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

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

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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 Disney+ during World Princess Week, and color in the corresponding icon to keep track!

TANGLED
Sunday | 08.21
![Tangled Icon]

BRAVE
Monday | 08.22
![Brave Icon]

MULAN
Tuesday | 08.23
![Mulan Icon]

BEAUTY AND THE BEAST
Wednesday | 08.24
![Beauty and the Beast Icon]

THE PRINCESS AND THE FROG
Thursday | 08.25
![Princess and the Frog Icon]

RAYA AND THE LAST DRAGON
Friday | 08.26
![Raya and the Last Dragon Icon]

MOANA
Saturday | 08.27
![Moana Icon]

After World Princess Week, discover more powerful Princess stories!

SNOW WHITE
![Snow White Icon]

CINDERELLA
![Cinderella Icon]

SLEEPING BEAUTY
![Sleeping Beauty Icon]

THE LITTLE MERMAID
![The Little Mermaid Icon]

ALADDIN
![Aladdin Icon]

POCAHONTAS
![Pocahontas Icon]
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 is going after her dreams!
Help her along the way by finding each of the words on her list!

Words
- TOWER
- RAPUNZEL
- DREAM
- PASCAL
- HAIR
- MAXIMUS
- FRYING PAN
- LANTERNS
- FLYNN
- MAGIC

Rapunzel’s
TANGLED
WORD SEARCH

©Disney
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!

RAPUNZEL | CRAFT
**Merida’s BULLSEYE PIZZA**

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 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?

DETERMINED

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

**Serves 4**

**INGREDIENTS:**
- 8 large strawberries
- Whipped cream

**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.
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.

Serves 4

INGREDIENTS:

- 2 cups water
- ⅛ purple cabbage, sliced
- ½ cup sugar
- 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!

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

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 straw, 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
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 palace door **BLUE**
- Color the sky **PURPLE** and **PINK**
- Color the rest of the palace **BEIGE**

©Disney
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, Rosh, Genie, Palace, Princess

JASMINE | WORD SCRAMBLE
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?

©Disney
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

©Disney
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!