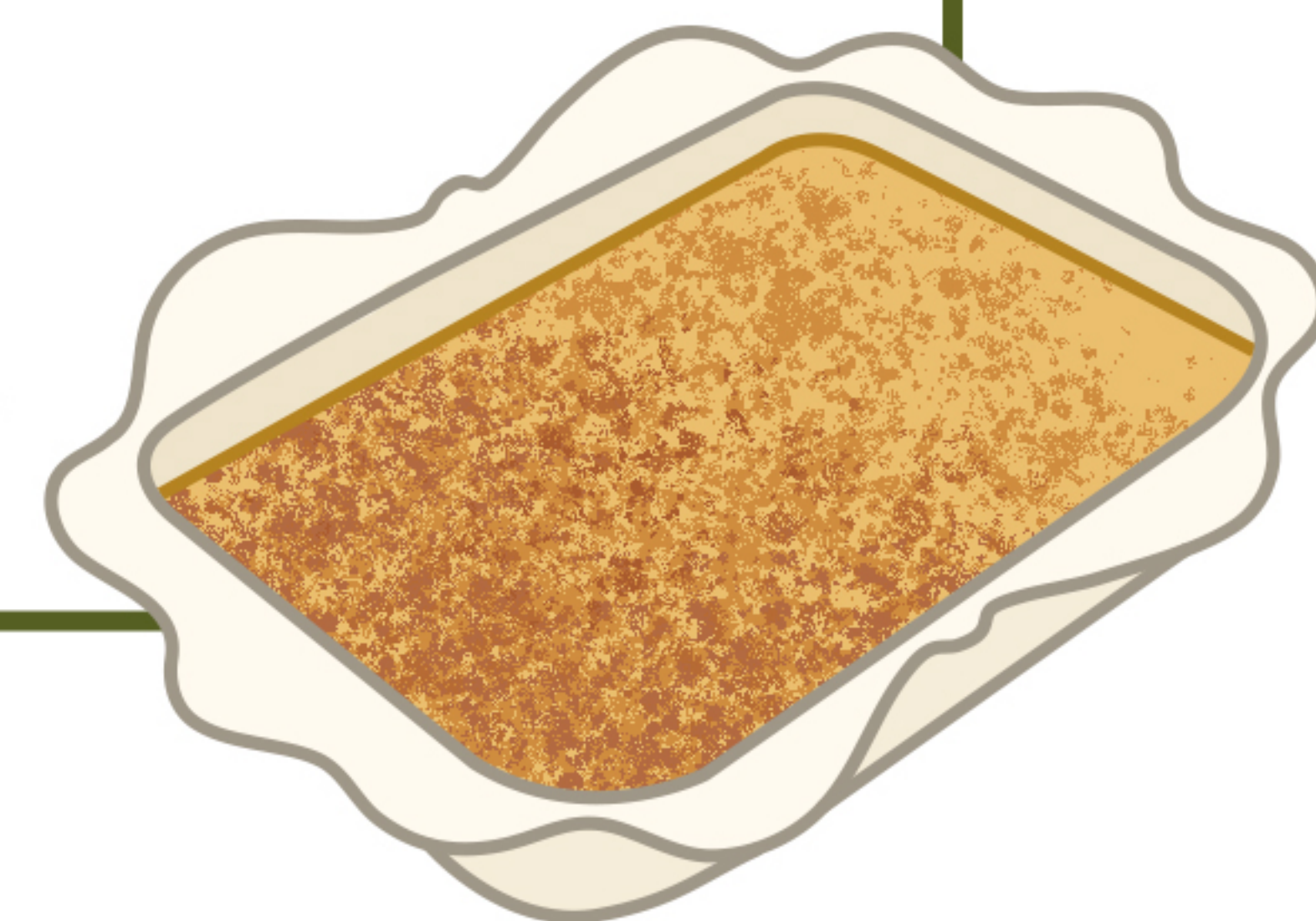
*Serves 6-8*

## INGREDIENTS:



2 cups milk  
1 cup water  
1 Tbsp butter  
1 tsp salt

1 cup cornmeal  
2 eggs  
2 Tbsp honey  
2½ tsp baking powder



## DIRECTIONS:

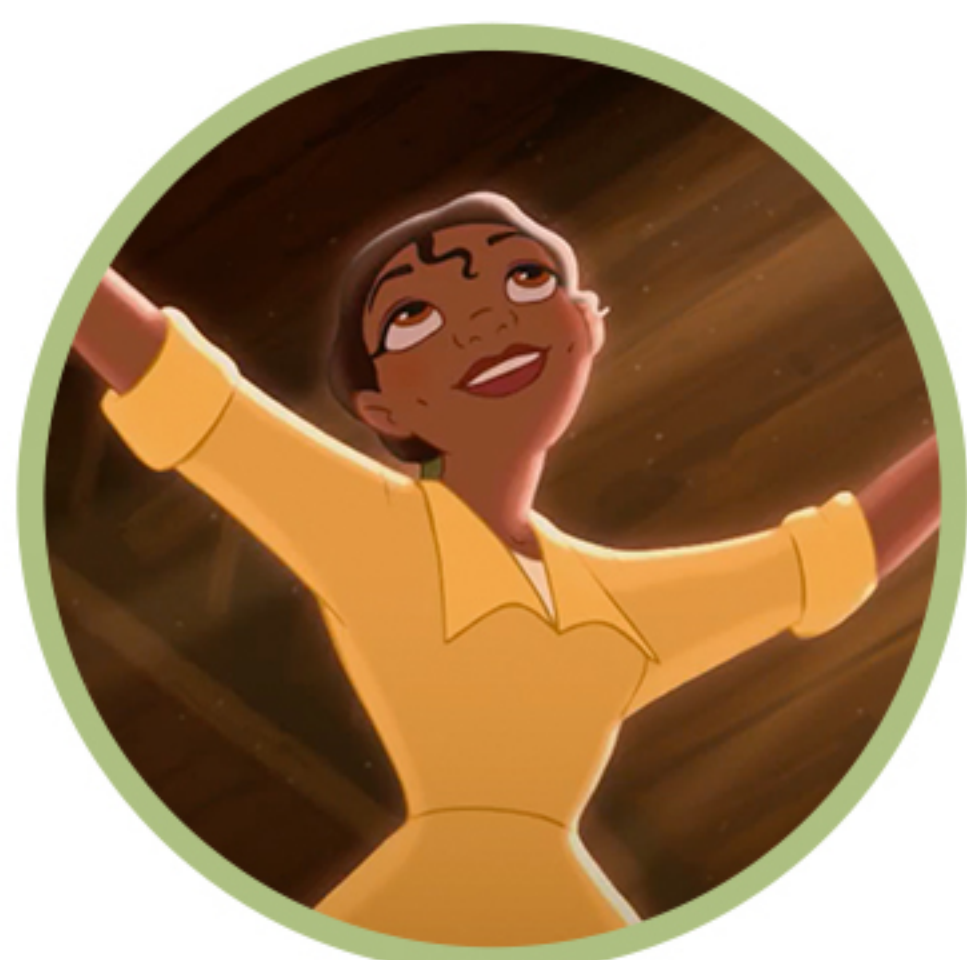
1. Heat the oven to 375°. Butter a 2-quart casserole dish.
2. Ask an adult to help you at the stove. Heat the milk and water in a large heavy saucepan over medium heat. Turn the heat to low as soon as bubbles form against the pan (before the milk boils). Add the butter and salt, and stir until the butter melts.
3. Slowly whisk the cornmeal into the milk. Keep whisking just until the mixture thickens (about 1 minute). Remove the pan from the heat and let the cornmeal cool a bit.
4. Separate the egg yolks and the egg whites into different mixing bowls.
5. Beat the egg whites with a mixer until they are foamy and stiff, and set them aside.
6. Beat together the yolks, honey, and baking powder with a fork or whisk. Then whisk the mixture into the cornmeal. Pour the cornmeal mixture into the bowl of beaten egg whites.
7. Use a rubber spatula to gently fold the egg whites into the cornmeal.
8. Scrape the spoon bread batter into the casserole dish. Ask an adult to help you put the dish in the oven. Bake it until the top turns golden brown and a toothpick inserted in the middle comes out clean (about 25 to 30 minutes). Serve the spoon bread warm, scooping it out of the casserole dish with a big spoon.



# Tiana's ALMOST THERE MAZE

Tiana knows it takes a lot of hard work to make dreams come true!  
Can you help her get to the center of the maze?

Start Here! →





# Tiana's

## DIG A LITTLE DEEPER: SPOT THE DIFFERENCES

Tiana made her dreams come true and opened her restaurant!  
Can you spot all 5 differences between these two photos?

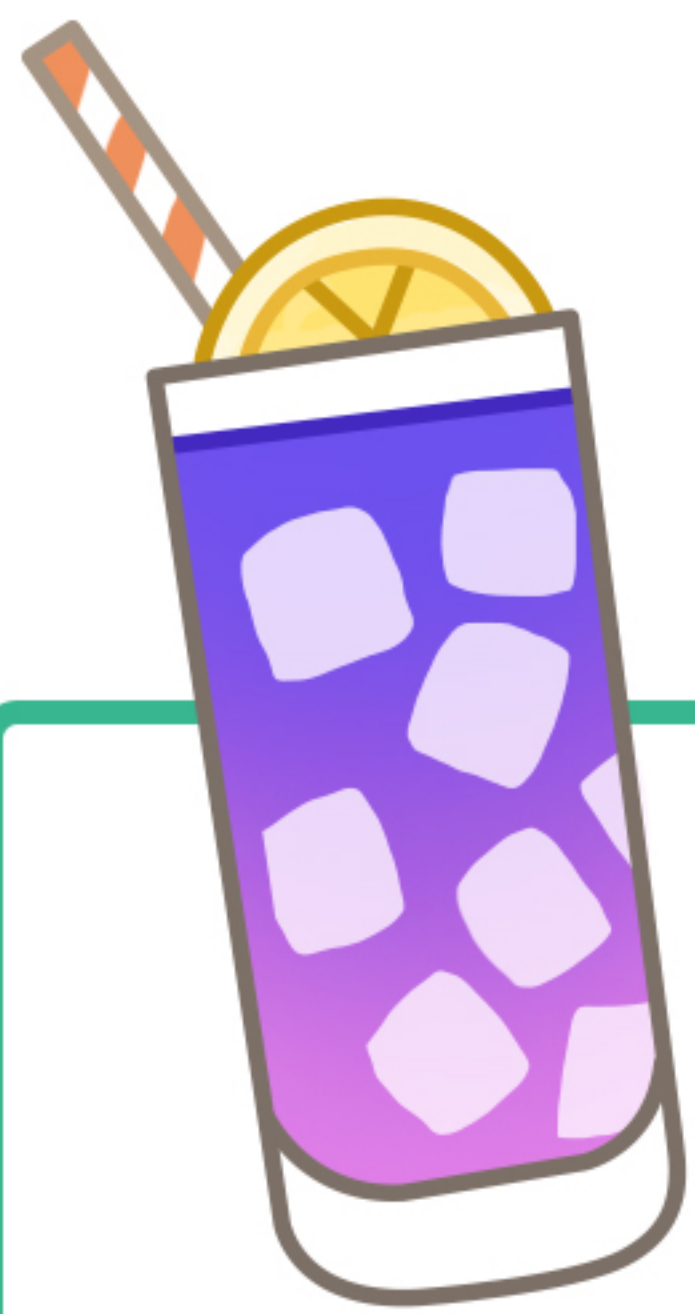




# Raya's DRAGON MAGIC LEMONADE

ASK AN ADULT FOR HELP

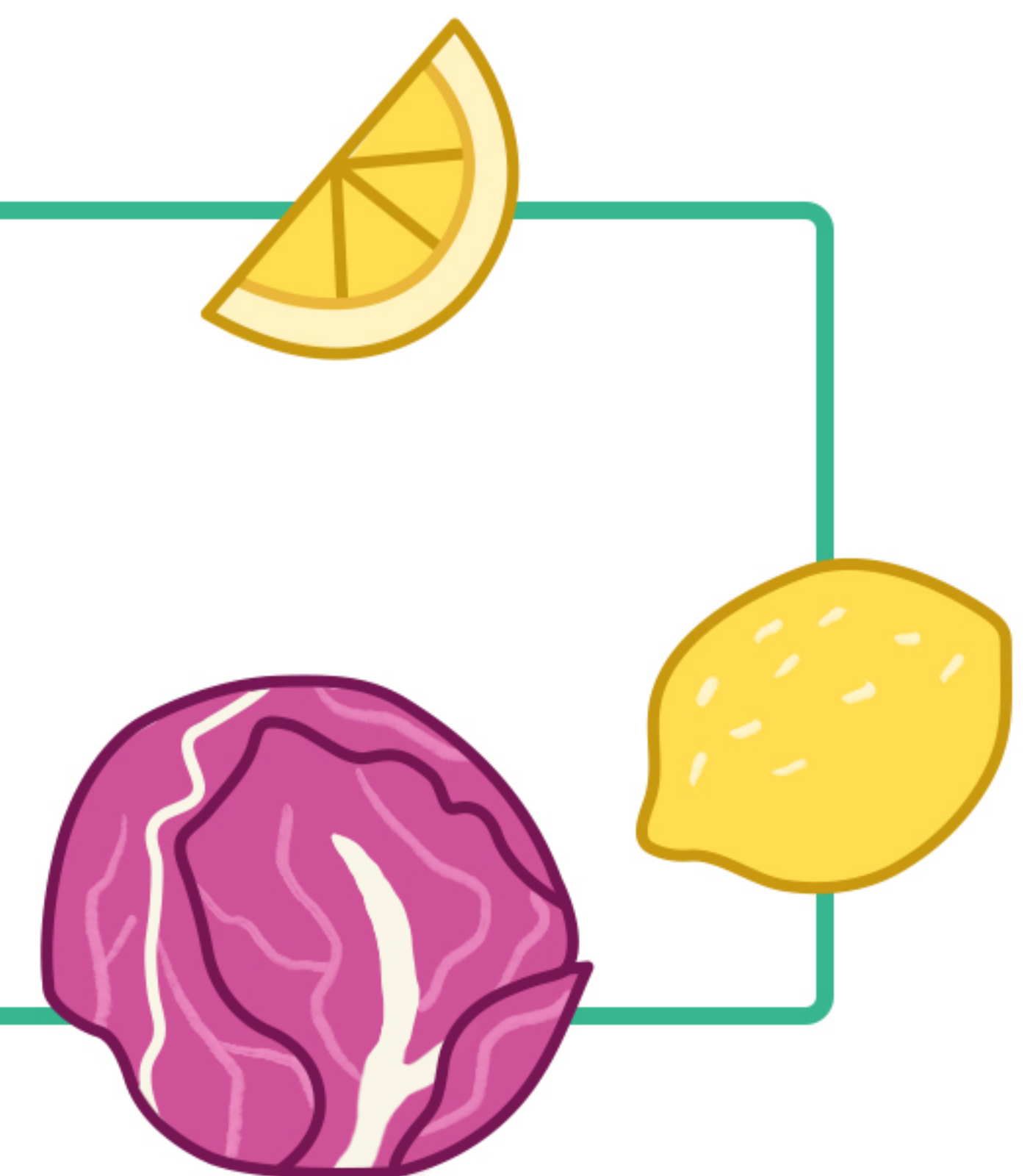
Bring the mystical adventures of Raya and Sisu straight to your kitchen. Create a magical transforming lemonade that changes colors right before your eyes. Shifting from blue to purple to pink, this refreshing drink is as surprising as it is delicious.



2 cups water  
¼ purple cabbage, sliced  
½ cup sugar

Serves 4  
**INGREDIENTS:**

4 lemons, juiced  
Ice Cubes



## DIRECTIONS:

1. Bring 2 cups of water to a boil. Add the cabbage and boil for 1 minute.
2. Place a bowl under the strainer. Strain the cabbage water, saving the purple water.
3. Pour the cabbage water back into the pot and add the sugar. Stir until the sugar is dissolved.
4. Add 2 more cups of water to the pot.
5. Juice the lemons.
6. Pour 1 cup of the purple water and add 4 ice cubes in each glass.
7. When ready to serve, pour 3 tbsp of lemon juice into each glass, and watch the magic happen!







# *Raya's* **TIC TAC TOE** *with Tuk Tuk*

We all need a friend like Tuk Tuk!  
Grab your closest friend to play Tic Tac Toe!



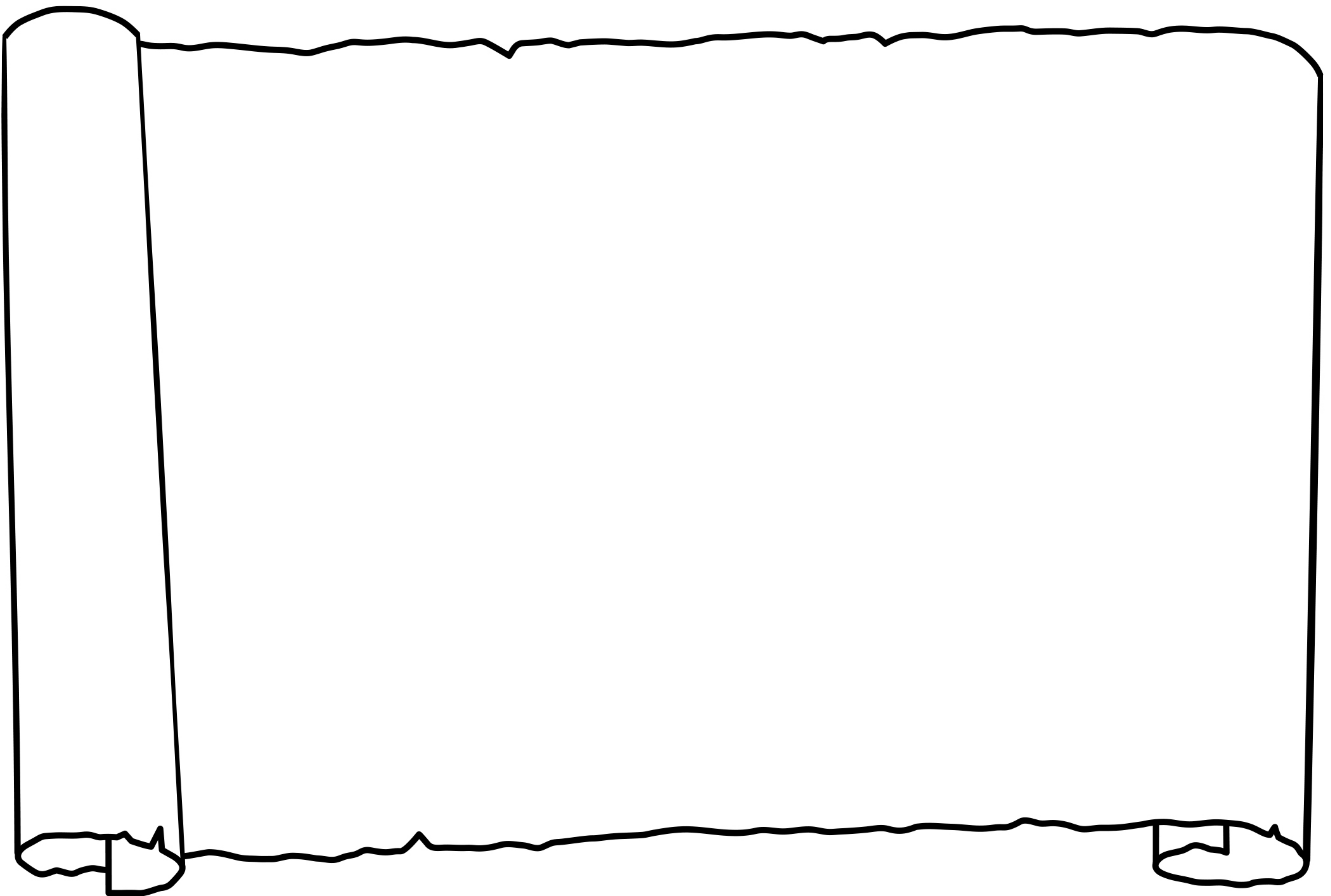






# *Raya's* **DRAW YOUR OWN DRAGON**

Use the space below to create your own magical dragon friend like Sisou!





# Moana's SUNSHINE BOWL

ASK AN ADULT FOR HELP

Whether she's in her village of Motunui or sailing across the sea, Moana loves being in the sun. This sweet smoothie bowl, topped with fresh fruit and nuts, is the perfect way to bring some sunshine to your morning!

Serves 1

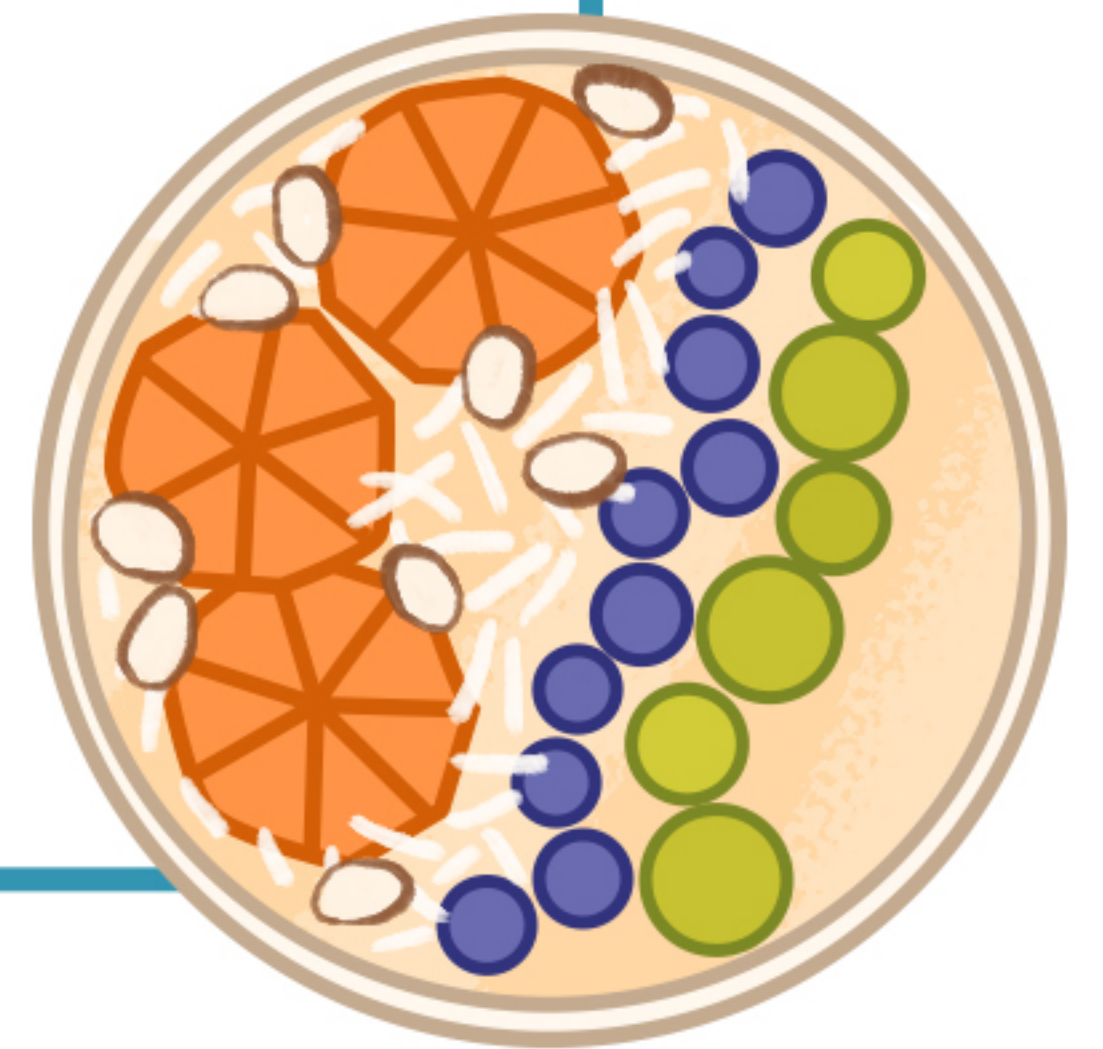
## INGREDIENTS:



¼ cup shredded coconut  
1 frozen banana  
¼ cup frozen cantaloupe  
½ cup Greek yogurt  
2 mandarin oranges

## TOPPINGS:

Sliced almonds  
Shredded coconut  
Blueberries  
Mandarin orange slices  
Green grapes



## DIRECTIONS:

1. Place the coconut, banana, cantaloupe, Greek yogurt, and mandarin oranges into a blender.
2. Blend the ingredients until they are smooth and creamy.
3. Pour the smoothie into a bowl, add your preferred toppings, and serve with a spoon.

*Tip:* To make this recipe your own, try experimenting with other fruits and nuts as your topping.





# Moana's **HEART OF TE FITI MAZE**

Moana needs to restore the heart of Te Fiti!  
Can you help her get to the center of the maze?





# Moana's PAPER HEI

Create your own beautiful paper hei inspired by Moana!



## Supplies

- Cardstock Paper
- String
- Drinking Straws
- Scissors
- Hole Punch
- Colored Pencils

👉 **ASK AN ADULT FOR HELP**

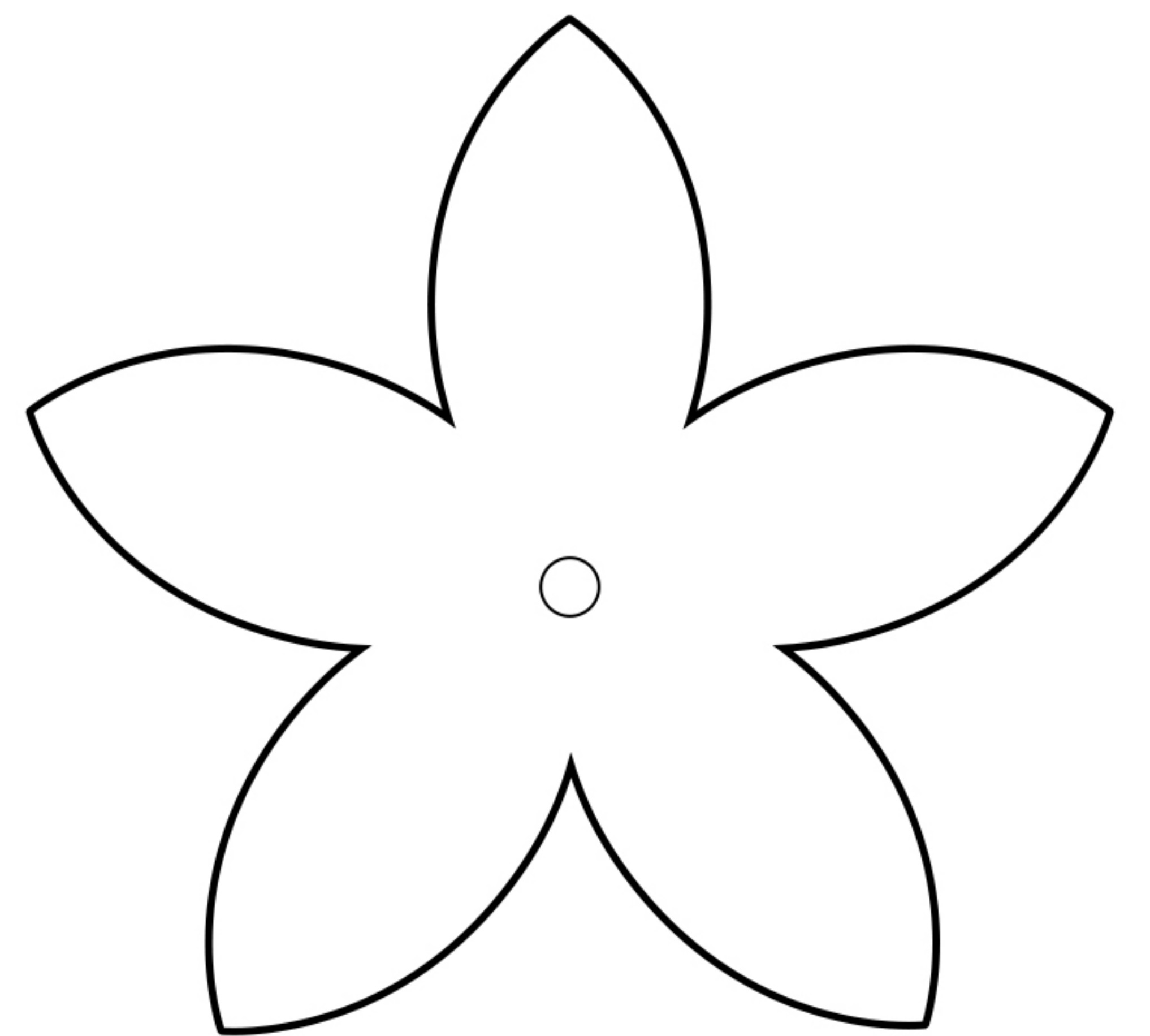
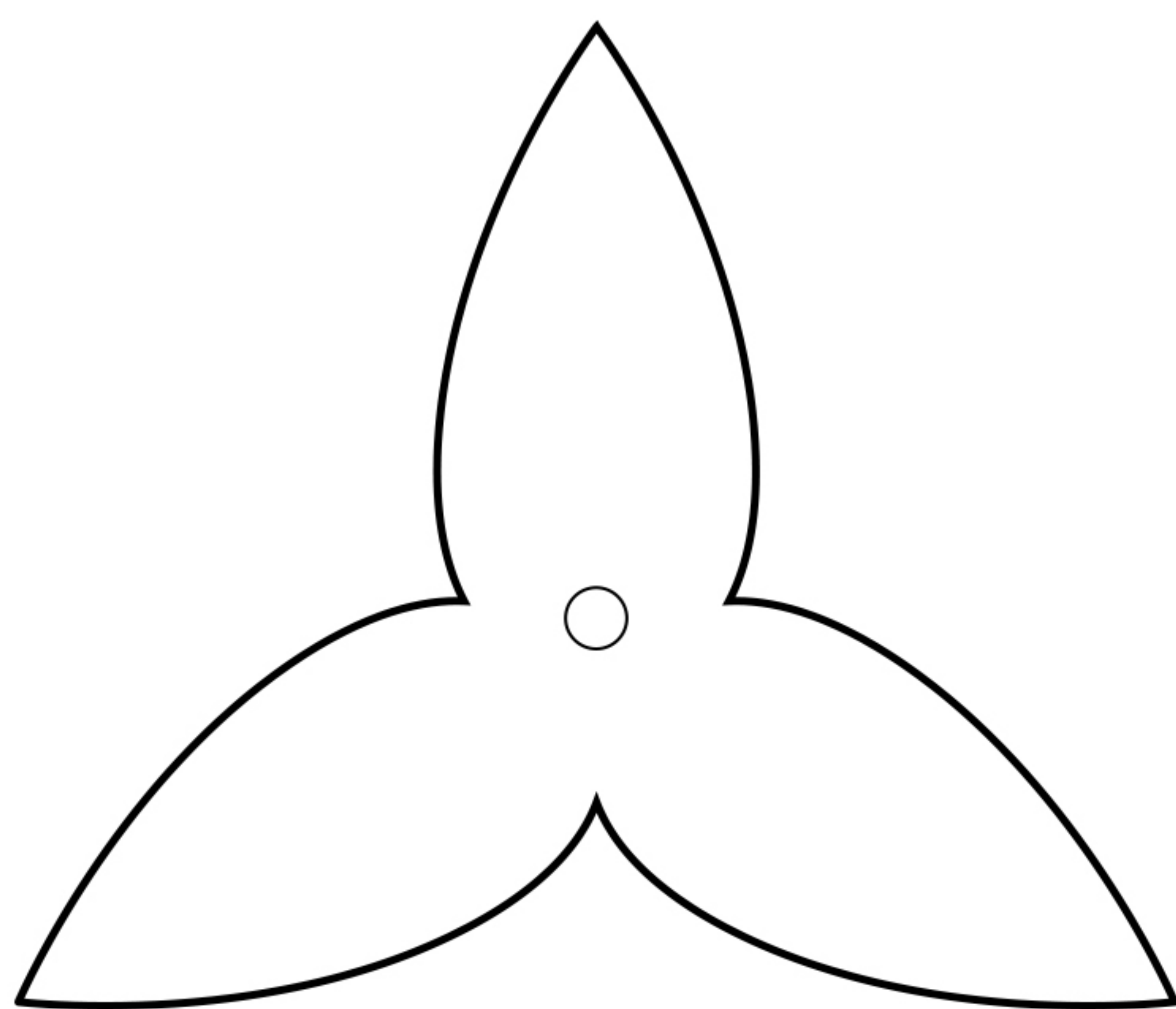
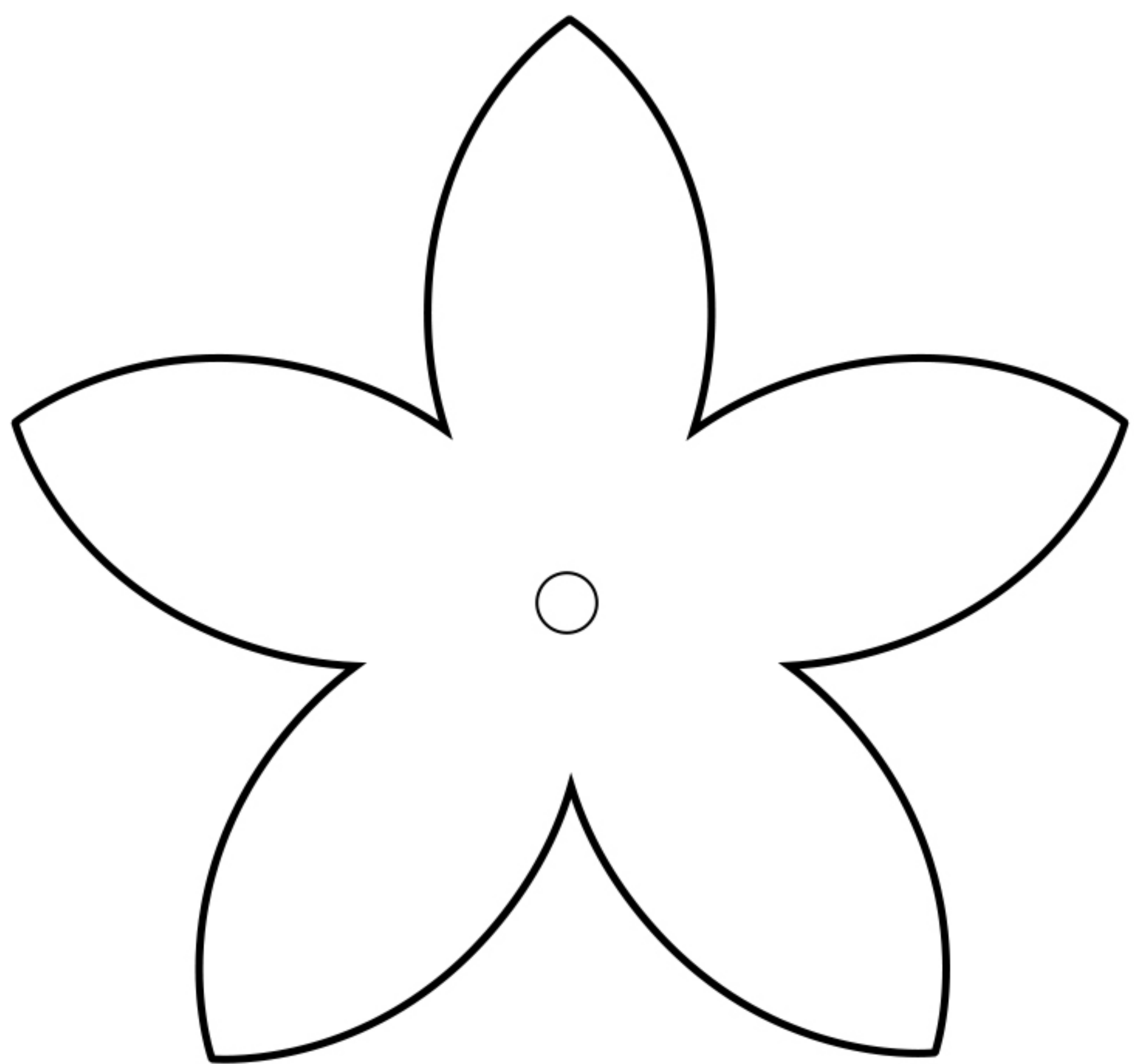
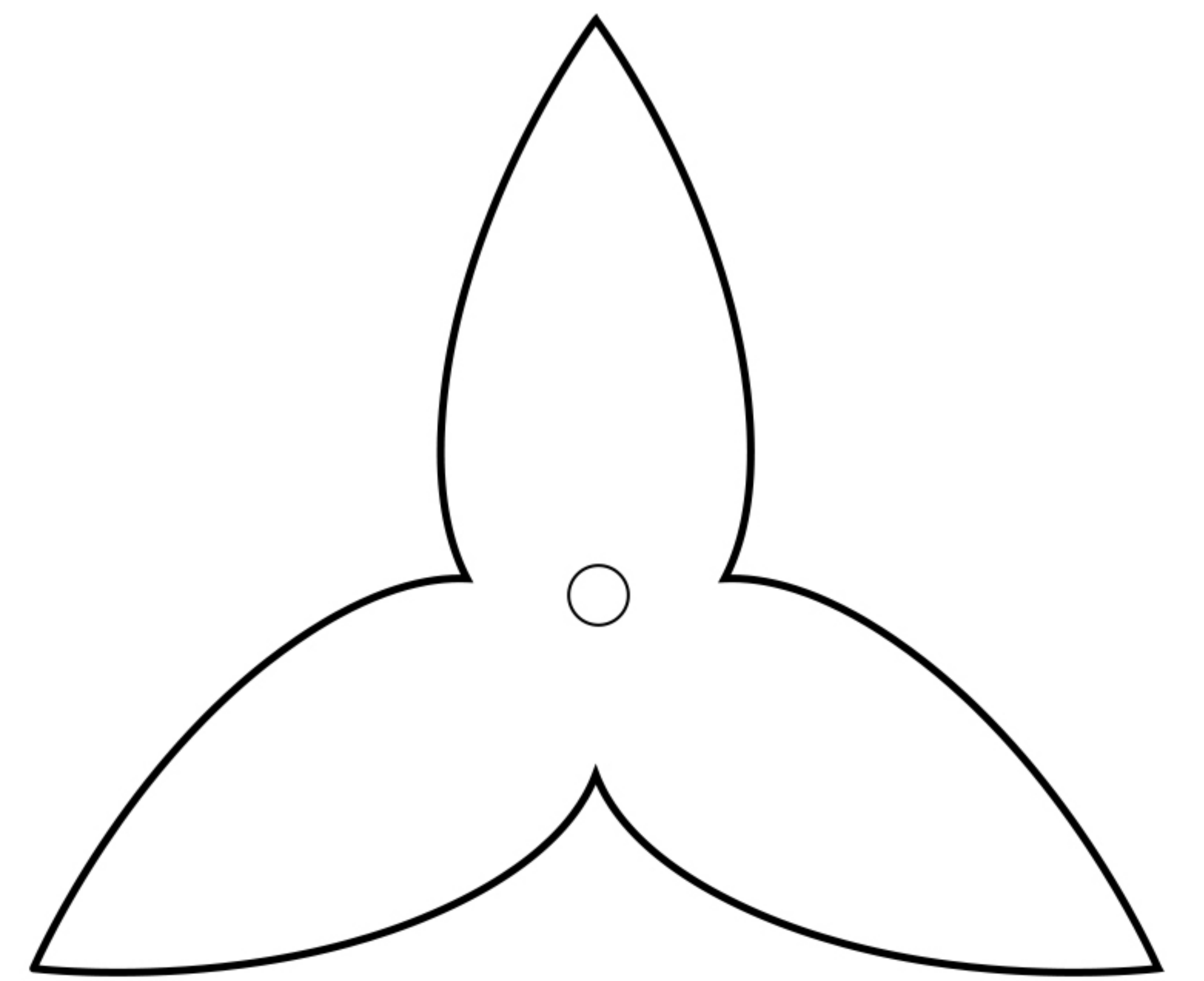
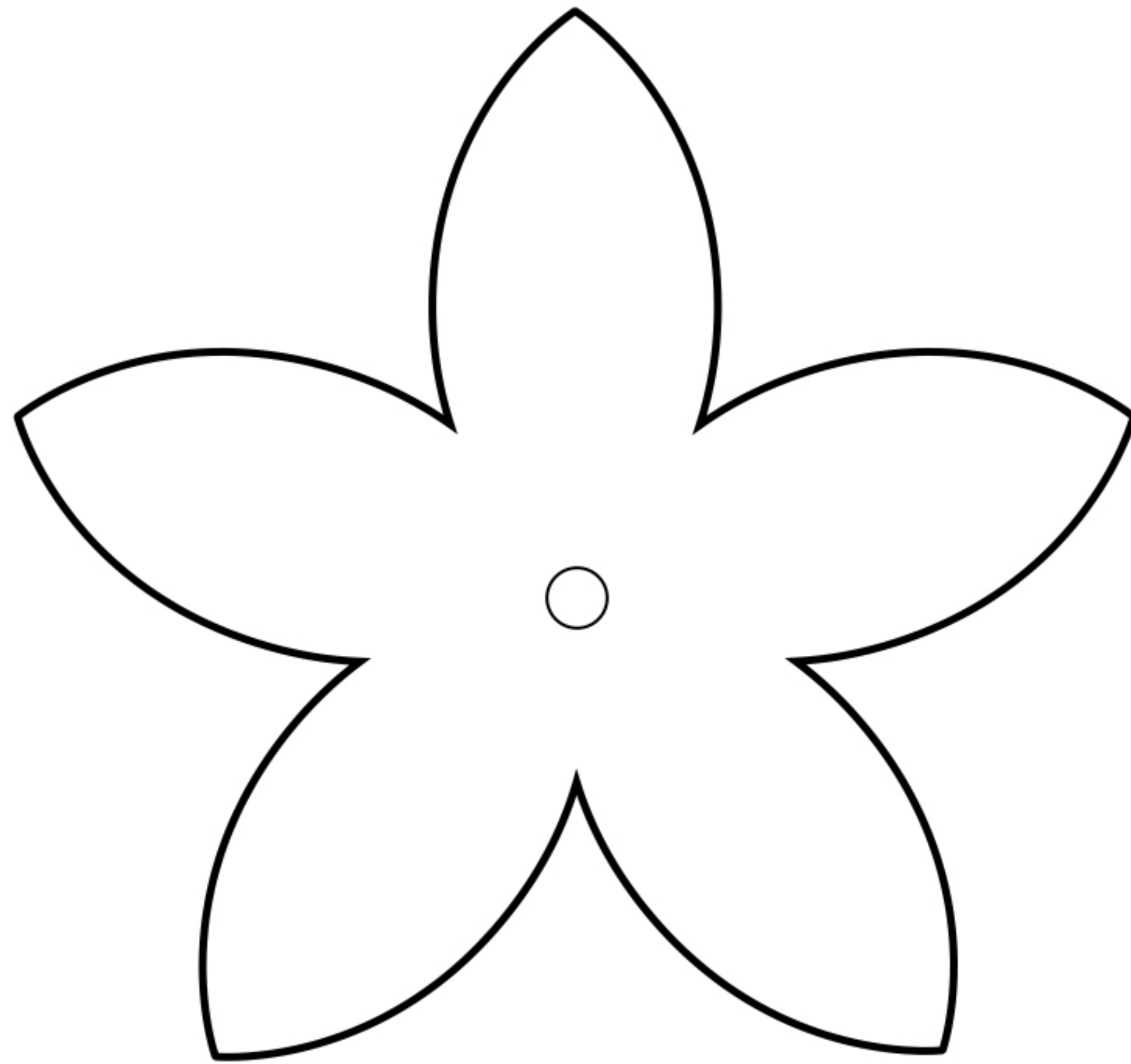
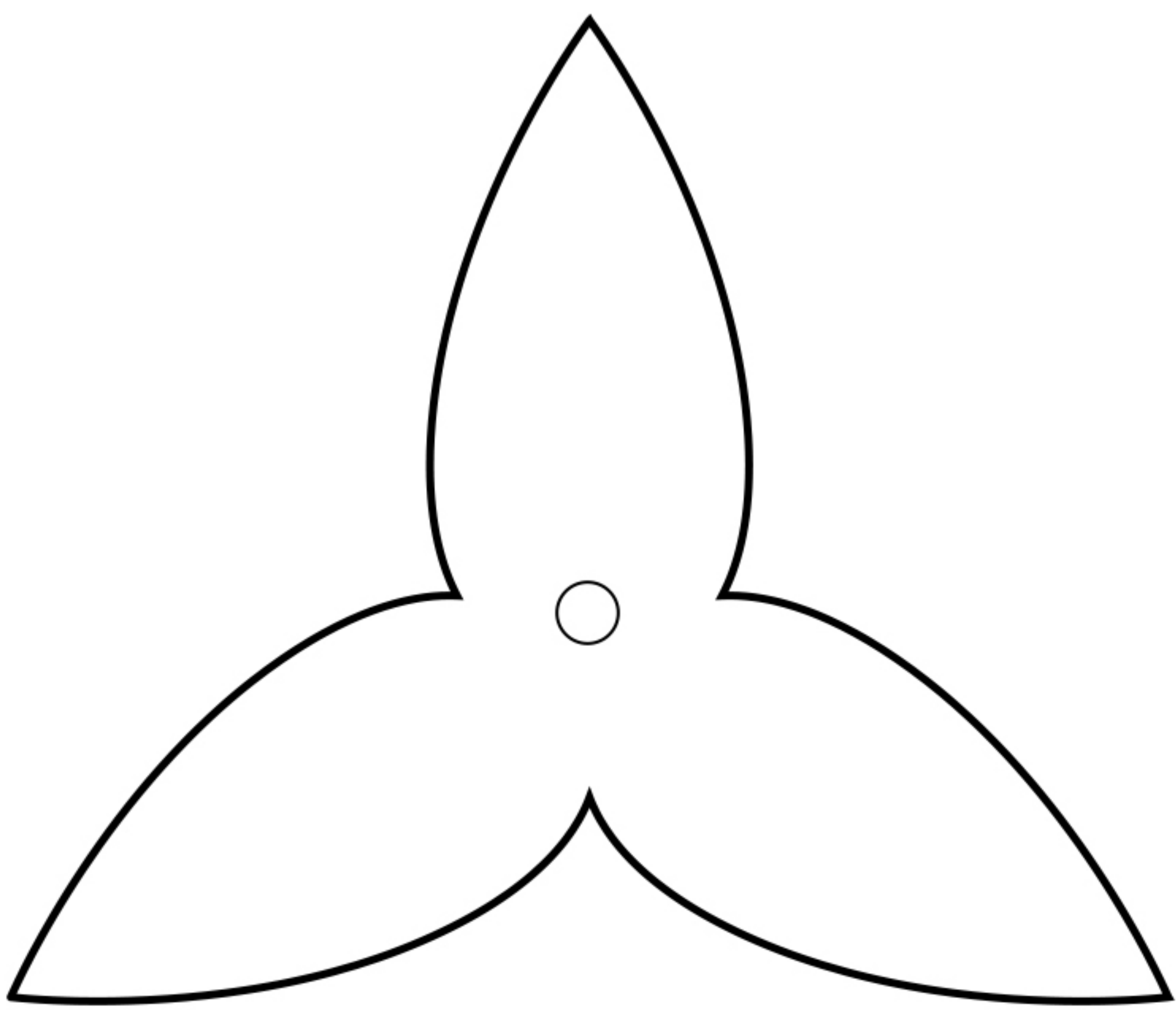
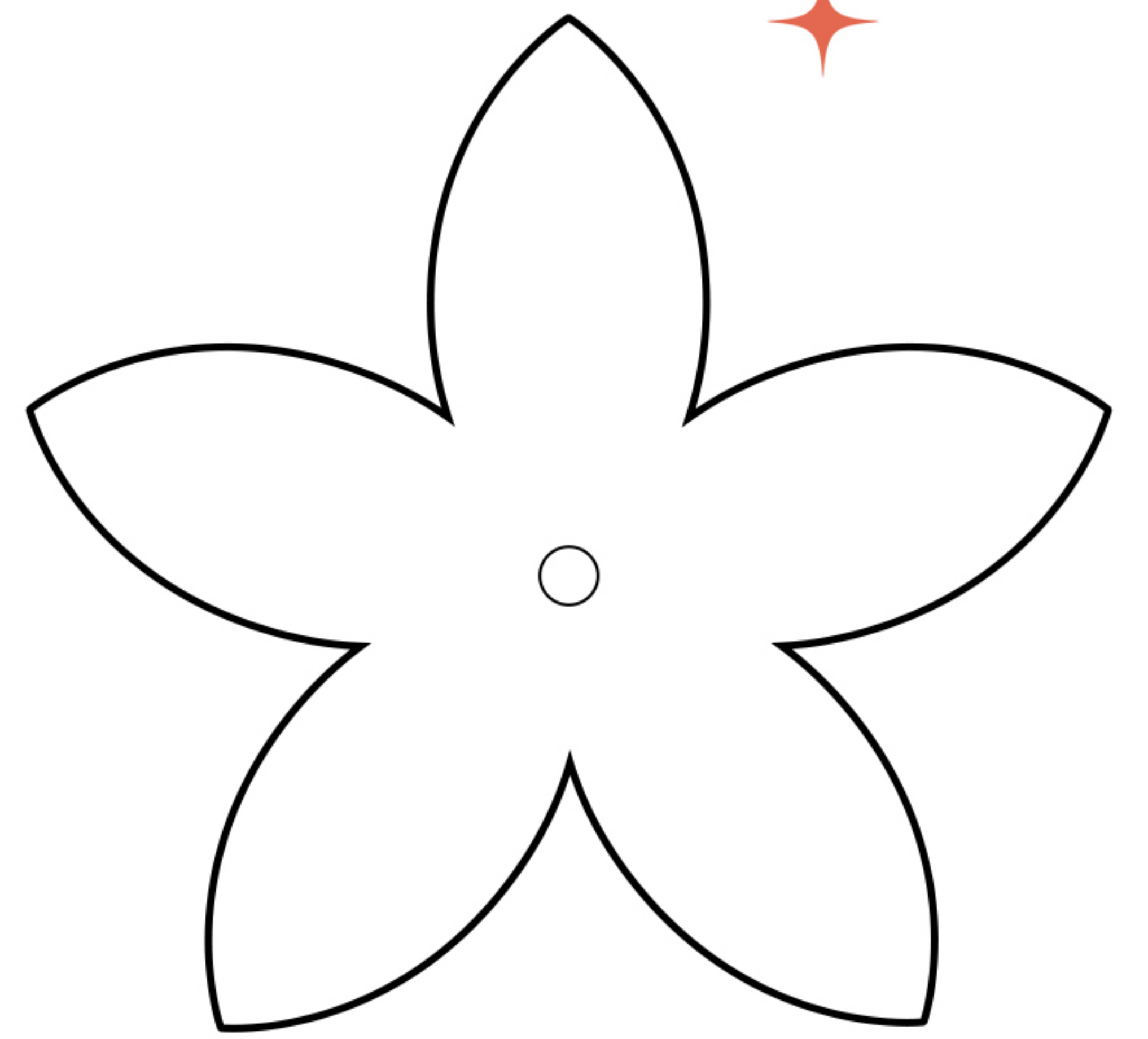
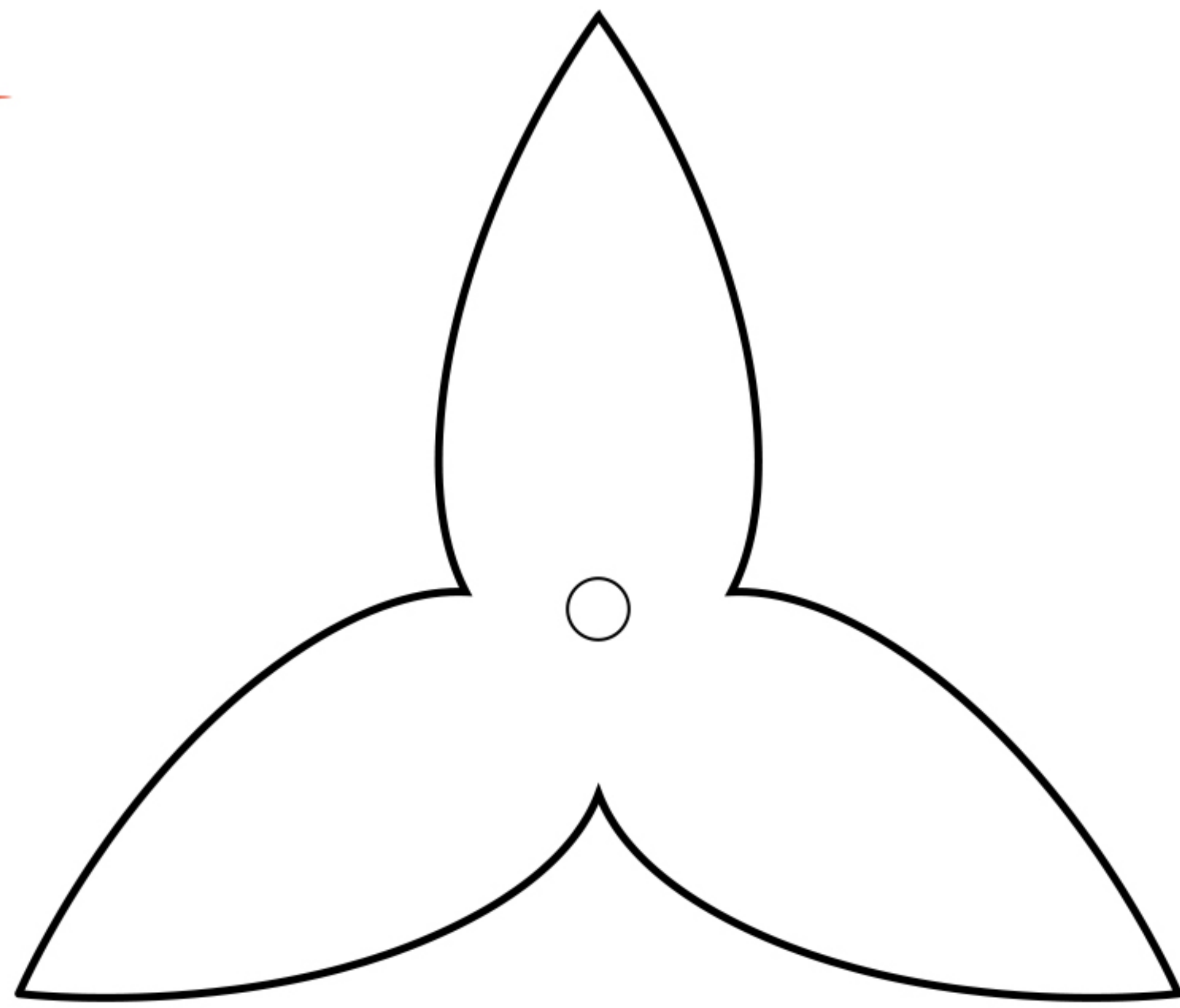
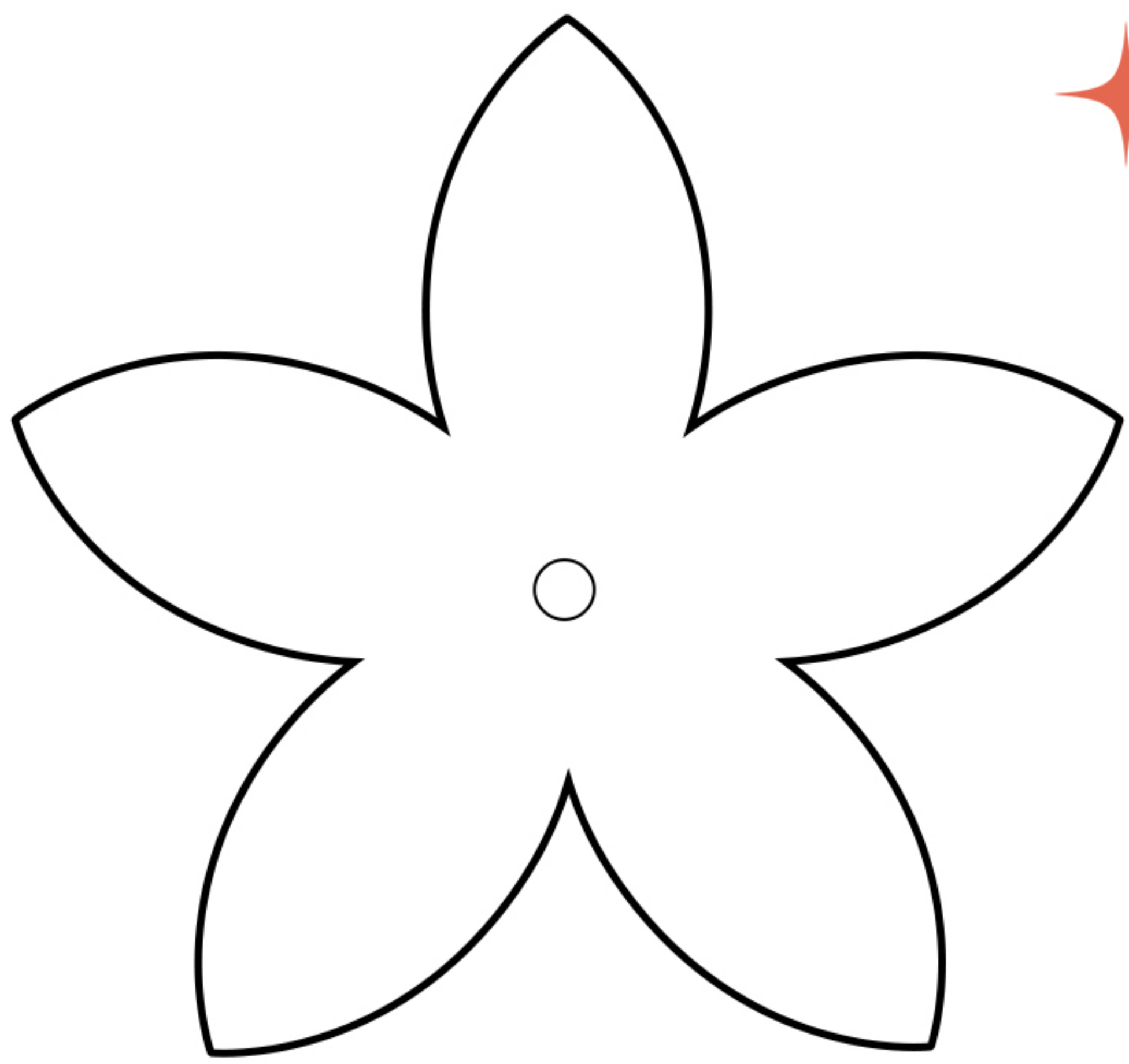
## Directions

1. Cut a length of string and make a large knot on one end.
2. Print the Paper Hei template on cardstock paper.
3. Color in the flowers and leaves and then cut them out.
4. Punch a hole at the center of each flower and leaf.
5. Cut drinking straws into 1-inch long pieces.
6. String together the pieces in this order: straw, flower, leaf.
7. When you've added enough pieces to the string, make a knot after the last piece.
8. Finally, knot the ends of the string together to complete your hei.
9. Wear as a necklace or flower crown like Moana!

★ **PRINTABLE PAPER HEI TEMPLATE AVAILABLE ON THE NEXT PAGE**



*Moana's*  
**PAPER HEI TEMPLATE**

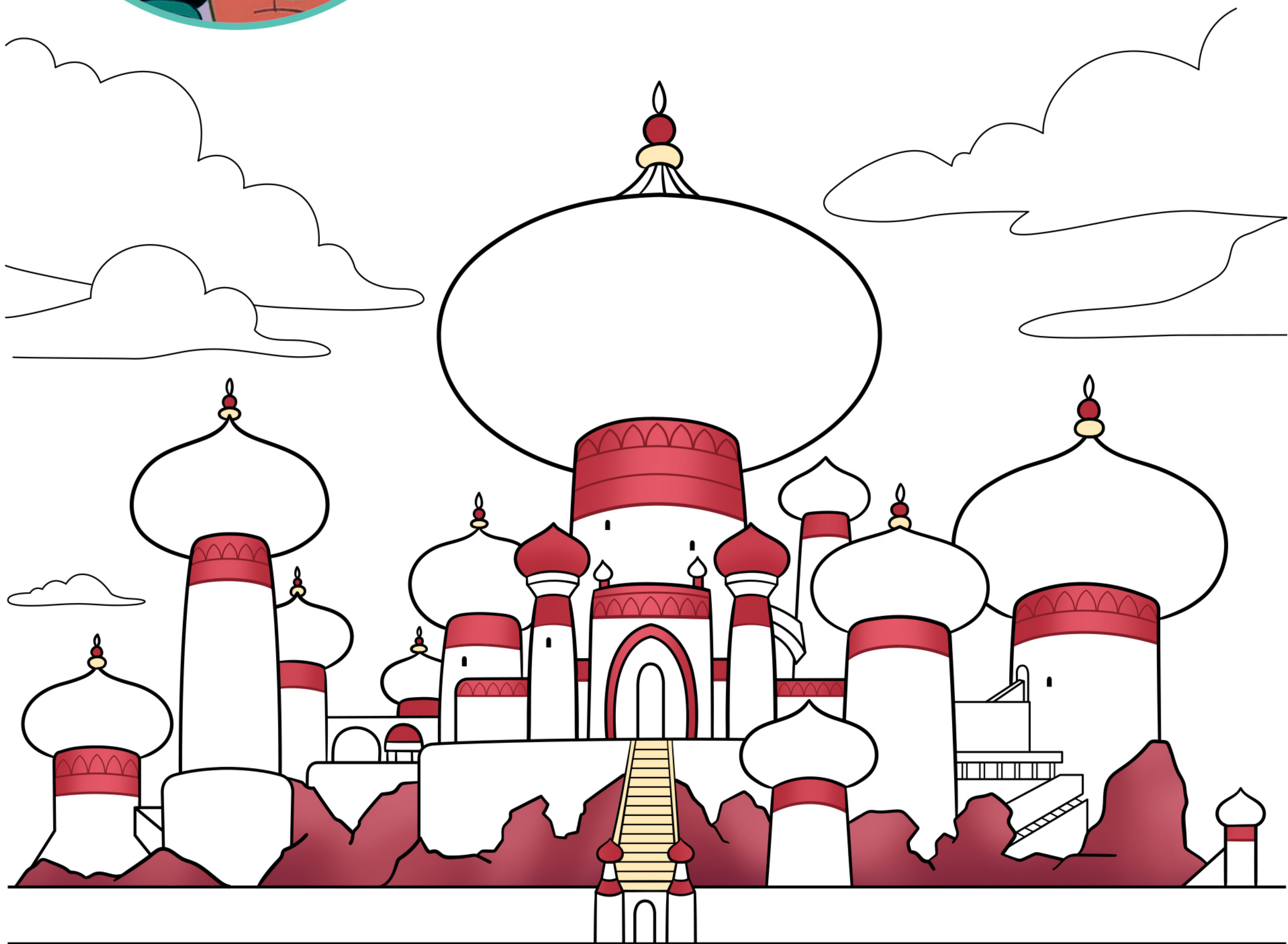






# Jasmine's GENIE WISHES COLORING PAGE

Jasmine needs your help! Answer Genie's wishes to help finish coloring the palace!



- Color the tops of the palace **GOLD**
- Color the sky **PURPLE** and **PINK**
- Color the palace door **BLUE**
- Color the rest of the palace **BEIGE**





# Jasmine's A WHOLE NEW WORD SCRAMBLE

Can you help Jasmine unscramble these letters to make a whole new word?

**ATCREP**

---

**NESMAJI**

---

**NAIADDL**

---

**AJARH**

---

**EGENI**

---

**ACPEAL**

---

**EPRINSSC**

---

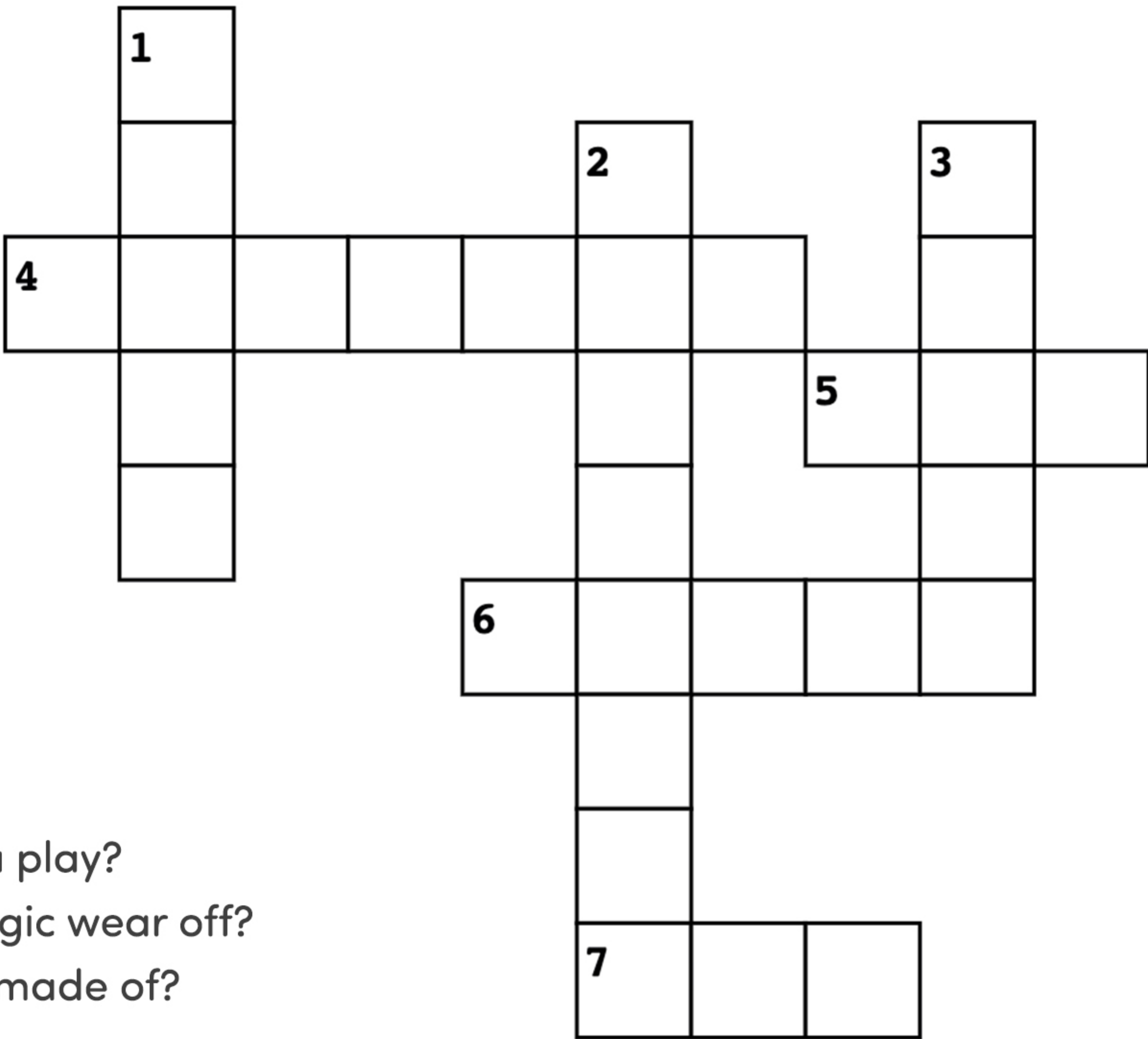
ANSWERS: Carpet, Jasmine, Aladdin, Rajah, Genie, Palace, Princess



# Cinderella's CROSSWORD



How well do you know Cinderella?  
Fill in your answers below and see  
if they're a perfect fit!



## Down

1. What instrument does Anastasia play?
2. What time does Cinderella's magic wear off?
3. What is Cinderella's lost slipper made of?

## Across

4. What was magically turned into Cinderella's carriage?
5. What kind of pet does Cinderella's stepmother have?
6. Who wakes up Cinderella in the morning?
7. How many stepsisters does Cinderella have?



ANSWERS: 1. Flute 2. Midnight 3. Glass 4. Pumpkin 5. Cat 6. Birds 7. Two

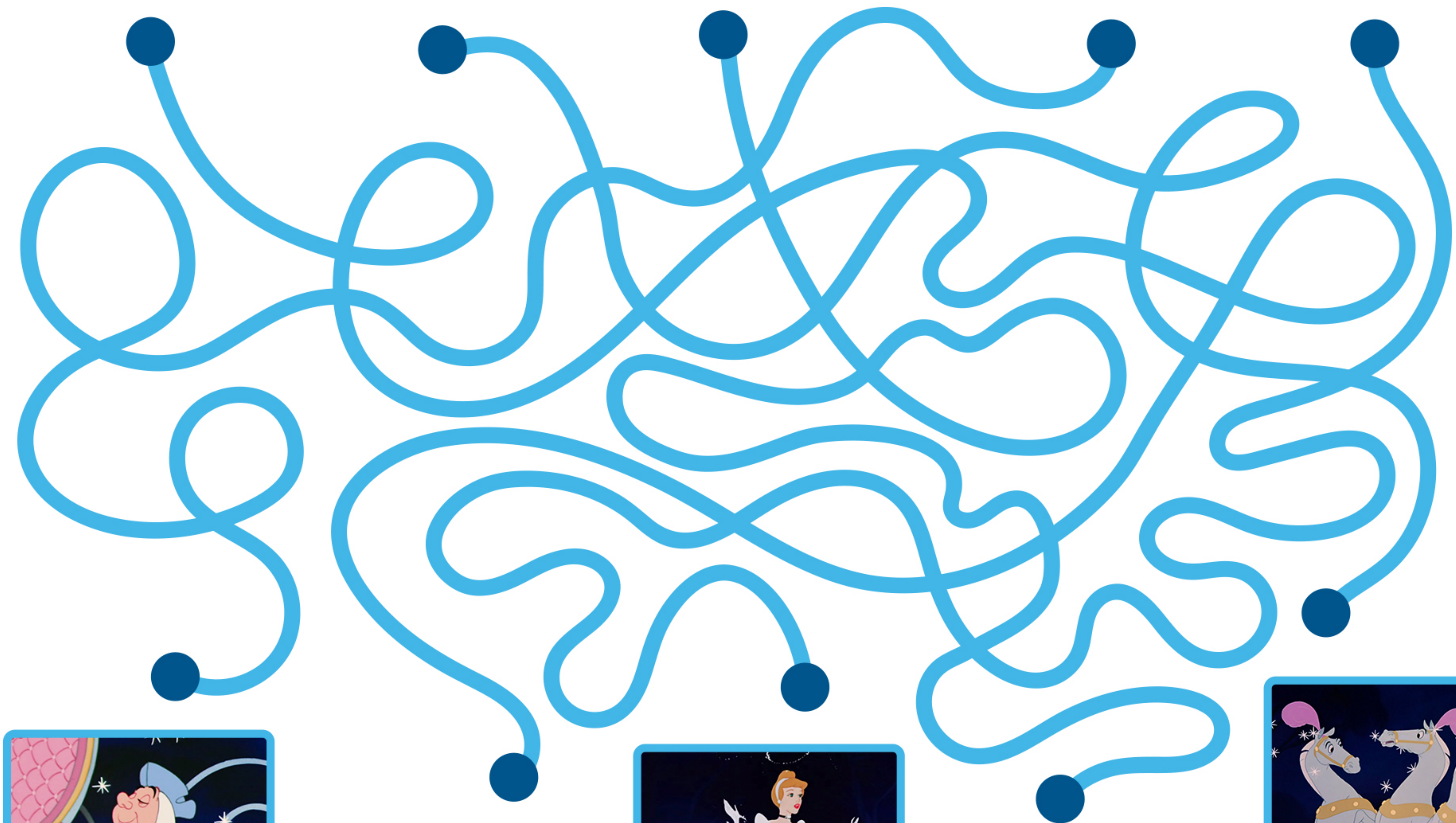


# Cinderella's MAGICAL MATCH

Can you follow the magic  
to match the characters?

## MATCH THE FOLLOWING:

- ✦ Pumpkin to Coach
- ✦ Mice to Horses
- ✦ Horse to Coachman
- ✦ Dog to Footman
- ✦ Cinderella to Gown



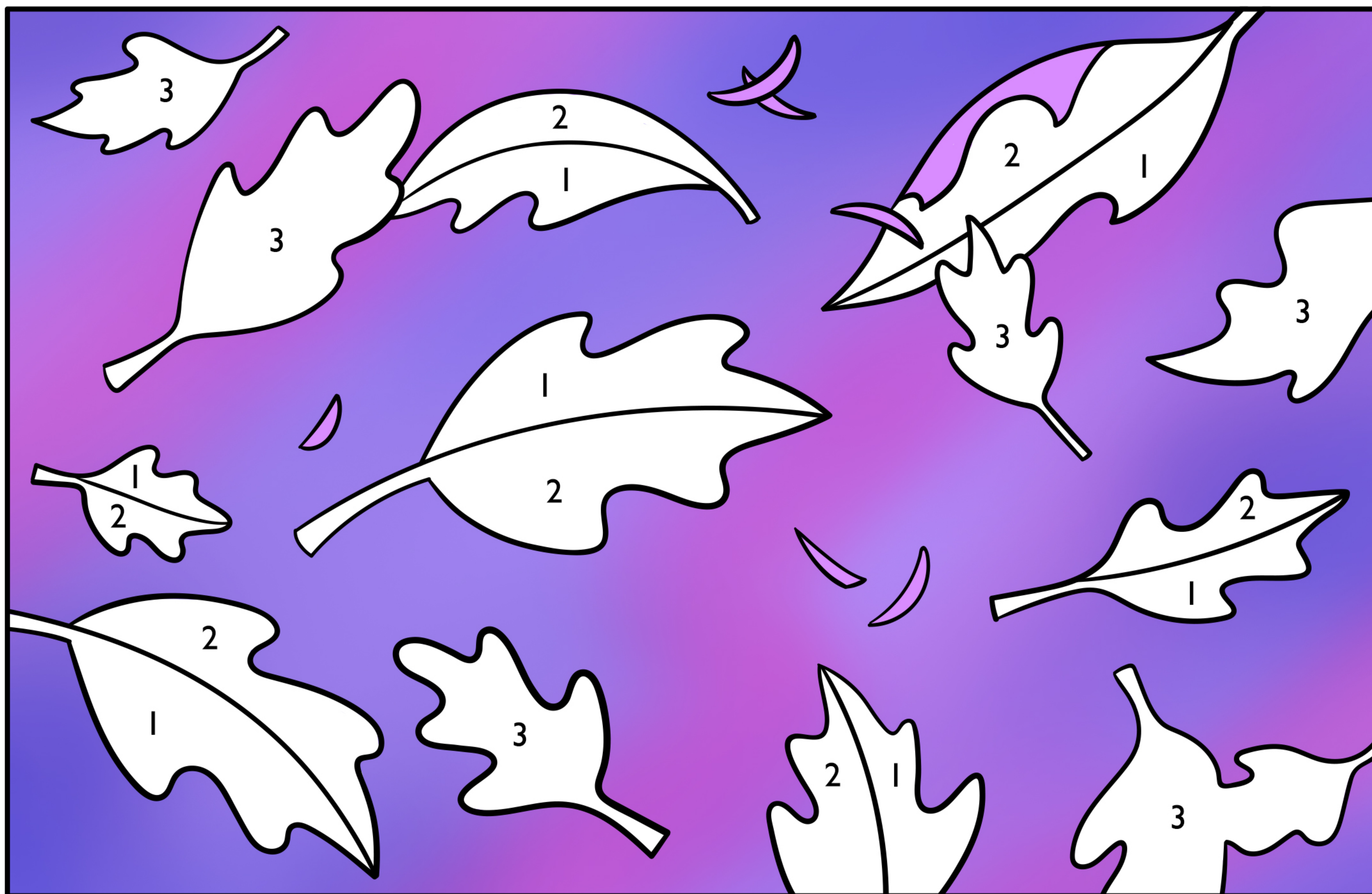




Pocahontas'

## COLORS OF THE WIND COLOR BY NUMBER

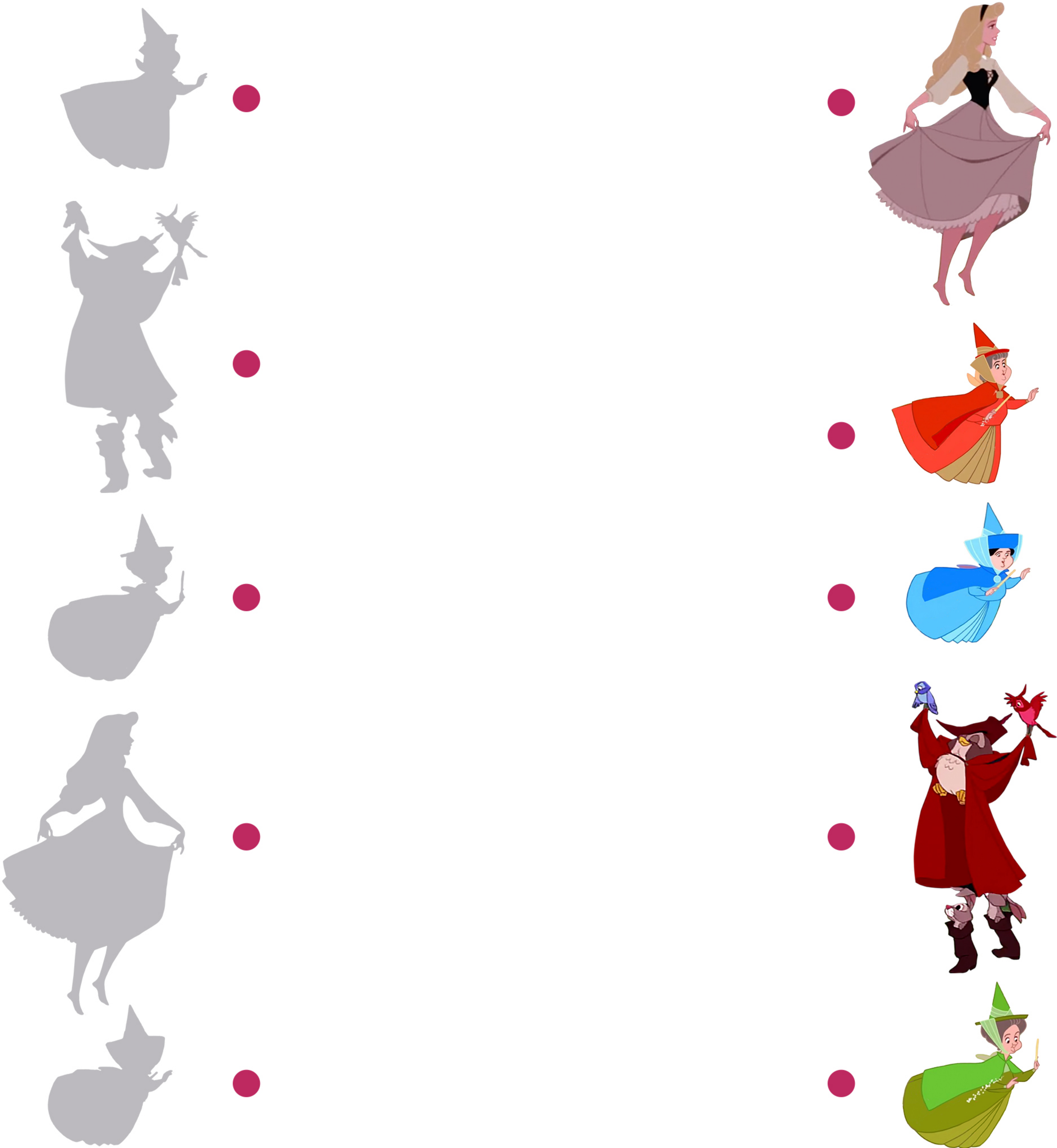
Learn to paint with all the colors of wind!  
Color each number with the corresponding  
color below.





# Aurora's SHADOW MATCH

Fairy, feathery, or furry – Aurora believes in being kind to everyone.  
Match up each character by drawing a line connecting the dots.





# *Snow White's* **COLORING PAGE**

Fill the page with sunshine by coloring Snow White and her forest friends!





# PRINCESS PALS MATCHING GAME

Draw a line to match the Princess to her pal!

